

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.

Vol. 71 No. 19

Forging Wings for the Fleet

Thursday, October 15, 2015

2015 INSTALLATION EXCELLENCE AWARD WINNER

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October is Energy Awareness Month

By: Jason Poe, NAVFAC SE, and Ensign Jeremy Griffin, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field along with the Department of the Navy is recognizing October as Energy Action Month with the theme this year of; “Power. Presence.”

The theme depicts the mission of the Navy and Marine Corps which is to provide the global presence necessary to ensure stability, to deter potential adversaries, and to present options in times of crisis. Energy is critical in providing that presence. That is why NAS Whiting Field is transforming its energy culture – to be more effective, more agile, and better protected. By diversifying energy supplies and optimizing the energy used, NAS Whiting Field produces better warfighters, and ensures they have the energy they need, when and where they need it.

This sentiment is echoed in a statement released by Ray Mabus, Secretary of the Navy, in recognizing the critical role shore installations play in Navy and Marine

Corps readiness.

“The Department of the Navy is already among the federal government’s leaders in pursuing third-party financing to increase energy efficiency and improve grid stability. We also lead the pack in developing renewable energy projects that have the potential to increase our installations’ resiliency in the event of grid outage. There are still opportunities out there to improve energy security and resiliency, and Sailors, Marines, and DON civilians can help us find them.”

Everyone can make energy conservation a part of their day-to-day activity through these simple but important actions.

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Cover Photo: Naval Air Station Whiting Field celebrates the Navy’s 240th birthday at the Naval Exchange with Commanding Officer Capt. Todd Bahlau and NEX General Manager Linda Larrabee cutting the cake for store customers. US Navy photo by Ensign Jeremy Griffin

The Whiting Tower

Commanding Officer

Capt. Todd Bahlau

Executive Officer

Cmdr. Don Gaines

Command Master Chief

Command Master Chief (AW/SW) Alton Smith

Public Affairs Officers

Jay Cope

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Public Affairs Staff

Lt.j.g. Jenné Jolie

Ensign Jeremy Griffin

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.

Feds Feed Families

By: Lt. j.g. Jenné Jolie, NAS Whiting Field Public Affairs

The Feds Feeds Family (FFF) campaign finished its annual season of giving Friday. The program once again provided a wealthy of much-needed aid to the Santa Rosa county community.

NAS Whiting Field raised 1,772 pounds of food and \$120 in donation funds this year, which when coupled together will feed 638 people. Our efforts in the Feds Feed Family campaign will provide 1,894 much-needed meals to the Milton community.

In conjunction with the Naval Installations Com-



Volunteers load and sort through food purchased by patrons at Naval Air Station Whiting Field Commissary for the Feds Feed Families campaign. Donations are given to local food banks and pantries to help families in the surrounding Milton community. U.S. Navy file photo.

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Energy Action Month 2015: Delivering Power, Presence

By: Chief of Naval Operations Energy and Environmental Readiness Division

WASHINGTON (NNS) -- Worldwide throughout the month of October, naval commands are using Energy Action Month 2015 as an opportunity to strengthen their workforce's commitment to responsible energy use as an enabler of the mission.

The Navy's Energy Action Month theme for this year is "Power. Presence." The theme makes clear the connection between the energy operating forces depend on and the Navy's commitment to be on station when and where our nation requires, 24 hours a day, seven days per week. Without the fuel needed to resupply conventionally powered ships and aircraft and the electricity needed to run the shore facilities that support those operational platforms, the Navy's ability to deter threats, put munitions on target and be responsive in humanitarian assistance/disaster relief scenarios could be seriously degraded.

Navy commands will promote the Energy Action Month theme and activities with posters, electronic displays and social media posts that highlight energy saving tips, programs and initiatives. Numerous senior leaders throughout the Navy will release short videos on energy-related topics during October. The content will be posted on <https://www.facebook.com/>

navalenergy and command websites/social media channels.

On the morning of October 14, Secretary of the Navy Ray Mabus will participate in an energy roundtable with David Crane, president and CEO of NRG and Ira Ehrenpreis, Silicon Valley venture capitalist and Tesla Motors board member. Phyllis Cuttino, director, Clean Energy Initiative for The Pew Charitable Trusts, will moderate the discussion. The event will take place at National Defense University's Eisenhower School on the grounds of Ft. McNair in Washington, DC, and is open to the media.

The Navy is also launching a new version of its Energy Warrior app this month, and will release new videos highlighting Navy personnel who are exploring new technologies and pursuing innovative practices to optimize energy use. The app is available for free download at app stores, and the videos can be viewed on the Navy's Energy Warrior TV YouTube channel, <http://www.youtube.com/channel/UCkjiidzKaaD525DZHuEOsg>.

In a recent video, Rear Adm. Doug Morton, director of the Chief of Naval Operations Energy and

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This Day in Naval History

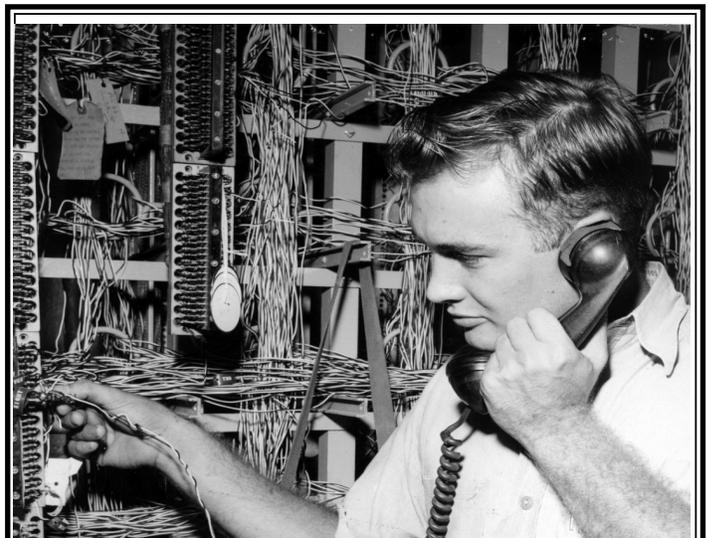
October 16, 1943 - The Navy accepts its first helicopter, a Sikorsky YR-4B (HNS-1) at Bridgeport, Ct., following a 60-minute test flight by U.S. Coast Guard Lt. Cmdr. Frank A. Erickson.

October 19, 1944 - President Franklin D. Roosevelt approves Secretary of Navy James V. Forrestal's order for African American women to be accepted into the Naval Reserve.

October 22, 1846 - Miss Lavinia Fanning Watson of Philadelphia christens the sloop-of-war German-town, the first U.S. Navy ship sponsored by a woman.

October 24, 1962 - Atlantic Fleet begins quarantine operations to force Soviet Union to agree to remove ballistic missiles and long range bombers from Cuba.

October 26, 1921 - In first successful test, a compressed air, turntable catapult, launches an N-9 seaplane.



Testing Telephone Wiring on NAS Roosevelt Roads

This intricate rack of gear is tested by Fredrick J. Rokosky, ETNSN. The maze of wiring contains relays for all the telephones on the Roosevelt Roads, Puerto Rico, Naval Station, and all the land lines connecting various points. October 1962. Courtesy of Naval History & Heritage Command

Around the Base

NASWF Hosts 2015 Energy Awareness 5K and Energy Expo



Runners take off at the Energy Awareness 5k at NAS Whiting Field. US Navy photo by Jay Cope

By: Jay Cope, NAS Whiting Field Public Affairs

Gulf Power and Naval Air Station Whiting Field teamed up to hold the 2015 Energy Awareness 5K and Energy Expo, Wednesday, Oct. 7 in front of the installation's fitness center.

This is the first time the Energy Awareness 5K has been accompanied by the expo, and Gulf Power brought a selection of interesting displays to promote responsible energy usage and conservation. A 50-foot long trailer filled with new energy efficient technologies dominated the display area, however, the three electric vehicles, the electric bike and the information tent garnered significant activity as well.

More than 150 participants ran the 8 a.m. 5K race with most of the runners hanging around to look at the displays. The Nissan Leaf, Chevy Volt and BMW i3 had open doors for people to sit in the vehicles and test them out for comfort, though Gulf Power Repre-

sentative Chris Hood emphasized that the real appeal for the cars is their economy.

"The cars are great for anyone with a commute less than 50 miles," he said. "The cost of using the cars equates to about one dollar per gallon."

NAS Whiting Field Commanding Officer Todd Bahlau kicked off the race by reminding everyone of the importance of energy conservation to the installation.

"The base spends about \$185,000 per month in energy costs, so every computer you shut down, and every light you turn off helps," he said. "Our Public Works team has done a terrific job with their energy savings initiatives over the past year, but they need our help to meet our energy conservation goals."

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Egress is Your Way Out



Doors blocked by bags, making it an unsafe fire exit. U.S. Navy File photo

By: Steve Burke, Fire and Emergency Services Gulf Coast

Whenever I enter a building on this installation the first observation made is egress. Are the passageways clear of any obstructions? Are the exits clear? Can you get out?

I have seen exit doors chained and padlocked, so it was impossible to exit. Thousands of people over the years have lost their lives because they could not escape. It's in the news periodically. Somewhere in the world blocked exits result in catastrophe.

NATIONAL FIRE PROTECTION ASSOCIATIONS Life Safety Code had its origin in 1913 and

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A Gulf Power employee demonstrates a pedal powered generator at the Energy Awareness Expo at NAS Whiting Field. US Navy photo by Jay Cope

Presidential Proclamation -- National Disability Employment Awareness Month, 2015

A quarter century ago, our country took a major step toward fulfilling the fundamental American promises of equal access, equal opportunity, and equal respect for all when the Americans with Disabilities Act (ADA) was made the law of the land. While we have continued to make advancements that help uphold this basic belief, we must address the injustices that remain. During National Disability Employment Awareness Month, we celebrate the ways individuals with disabilities strengthen our workforce, our communities, and our country, and we recommit to cultivating an America where all people are able to build vibrant futures for themselves and for their families.

Americans with disabilities make up almost one-fifth of our population, but are unemployed at a rate that is twice that of people without disabilities; and for women and minorities with disabilities, the rates are even higher. Despite all they contribute to our society, people with disabilities still face discrimination by employers, limited access to skills training, and, too often, unfairly low expectations. As a Nation, we must continue to promote inclusion in the workplace and to tear down the barriers that remain -- in hearts, in minds, and in policies -- to the security and prosperity that stable jobs provide and that all our people deserve. And we must actively foster a culture in which individuals are supported and accepted for who they are and in which it is okay to disclose one's disability without fear of discrimination.

My Administration is working to make sure our country does not let the incredible talents of Americans with disabilities go to waste. We are working to strengthen protections against disability-based discrimination in the workplace and to expand employment possibilities for people with disabilities -- and the Federal Government is leading by example. I have taken action to require agencies and Federal contractors to hire more people with disabilities -- and thanks to these efforts, more Americans with disabilities are in Federal service than at any point in the last three decades.

I will continue fighting to widen pathways to opportunity for individuals with disabilities and supporting employers in their efforts to increase disability inclusion. The White House hosted a Summit on Disability and Employment earlier this year to provide businesses, philanthropies, and advocates with information on Federal resources for hiring disabled individuals. Last year, I was proud to sign the Workforce Innovation and Opportunity Act (WIOA), which encourages greater coordination across Federal, State, and local programs to expand access to high-quality workforce,



President of the United States, Barack Obama

education, and rehabilitation services. WIOA also helps youth with disabilities to receive extensive pre-employment transition services so they can find positions alongside people without disabilities and get paid above minimum wage. Additionally, last year I signed the Achieving a Better Life Experience (ABLE) Act, which allows eligible people with disabilities to establish tax-free savings accounts.

America is at its strongest when we harness the talents and celebrate the distinct gifts of all our people. This October, as we observe the 70th anniversary of National Disability Employment Awareness Month, let us pay tribute to all who fought for better laws, demanded better treatment, and overcame ignorance and indifference to make our Nation more perfect. In their honor, and for the betterment of generations of Americans to come, let us

continue the work of removing obstacles to employment so every American has the chance to develop their skills and make their unique mark on the world we share.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 2015 as National Disability Employment Awareness Month. I urge all Americans to embrace the talents and skills that individuals with disabilities bring to our workplaces and communities and to promote the right to equal employment opportunity for all people.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of September, in the year of our Lord two thousand fifteen, and of the Independence of the United States of America the two hundred and fortieth.

Usage Information			
Total Used 2,044,994 kWh			
	1 Year Ago	Last Month	This Month
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.

MYTH

Building a wood fire in your open masonry fireplace will help reduce your energy bills by warming the house and reducing the amount of heat your furnace needs to provide.

REALITY

Starting a fire in your open hearth fireplace may actually increase your heating bills. The warmth from a fire on the hearth generally doesn't radiate through the house; the heat gain is confined to the room with the fireplace. A considerable amount of heated air from other parts of the house (provided by your furnace or other conventional heater) can flow into the fireplace, go wastefully up the chimney, and be replaced by cold outside air. The thermostat will sense the lowering of the indoor temperature and respond by turning on the furnace to make up the heat lost. You may want to use your masonry fireplace because you like the romantic aspects associated with its usage, but realize that this may increase your heating bills.

MYTH

Heat rises.

REALITY

Warm air rises, but heat may move in any direction. Heat is transferred from one place to another by means of conduction, convection and radiation. Convection is the way heat circulates through liquids and gases. For instance, warm air rises because it is lighter than cold air, which sinks. Conduction is the way heat moves directly through solids and sometimes through liquids and gases. The metal teeth of a fork placed against a hot skillet conduct heat into its handle. Radiation is heat moving similar to light in a vacuum or through a transparent medium. Inside a building, a warmed surface emits heat (infra-red) radiation that travels toward a cooler surface.

MYTH

If your ancient furnace or boiler just died and it did a good job at keeping your house warm all those years, insist that the new model be the same size as the old model.

REALITY

If the heating contractor looks at your old model and then suggests putting in the same size, take your business elsewhere. Insist that the contractor do a heat loss analysis of your house to properly size the new heating system. Old systems were typically oversized by a large margin. Although this ensures that the unit will provide sufficient heat, it also ensures that the unit will operate inefficiently.

Changing Habits to Conserve Energy

Editor's Note: Let's take this Energy Awareness month to re-think how we use energy. Below lists a few new ways of looking at how we use equipment in the workplace.

We've always left that running. If you shut it off ...

- a...it's old, it might not start again
- b...it will take too long to warm up again
- c...the computer will lose its memory and the whole system will need to be reprogrammed
- d...things wear out faster if you turn them off and on
- e...it's just easier to leave it running

Challenge it!

If the reason is "*a. it's old, it might not start again,*" talk to your supervisor, building energy monitor or base energy manager. The cost of the energy waste may justify replacing the equipment or making design improvements. If the energy waste is significant, and you have a solution, consider submitting a beneficial suggestion to get some cash back when your idea pencils out. Note that beneficial suggestions are intended for energy saving suggestions that go beyond standard energy management practices such as using high efficiency lights and motors, or controls on lights and air conditioning.

If the reason is "*b. it will take too long to warm up again,*" talk to your supervisor, building energy monitor or base energy manager. If equipment is used infrequently, but consumes a lot of energy, you can usually shut it off when not needed. See if there are acceptable ways to schedule the job to allow for the needed warm-ups. Sometimes there is a new technology that can do the job more efficiently and doesn't require long warm-ups. Your energy manager can look into it if he or she knows about the situation.

Speaking of scheduling, your command probably pays extra to use electricity during high demand times (like hot summer afternoons). If you can suggest scheduling jobs that use a lot of electricity for the morning on hot days or for backshift, you may be able to save your base some big dollars on the electric bill.

If the reason is "*c. the computer will lose its memory and the whole system will need to be reprogrammed,*" someone needs to talk to the manufacturer of that equipment! See if it's true, and if so, if there is an upgrade.

If the reason is "*d. things wear out faster if you turn them off and on,*" it's probably not true, at least not true enough to justify running it all the time. Some equipment does experience wear from frequent switching, but running it also creates heat and uses up some of its life. With fluorescent lights, the energy cost savings outweighs reduced lamp life when you can shut lights off for seven minutes or so at average DoN electric rates. Since you usually don't know how soon you will be back in a room, DoN policy is to shut fluorescent lights off any time you leave a room empty.

If the reason is "*e. it's just easier to leave it running,*" well, you know what to do.

Energy Action

- (Cont. from Page 3)

Environmental Readiness Division, challenged Navy personnel to find solutions for reducing energy consumption and submit their ideas to energywarrior@navy.mil.

“Being energy smart gives our Navy a marked advantage over our adversaries,” said Morton. “Think about how you and your command use energy, then come up with innovative ideas to reduce consumption.”

The U.S. Navy currently uses an average of 3.2 million gallons of fuel daily. Annually, the Navy accounts for 28 percent of DoD’s total petroleum use.

Additional information and Navy resources for Energy Action Month are available at <http://greenfleet.dodlive.mil/energy/energy-action-month/>.

Egress

- (Cont. from Page 4)



Stacked boxes blocking fire exit and making escape during a fire hazardous. U.S. Navy File photo

is continually updated to this day. National attention was focused on the importance of adequate exits and related fire safety features after the Coconut Grove Night Club fire in 1942 which 492 lives were lost. NFPA 101 Life Safety Code Chapter 7.1.10

Means of Egress: Means of egress shall be continually maintained free of all obstructions or impediments to full instant use in the case of fire or other emergency.

Become aware of your surroundings, know how to get out. If not sure follow exit signs and please utilize the nearest exit. People come and go in and out of buildings usually the same way daily. If you are on the other end of the building please do not go to your usual exit which will take you back through the building, use the nearest exit, just get out when the fire alarm sounds. If you smell smoke activate the nearest fire alarm pull station which is always at an exit!

If you have questions please call Fire Prevention at 452-2898! Fire & Emergency Services Gulf Coast. Ref: NFPA

TRICARE NOTES

1. UNDERSTANDING YOUR EXPLANATION OF BENEFITS

After you receive health care services, you will receive a TRICARE Explanation of Benefits (EOB). Depending on where you live, your regional contractor may e-mail your EOB or send it through the mail. Your EOB is not a bill; it is an itemized statement that shows the action TRICARE took on your claims and the health care services and supplies you received.

You should review your EOB to make sure it accurately represents the care you received. If you notice any information that looks incorrect, contact your regional contractor at the phone number listed on your EOB.

2. GET YOUR FLU VACCINE

There are two forms of flu vaccine distributed in the US: a shot and a nasal spray. TRICARE covers both, and follows the Center for Disease Control (CDC) Guidelines. Flu vaccines may be received at no cost from any TRICARE-authorized provider or TRICARE network pharmacy participating in the vaccination program.

To find a participating retail network pharmacy, call 1-877-363-1303 or visit: www.express-scripts.com/TRICARE/pharmacy

While TRICARE recommends that all beneficiaries get vaccinated, it is important to remember that the CDC recognizes certain people are at a higher risk of getting the flu (www.cdc.gov/flu/groups/htm):

- Pregnant women
- Children younger than 5, but especially younger than 2 years old
- People with asthma, cancer, diabetes, heart disease, HIV, or those who have had a stroke
- Adults 65 and older

During flu season, you can follow these steps to help yourself keep healthy:

- Cover your nose and mouth with a tissue when coughing or sneezing
- Wash your hands with water and soap or an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth
- Avoid close contact with sick people

FFF

- (Cont. from Page 2)

mand, the NAS Whiting Field religious program was tasked with coordinating the campaign.

"I'm thankful to the Whiting Field and Training Wing Five families for contributing so generously to bless the local families in such a remarkable way," said Lt. Roy Fondren, NAS Whiting Field chaplain and FFF coordinator.

Beginning July 15, 2015 and lasting through Oct. 2, 2015, the campaign was held to collect food in an effort to help those in need throughout the nation. US military installations have made it a long standing priority to help support their local communities through outreach. According to usda.gov, the FFF program was born of President Obama's United We Serve campaign, and through the FFF, nearly 39 million pounds have been collected by federal employee and distributed to local food banks throughout the nation since the program's foundation in 2009. Last year, usda.gov reported, federal employees donated a total of 14,849,380 pounds of food.

Each state encouraged the donation of non-perishable food items, and these items provided support to our less fortunate countrymen who are in need of food. To contribute to the national effort, the NAS Whiting Field Chaplain's Office partnered with the base commissary. The commissary offered both \$5 and \$10 bags for patrons to purchase. These bags were subsequently donated to the Bay Area Food Bank in Milton, FL.

"Providing for the local members of the community is NAS Whiting Field's way of contributing to our growth as a nation and has helped uplift the surrounding areas," Fondren emphasized. "Our dedication to helping support the local area was more than evident by the generous and heartfelt participation in this year's Feds Feed Family campaign."

The Child Development Home Program Need Providers

By: Child Development Homes



The Child Development Home Program is currently looking for people who have a strong commitment and sincere desire to provide quality child care for military families in our community. Imagine being home with your child(ren) daily, working from home caring for other peoples' children and earning an income. Many find a career in the CDH Program to be rewarding.

What is the potential income of a CDH Provider? An infant only home caring would care for 3 children under the age of 24 months and bring in an annual income of \$31,000. Maybe you would enjoy a multi-age group with 2 children under 24 months and 4 children over 24 months; a total of 6 children. A multi-age group would bring in about \$48,000 annually. Income varies with each individual Provider's space availability.

What are the benefits? Free advertisement, free training, access to a resource library to supplement start-up costs, support system, Accreditation opportunities.

We are pleased to announce we will be having a Free Orientation for those interested in becoming a Child Development Provider on October 26-29 in Milton at the Whiting Pines Community Center, 509B Cougar Circle from 7:30am-3:30pm. For more information please call (850) 572-5026 or (850) 281-5368. We look forward to hearing from you.

Need a training time out?



**NO! you need
Parents Night Out!**



Saturday, Oct 17 2015, 1700-2100

FREE childcare

(Age 6 weeks to 6th Grade)

Ferris Hill Baptist Church, Milton, FL

Register at the Chaplain's Office 623-7211

Please make all allergies known upon registration

Preferred snacks may be brought however food will be provided

Like us on Facebook

www.facebook.com/naswhitingfield

Follow us on Twitter

@naswf

October: Energy Awareness

- (Cont. from Page 2)

- Switch off all unnecessary lights and equipment.
- Use efficient ENERGY STAR® products.
- Use compact fluorescent or LED light bulbs.
- Use power-down or sleep mode feature for CPU's and monitors.
- At the end of the day, turn the copy machine and printer off.
- Keep government vehicles maintained and only drive when necessary.
- Walk, carpool, or use public transportation to conserve fuel.

Energy Action Month reminds all of us to think creatively about ways to reduce energy consumption and to get more mission out of every gallon and kilowatt hour. Everyone is encouraged to take some time to share ideas with their Shipmates and chain of command, whether in person or online.

5k and Expo

- (Cont. from Page 4)

The annual goal for reduction in energy consumption for NAS Whiting Field is 2.5 percent.

Morale, Welfare and Recreation hosted the run portion of the festivities, and participation was the highest for any 5K in recent memory. Ensign John Paul Wieman took the top spot with a time of 17:59, but all the runners were winners with a small MWR bag with a T-shirt, key chain and water bottle presented to each person who registered for the event.

The turnout was especially pleasing to Jason Poe, NAS Whiting Field's energy manager.

"MWR did a great job putting on the run, and it was a great event. I would love to have a turn-out like this every year."



Sailors and Marines view electric cars at the Energy Awareness Expo at NAS Whiting Field. US Navy photo by Ensign Jeremy Griffin

Change in Navy Exchange and CBQ Mini-mart Hours



Naval Air Station Whiting Field's Naval Exchange. U.S. Navy photo by Lt. j.g. Jenné Jolie

The Navy Exchange will close the CBQ Mini-mart on weekends beginning Oct. 17 due to insufficient sales at that location.

Throughout the summer, the NEX tested the weekend hours to see if there would be enough patronage to continue to keep the weekend hours. Unfortunately sales lagged and historically, autumn sales are even less on Saturdays and Sundays.

As a trade-off, NEX General Manager Linda Larrabee is opening the main store on Sundays for four hours, 1 to 5 p.m., to help offset the loss of the CBQ Mini-mart on the weekends. The Main NEX will continue to stay open Saturdays from 9 a.m. to 3 p.m.

"I realize that it is a quality of life issue for people living in the CBQ to have available shopping options, and I wish that I could continue to keep the store open for CBQ residents' convenience. However, the advantage of shopping at the main store on Sundays is the greater selection of food, beverage, uniform and other categories."

Like any retail establishment, the NEX cannot afford to remain open during time frames when the store is losing money, so the new Sunday hours are tentative based on usage.

"We truly want to serve our customers' needs, and hope that the new hours at the main exchange will provide the shopping opportunities that work best for our on-base residents," Larrabee stated.

SECURITY CORNER



Security Corner will review driving privileges onboard NAS Whiting Field as detailed in the NASW-FINST 5560.5A. Last week covered section 5. Information - paragraph b. Inspection of individuals and Automobiles. This week continues with

an overview of section 5. Information – paragraph b. Inspection of Individuals and Automobiles and c. Traffic Court.

5. Information – b. Inspection of Individuals and Automobiles –

(3) Persons convicted in civil courts for acts comprising similar conduct as described in subparagraph 5c will be subject to similar sanctions, regardless of where the conduct actually occurred.

(4) Persons committing acts prohibited by subparagraph 5b (2) on other federal properties of military installations

will also be subject to sanctions described in this instruction as though the offense occurred onboard.

(5) Any person who is issued a citation for a suspended or revoked state driver license and/or driving under the influence will have their vehicle towed by commercial wrecker at their own expense.

C. Traffic Court. A Traffic Court is hereby established to aid in the administration of the Motor Vehicle Traffic Management Program onboard. This Court will operate as an administrative body to take action as delegated herein and to advise the Commanding Officer concerning traffic violations. As an administrative body, the Court need not adhere to the fine lines regarding evidence required in courtroom practice, but will attempt to reach the truth of the matter, and will be fair and impartial in its actions. The Traffic Court will be composed of a traffic administrator designated by the Commanding Officer.

Fire Prevention Week



Autumn is here again and it's time to review your Fire Prevention Safety Plans – though Fire Prevention Safety should be a year round process and way of life – Life Safety that is. Our program theme this year is Hear the BEEP where you SLEEP – Every Bedroom Needs A Working Smoke Alarm. Fire Prevention Week Runs 4 - 10 October 2015.

As we review some items I want you to consider getting “Back to the Basics” by this I mean what have you done recently to educate yourself and your family? How about that monthly smoke detector test – have you ensured their working condition, if they are linked when you test one do they all activate and have you tested each one? Do you have one in each bedroom, the hallway outside of the bedrooms and do you have them on each level of your home? These are just some of the “Basic” things we should be doing. How about an evacuation plan? Do you practice E.D.I.T.H – Exit Drills In The Home – make it a family time and do a drawing of the home showing two ways out and discuss what you would do in the event of a fire. Examples of this are two ways out, staying low if smoke is present, dialing

911, where to meet once out – children are smart – train them young and it will stay with them.

There are many other things I could cover at this time and as you read the articles over the next several weeks we hope it stirs in YOU thoughts, questions and ideas concerning Fire Prevention Safety for you and your family, remember fire safety applies to work as well as home. I have included a breakdown of fire fatalities for just one week with the following results:

U.S. news media reports 29 home fire fatalities for September 20 - September 26

Weekly compilation of media reports on civilian residential fire fatalities:

- * Number of fatalities: 29
- * Number of states with fatalities: 16
- * Total number of incidents: 29

Year-to-date home fire fatalities all ages: 1687

Data not reported by the media is not included.

This is an average of 4 people a day for the week and 6 people a day for the year to date, we have so many things available to us for Fire Prevention Safety and yet in 2015 we are still experiencing such a loss of life to fire please plan and take time to be Fire Safe and don't think “This Can't Happen To Me”.

For more information on classes, training or information contact us at 850-452-2898 and for online information go to one of these links: firepreventionweek.org and <http://www.usfa.fema.gov/prevention/>

News and Notes

CLEP/ Dantes Subject Standardized Tests at Milton

Next dates for DSST are: Oct. 30, Nov. 13 and Dec. 4. Active Duty: free, civilians: approx \$100. Tests are by appointment only: contact CWO3 Cherry at frank.e.cherry@navy.mil. For more info: <http://getcollegetcredit.com/>.

NAS Whiting Field 3D Archery Tournament

Oct. 17 beginning at 10 a.m. at the NAS Whiting Field Archery Range. Register by Oct. 14. Contact CJ Anderson at 850-497-2297 or christopher.j.ander3@navy.mil.

Embry Riddle Aeronautical University Registration for October Term

Campus is now registering for the Oct. term classes through Oct. 19. Email pensacola@erau.edu, visit www.worldwide.erau.edu/locations/pensacola or call 458-1098 for more info.

Mondays in the Gardens series

Oct. 19: Fall blooming shrubs and perennials. Santa Rosa Master Gardeners will lead the free, one hour presentation beginning at 10 a.m. in the UF shade garden classroom. No pre-registration is required. For more info contact Mary Derrick at (850) 623-3868 or maryd@santarosa.fl.gov.

Retirement and Benefits Webinars for Civilian Employees

The Federal Long Term Care Insurance Program partners are offering informational webinars about retirement and benefits topics. Registrant at: https://www.ltcfeds.com/meet_us/webinars.html. Next webinar is Oct. 20. Past webinars are archived at: http://www.ltcfeds.com/meet_us/webinars_on_demand.html.

Captain's Call for NAS Whiting Field Military & Civilian Personnel

Thursday, Oct. 22 from 9:30 – 11 a.m.: Non-Supervisory
Friday, Oct 23 from 10 – 11:30 a.m.: Supervisory Personnel
Both sessions in the Auditorium.

Boots to Business

Oct. 26-27 at Bldg 2998 (Coffee Shop building). This free two-day entrepreneurial training boot camp is for transitioning service members who dream to open their own business. Spouses and dependents over 18 also welcome. Learn more: <http://boots2business.org/about.aspx>. Register: contact Terri Maddox at 623-7177 or terri.maddox@navy.mil.

“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. Costume contest with prizes. No cover charge.

Fiscal Year 2016 Federal Benefits Open Season

Held Nov. 9 – Dec. 14, 2015. The new change is the addition of “Self Plus One enrollment option.” See the Office of Civilian Human Resources portal at https://portal.secnav.navy.mil/orgs/MRA/DONHR/Benefits/Pages/Benefits_Open_Season.aspx for current info.

Okinawa Culture Week

•Nov. 13-18: workshops, demos, group tours, meet & greets, dinners. Contact FloridaOkinawaKenjinkai@yahoo.com for schedule

•Okinawa's Traditional Performing Arts - Nov 14 from 2-4:30 p.m. at the Santa Rosa County Auditorium. Okinawa's Traditional Performing Arts troupe, Team Kizuna, will perform. Tickets \$20 (pre-purchase). For more information contact FloridaOkinawa.Kenjinkai@yahoo.com or 850-994-4890.

The Art of Japanese Flower Arrangement” at Foo Foo Fest

Nov. 14, 10-3:30 p.m. at the Pensacola Cultural Center. Morning demonstration \$5; afternoon demonstration \$50. Reduced rates for Japan-America Society of Northwest Florida members. Register: (850) 361-8750 or <https://www.eventbrite.com/e/ikebana-the-art-of-japanese-flower-arrangement-tickets-18709372236>.

Volunteers Needed:

•Annual Fall Festival - Oct 30, 9:15 to 10:15 at the NAS Whiting Field Child Development Center. Please call CDC at (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 - 12th. Contact ABH1 Hernandez no later than November 4th COB at david.d.hernandez@navy.mil or 850-623-7196.

ITT News

Contact ITT for these or other specials at 850-623-7032 or 850-665-6250

•Several reduced prices on Universal Orlando & Disney World tickets available. Limited availability.

•Haunted Woods Deadly Games: Oct 9 – 31 from 7 p.m. – midnight. More info at <http://www.rjevents-llc.com>. Tickets \$11.

Suicide Prevention Workshops at NAS Pensacola

For more info or to register contact Tony Bradford at 850-452-2798 or tony.bradford.ctr@navy.mil

•Applied Suicide Intervention Skills Training (ASIST)

Nov. 4 – 5 from 8 a.m. – 4 p.m. at the J. B. McKamey. Deadline to register is Oct. 30

•SUICIDE safeTALK Workshop. Nov. 12 from 8 a.m. – 12 noon at Pensacola.

2015 Step Out: Walk to STOP Diabetes

Nov. 7 at Maritime Park. 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.

MATSG-21 Officer Birthday Ball

Nov. 14 from 6 – 11 p.m. at the National Naval Aviation Museum. Tickets \$35. Call Sonja at TRAWING-5 OPS at 850-623-7147 for more info or to purchase tickets.

New Fall Hours (Sept 7 – Nov 1): Whiting Park & Water Recreation

Friday-Monday, 7 a.m. – 6 p.m.; Tues-Wed: closed; Thursday: 12-6 p.m.

Civil Air Patrol Cadet Program

The Civil Air Patrol Cadet Program meets aboard NAS Whiting Field every Thursday evening from 6 – 8 p.m. in building 1417. The program for ages 12 – 18. For more info: www.gocivilairpatrol.com or www.facebook.com/CaptainCollinsHHainesSquadron, or contact Lt. Col. Doug Kelley at 850-665-6160.

Political Activity Reminder

During this election cycle, all DoD personnel – military and civilian – should be mindful of the various limitations that exist when it comes to participation in political activity. Civilian activity is governed by the Hatch Act (<https://osc.gov/pages/hatchact.aspx>). Military personnel are covered by DoD Directive 1344.10: www.dtic.mil/whs/directives/corres/pdf/134410p.pdf. More info on voting: www.fvap.gov.

Justice Department Release - Compensation for Unlawful Foreclosures

The Justice Department has recently announced that an additional 1,461 service members and their co-borrowers are eligible to receive over \$186 million for home foreclosures under the department's settlements with five of the nation's largest mortgage servicers. For any questions, contact the Legal Assistance Office at NAS Pensacola: 452-3733.

Make a Suggestion

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

NAS Whiting Field Observes Domestic Violence Awareness Month

By: Sheri Grabus, NAS Whiting Field Public Affairs Office



Capt. Todd Bahlau, NAS Whiting Field Commanding Officer, signs proclamation declaring Oct. 2015 as Domestic Violence Awareness Month across NAS Whiting Field and all 13 of its Navy Outlying Fields. U.S. Navy photo by Jay Cope.

Naval Air Station (NAS) Whiting Field and all 13 of its Navy Outlying Landing Fields designate Oct. 2015 as Domestic Violence Awareness Month. Capt. Todd A. Bahlau, Commanding Officer of NAS Whiting Field, signed a proclamation Oct. 9, in recognition that domestic violence is a widespread, serious crime affecting people of all backgrounds.

In the week leading up to this Proclamation, staff from NAS Whiting Field's Fleet and Family Support Center (FFSC) placed purple ribbons and signs around the Installation's main roads. Signs included the following statements: "Fear is not a substitute for respect. Violence is not the solution. It's the problem." These reminders help bring home the message that violence is never part of a healthy relationship.

"I see all the ribbons and signs around the base, and it's awesome," Bahlau said during the Proclamation signing. "We want to encourage appropriate behavior, emphasizing honesty, responsibility, and accountability."

National Domestic Violence Awareness Month is an annual observance that generates awareness of domestic violence as a serious public health issue. Through FFSCs, the Department of Defense provides free services to help prevent domestic violence by building healthy relationship skills. They also provide licensed counselors to treat victims and offenders.

Although National Domestic Violence Awareness Month is recognized in October, Bahlau emphasized during the Oct. 9 signing that violence prevention must be an ongoing endeavor.

"Keep up all the activities and continue to get the word out. Domestic violence awareness is not a month-long effort. It is something we need to emphasize all year-long," Bahlau said.



Eye-catching purple signs and ribbons line the main roads of NAS Whiting Field, reminding personnel that violence is never part of a healthy relationship. U.S. Navy photo by Sheri Grabus



WHEREAS, domestic violence is a serious crime that affects people of all races, ages, gender, income levels, rates, and ranks; and

WHEREAS, domestic violence is widespread and affects over four million Americans each year both civilian and military; and

WHEREAS, one in three Americans have witnessed an incident of domestic violence; and

WHEREAS, children who grow up in violent homes are believed to be abused and neglected at a rate higher than the national average; and

WHEREAS, domestic violence costs the nation billions of dollars annually in medical expenses, police and court costs, shelters, foster care, sick leave, absenteeism, and non-productivity; and

WHEREAS, only a coordinated community effort will put a stop to this serious crime and demonstrate that we are one voice against domestic violence; and

WHEREAS, Domestic Violence Awareness Month provides an excellent opportunity for our military members and their families to learn more about preventing domestic violence and to show support for the numerous organizations and individuals who provide critical advocacy, services, and assistance to victims.

NOW, THEREFORE, BE IT KNOWN that I, Captain Todd A. Bahlau, Commanding Officer Naval Air Station Whiting Field, do hereby proclaim October 2015 as

**DOMESTIC VIOLENCE AWARENESS MONTH
across Naval Air Station Whiting Field
and all 13 Navy Outlying Landing Fields attached thereto.**

Signed by my hand, this 9th day of October, Two Thousand and Fifteen:

T.A. BAHLAU, CAPT

It's Too Hot. It's Too Cold

Special to the Whiting Tower

Anybody who has performed energy surveys in work spaces has heard these cries for help. Due to differences in human metabolism, sometimes people who sit right next to each other have the opposite complaint. Another interesting human variable: some people want to turn the heat up to 72 o in the winter and turn the air conditioning down to 68 o in the summer. That just doesn't make sense!

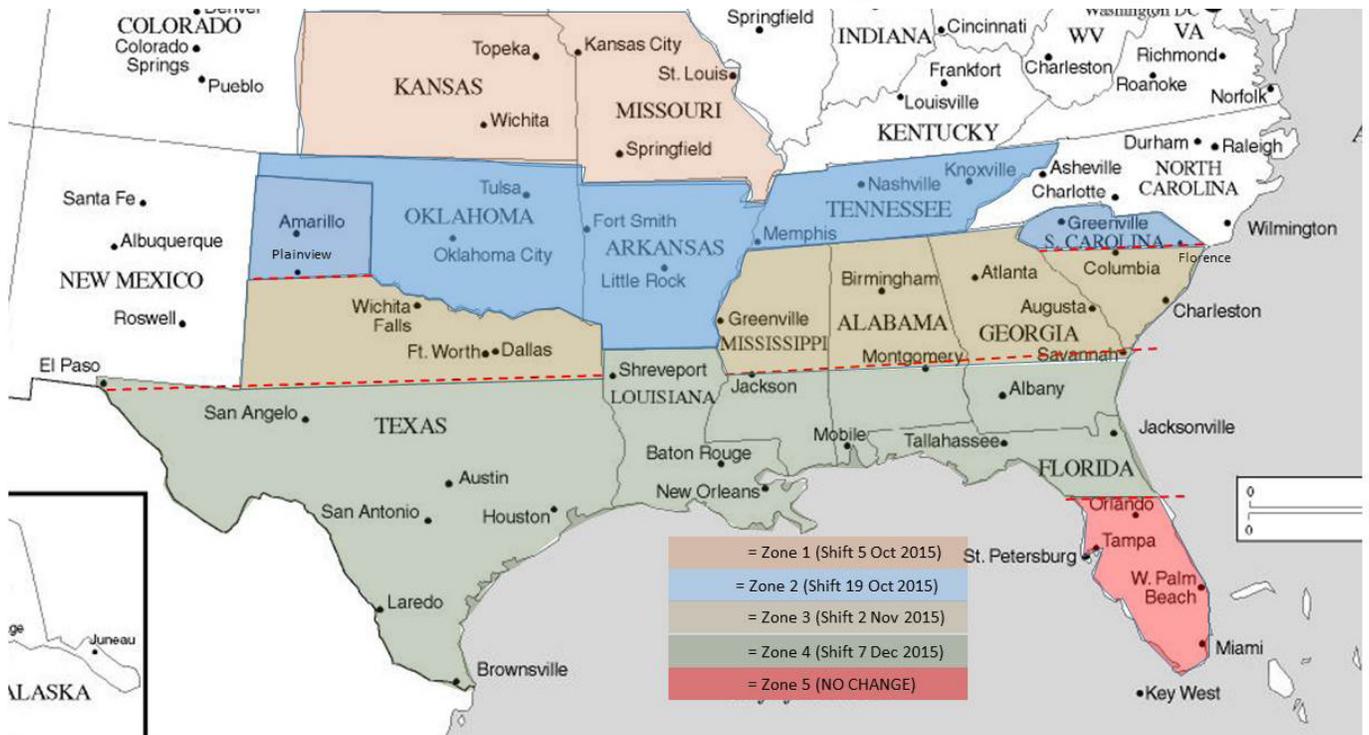
The Navy has energy efficiency standards that apply to space temperatures: Cool to no lower than 78o F., and heat to no higher than 68 o or 70 o F. Since these are average temperature targets, different rooms might have different temperatures, especially in older buildings with large areas and few thermostats. Navy standards also exist for after hours, to adjust temperature setpoints to provide less heat in the winter and less cooling in the summer when the building is unoccupied.

It seems like opening windows or adding portable HVAC units should help if you're too warm,

but it wastes energy when the heat or air conditioning is running. Your open window or portable HVAC unit can confuse a thermostat that controls the heat supply to spaces that aren't benefiting from your outside air, and make it difficult to pinpoint the source of their temperature complaints (you).

The best things you can do if you are too warm or too cold are 1) dress in layers and 2) let your supervisor and facility energy monitor know about your issues. Your building's climate control system may be in need of some attention, especially when everyone has the same complaint. If you tend to be cold, and sit in a colder area of the building, you might ask your supervisor if you can move to a location that's a better fit for your metabolism. If your energy team gives you permission to open windows or add portable HVAC units temporarily while a condition is being resolved, be sure to shut them at night to minimize energy waste.

Uniform Change Map



From TRAWING-5

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly-winged Navy, Marine Corps, Coast Guard, and International Aviators on Sept. 11. U.S. Navy photo by Lt. j.g. Jenné Jolie.



SAVE *the*
DATE

**Transitioning Service
Members: start a new
adventure, become an
entrepreneur**

Transitioning service members with a dream to own their own business can sign up for Boots to Business – a two-day entrepreneurial training boot camp offered as part of the Transition Assistance Program (TAP). This free course will provide Service Members with an introduction to entrepreneurship and the tools you need to develop a feasibility study that can be used as part of a business plan; spouses and dependents (over age 18) are welcome too!

Boots to Business is offered by the U.S. Small Business Administration as a component of the Department of Defense (DoD) TAP and will be taught at a local military installation. For more details about Boots to Business visit <http://boots2business.org/about.aspx>. Then sign up today for the next course!

26-27 OCT 2015

Want to Sign up?

POC: Terri Maddox

Phone Number: 850-623-7177

Email: terri.maddox@navy.mil

Location: FFSC TGPS Training Facility,
Bldg. 2998, Long Island St., (Coffee Shop
Bldg)

Cost: Free

Want to know more about Boots to Business?

<http://boots2business.org/about.aspx>