

Whiting Tower

Seventy-three Years of Aviation Training News

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Naval Air Station Whiting Field, Milton, Fla.
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Forging Wings for the Fleet
September 16, 2016

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Energy Efficiencies Coming to Naval Air Station Whiting Field

By: Richard Bittner, NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast selected Gulf Power Company of Pensacola, Fla. to receive a \$9.8 million award Sept. 6 for a Utility Energy Service Contract (UESC) to bring energy upgrades to Naval Air Station (NAS) Whiting Field in Milton, Florida.

A UESC is a limited-source contract between a federal agency and its serving utility for energy and water efficiency improvements and demand reduction services.

“This UESC project is a vital step forward for NAS Whiting Field’s long-standing goal of increasing our energy resiliency, and is highly beneficial for the Navy, the hard working men and women of NAS Whiting Field, our community neighbors, and our utility provider,” NAS Whiting Field Commanding Officer Capt. Todd Bahlau

remarked. “The tremendous efforts that the Navy and Gulf Power teams have put into this project are a testament to the rich partnership we have enjoyed over the years.”

The UESC calls for the design and installation of interior and exterior lighting upgrades, water conservation measures, energy management and control system (EMCS) integration and EMCS communications infrastructure upgrades. Additionally, the project will include transformer replacements to improve energy security and mechanical upgrades to modernize the Heating, Ventilation and Cooling (HVAC) systems in many of the base facilities. All of the EMCS improvements were carefully analyzed for compatibility with Department of the Navy cybersecurity and ‘Smart Grid’ future goals.

“I am elated to see this project come to fruition,” said NAS Whiting Field Installation Energy Manager Jason Poe. “It brings industry-leading technologies to NAS Whiting Field and
- (Cont. on Page 4)

Cover Photo:

Naval Air Station Whiting Field Chaplain Lt. Roy Fondren escorts Chief of Navy Chaplains Rear Adm. Margaret Kibben to the Atrium building before she will meet with Commanding Officer Capt. Todd Bahlau. Rear Adm. Margaret was able to visit the base chapel and meet with chapel leadership and staff during her visit to NAS Whiting Field on Sept 6. U.S. Navy photo by Jamie Link.

The Whiting Tower

Commanding Officer

Capt. Todd Bahlau

Executive Officer

Cmdr. Don Gaines

Command Master Chief

Command Master Chief (AW/SW) Lee Stephens

Public Affairs Officers

Jay Cope

Jamie Link

Public Affairs Staff

Lt. j.g. Marissa Tungjunyatham

Lt. j.g. Dat Nghiem

Ensign Kyle Shields

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.

NAS Whiting Field Supports Suicide Prevention Month

By: Jamie Link, Public Affairs Office

Every year America loses more than 7,000 active and veteran service members to suicide.

That number is a sobering statistic that reflects far more than just a number. It represents the best, brightest, and bravest who volunteered to protect the nation, but in the end, could not protect themselves. The tragic effect on family, friends and shipmates is immeasurable. It is time for all military members and DoD families and civilians to refocus efforts to reaching out to those who may need help, who may be showing signs of suicide and depression or experiencing tough time in their lives.

It is for that vital reason that NAS Whiting Field Commanding Officer Todd Bahlau signed the 2016 Suicide Prevention Proclamation during the safety stand down event prior to the Labor Day weekend. The proclamation showcased the need for the NAS Whiting Field team to recognize and support suicide prevention awareness throughout the month and all year round.

“Suicide prevention in the Navy is not just an annual observance—it’s an all hands evolution, all of the time” Bahlau read from the Proclamation.

Dr. Julie LaRow, clinical counselor with Fleet and Family Support Center, addressed the audience about how Sailors can be a part of suicide prevention. LaRow discussed the warning signs of suicide, the significance of prevention and the statistics about how many are lost to suicide each

- (Cont. on Page 6)

13th MCPON Retires, 14th Takes Charge

By: Mass Communication Specialist 1st Class Martin L. Carey, Office of the MCPON

Master Chief Petty Officer of the Navy (MCPON) Michael D. Stevens was relieved by Fleet Master Chief Steven S. Giordano during his retirement and change of office ceremony held on Washington Navy Yard Sept. 2. Stevens served as the 13th MCPON for the past four years and served over 33 years on active duty.

“I will forever be humbled by the opportunity I was given to serve in the United States Navy and be trusted to lead and advocate for America’s greatest treasure -- those that wear the cloth of our nation and have sworn an oath to protect and defend the Constitution of the United States against all enemies foreign and domestic,” Stevens said during his speech.

He continued, speaking about his service as the 13th MCPON.

“I’ve often been asked ‘What was your number one goal as the MCPON?’ My answer has never changed - ‘As a leader, it has always been my primary goal to establish and maintain the conditions that provide all of our people with the opportunity to be successful. And to do this while treating one another with dignity and respect,’” said Stevens.

He concluded, “Tonight I will remove my uniform for the last time and will not wear it again until my eternal rest--but I do this with a smile on my face, knowing that I will always be a Sailor that served in the greatest Navy in the world.”

After Stevens spoke, he and Giordano conducted the ceremonial ‘Passing of the Cutlass,’ symbolizing the change of office, and Giordano assuming the title of the 14th MCPON.

Giordano then delivered remarks saying, “Admiral, I am honored to have been afforded this opportunity and it is one I do not take lightly.”



Master Chief Petty Officer of the Navy (MCPON) Mike Stevens delivers remarks during his Change of Office & Retirement Ceremony held at Adm. Leutze Park on Washington Navy Yard. Stevens served as the 13th MCPON for four years, and turned over responsibility to Steven Giordano as the 14th MCPON. U.S. Navy photo by Mass Communication Specialist 1st Class Martin L. Carey.

He continued, “Now with one foot anchored smartly on the history and heritage of our service, and one foot stepping forward into the future, I look forward to serving this great Navy of ours as the 14th master chief petty officer of the Navy with all the reverence, respect and action incumbent on the office.”

Following the ceremony a small reception was held where friends, loved ones and shipmates bid MCPON Mike and Theresa Stevens farewell and welcomed MCPON Steven and Elka Giordano. 🛩

This Day in Naval History

September 7

1945-The Japanese surrender the Ryukyu Islands area at the U.S. Tenth Army Headquarters on Okinawa.

September 8

1958-Lt. R. H. Tabor, wearing a Navy-developed pressure suit, completes a 72-hour simulated flight at altitudes as high as 139,000 feet.

September 9

1961-USS Long Beach (CG (N) 9) is commissioned at Boston as the first nuclear-power surface warship in history and is assigned to the Atlantic Fleet and home ported at Norfolk, Va.

September 10

1846-John Y. Mason becomes the 18th Secretary of the Navy, serving until March 1849.

September 11

2001-American Airlines Flight 77 is hijacked by terrorists and hits the Pentagon, causing the fatalities of 33 military personnel, six civilians, and three contractors. American Airlines Flight 11 and United Airlines Flight 175 hit the Twin Towers at the World Trade Center, New York City. United Airlines Flight 93 goes down in Shanksville, Pa., after passengers engage the hijackers.



Military servicemembers render honors as fire and rescue workers unfurl a huge American flag over the side of the Pentagon during rescue and recovery efforts following the Sept 11 terrorist attack. The attack came at approximately 9:40 a.m. as a hijacked commercial airliner, originating from Washington D.C.'s Dulles airport, was flown into the southern side of the building facing Route 27. U.S. Navy photo by Photographer's Mate 1st Class Michael W. Pendergrass.

Energy

- (Cont. from Page 2)

greatly assists the Navy in meeting Executive Order 13693 mandated targets for energy and water conservation.”

Many of the electrical savings built into this contract rely on cutting edge technology. The project will bring a host of HVAC advances to NAS Whiting Field, including the installation of variable frequency drives, hybrid water heaters, high efficiency heat pumps and variable volume condensing units.

“Care was taken when planning the project to account for the high load and mission critical facilities,” said Poe. “Within one of the high-load facilities, the project will create a new “virtual” chiller plant with a high efficiency chiller serving multiple buildings in order to consolidate multiple existing boilers and condensing units across several facilities. This will provide a more robust capability to mission critical locations while also eliminating redundant energy-consuming devices.”

Poe added that the project is projected to save more than 17,000 MBTU (Million British Thermal units) and approximately 2.6 million gallons of water annually. That equates to about \$495,000 annually in combined energy and water savings.

The project falls under the Energy Independence and Security Act of 2007, which authorizes agencies to use appropriations, private financing, or a combination of both to comply with its requirements for UESC for evaluations/project implementation.

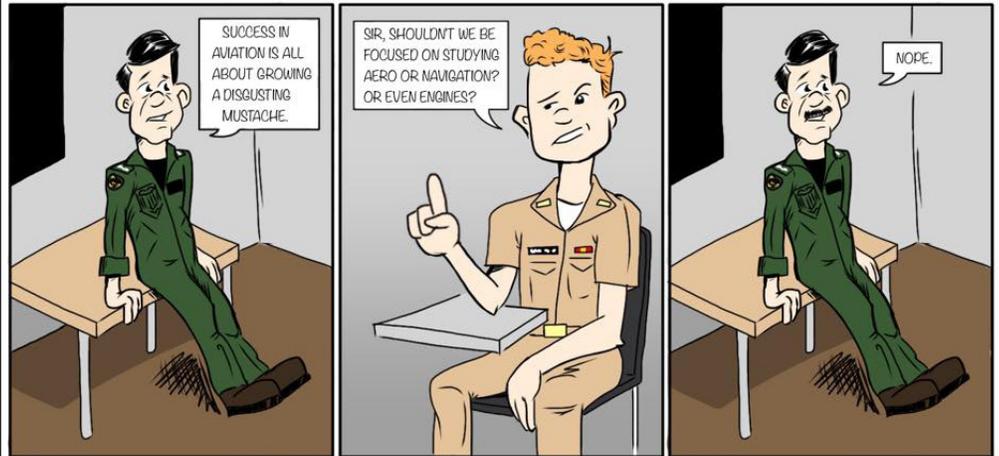
It also supports President Barack Obama’s December 2011 announcement of a \$4 billion investment in energy upgrades to combined federal and private sector buildings. When announced, the investments were intended

to save billions in energy costs, promote energy independence and, according to independent estimates, create tens of thousands of jobs in the hard-hit construction sector. The \$4 billion investment in 2011 included a \$2 billion commitment, made through the issuance of a Presidential Memorandum, to energy upgrades of federal buildings using long term energy savings to pay for up-front costs, at no cost to taxpayers.

The project is expected to be completed by November 2017.

THE LANDING STRIP *MORRIS*

#1 - "MUSTACHES"



THE HELIPAD? *MORRIS*

#50 - The boy who survived



Editor's Note: Special thanks to Ensign Zach Morris who granted permission to use the comics in The Whiting Tower. The paper will run two of his comic strips each week for as long as he has material for us to run. Look for a special feature on Morris in the next edition of the Tower. If you have an idea for a strip, please email zmorris1011@gmail.com for a chance to see your idea put into print.

Secretary of the Navy on Suicide Prevention

By: Ensign Kyle Shields, NAS Whiting Field Public Affairs

Editor's note: August 31st the Secretary of the Navy, the honorable Ray Mabus, released on www.navy.mil his remarks on September's Suicide Awareness Month:

"As Secretary of the Navy, I am personally committed to helping our Sailors, Marines, civilians, and their families during tough times. While we recognize Suicide Prevention Month in September, please pledge that you will personally support your brothers and sisters, in and out of uniform, in a team effort to combat suicidal ideations and actions.

Every death by suicide is a tragedy. We value each and every one of you, and the Department of the Navy is dedicated to ensuring programs are available and policies are in place to build resiliency, reduce stress, and educate each and every Sailor, Marine, and civilian to better identify risk factors.

Through intense research and endless dedication, Navy and Marine Corps suicide prevention offices have developed evidence-based training and robust support programs to mitigate stress factors and provide easily accessible assistance for you, with the goal of early intervention. We are all active participants in encouraging those in need to seek help, and are responsible for creating an environment that fosters a belief that seeking help is a sign of strength.

If you or someone you know is in need of help, or if you want to talk about the stress in your life, please call Military Crisis Hotline (1-800-273-8255, press 1), Military OneSource (1-800-342-9647), or DSTRESS for a Marine-to-Marine approach (1-877-476-7734). Civilian employees and their families can reach out to the Civilian Employee Assistance Program (CEAP) at 1-844-366-2327, 1-866-829-0270 (international), or <http://DONCEAP.foh.hhs.gov>.



Additional resources are available: Navy suicide prevention webpage (http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx). Marine Corps suicide prevention webpage (<http://www.usmc-mccs.org/services/support/suicide-prevention>)

Thank you for the work you do every day in service to this great country.

Released by Ray Mabus, Secretary of the Navy." 



USO
Northwest Florida

GOLF FOR HEROES

FRI 09.23 4:00-7:00PM
USO BLAST FROM THE PAST PAIRING PARTY

Join us at the Eglin Golf Course Club House for a 1940's-themed party with music, dancing, food, cash bar, silent auction and your chance to "draft" your favorite National Women's Golf Association player to complete your tournament foursome.

SAT 09.24 7:00AM
75TH ANNIVERSARY PRO-AM

Eglin Golf Course located at 1527 Fairway Dr. in Niceville, FL. Registration and breakfast begins at 7am with a shotgun start at 8:30am. This will be a scramble format with chances to purchase mulligans and other advantages. A silent auction and awards ceremony with lunch will be provided following the tournament.

TO FIND OUT MORE INFORMATION ON REGISTERING TO PLAY OR SPONSORING THIS EVENT, PLEASE VISIT
WWW.USO.ORG/NORTHWESTFLORIDA
OR CALL 850-455-8280.

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PRO



Suicide Prevention Month
Showing his support for Suicide Awareness Month, Commanding Officer Capt Todd Bahlau signs the Suicide Prevention Proclamation during the September 2nd Safety Stand down onboard NAS Whiting Field. U.S. Navy Photo by Jamie Link.

Suicide Prevention Month

- (Cont. from Page 2)

year. She shared a story about how someone can intervene with just a simple gesture.

“It’s about finding a way to provide hope to someone who has lost it, she said. When I was visiting Rwanda, I listened to a story about a woman walking towards a lake with intentions of drowning herself, a man who was walking along the lakeshore noticed her, stopped, held her hand and told her, “this feeling doesn’t last forever, it will get better.” LaRow explained, “He was able to provide hope to her and that’s the most important thing.”

The Navy continues its efforts with the “One Small A.C.T.” program (Ask, Care, Treat), calling attention to the small but important actions each Sailor can take to make a difference in the lives of others who may be in crisis. Programs like this can help open communication, and assist members of the Navy community in getting the help they need during times of duress which makes a huge impact on someone in crisis.

“The Department offers Sailors, Marines, civilians, and their families a number of tools at their disposal, including chaplains, counselors, health care providers, family support programs, and even nutrition and fitness experts.

It’s important every member of our team understands we are committed to you, both during your service and beyond, because you are our greatest asset.” The honorable Franklin R. Parker Assistant Secretary of the Navy for Manpower and Reserve Affairs said in his latest address on Navy Live.

Since the launch of the first Suicide Prevention month in September 2012, the Navy has integrated a communication plan to educate everyone on suicide prevention programs across the fleet. The central message for 2016 for suicide awareness month is that seeking assistance is a sign of strength, with a focus on, “You make a difference”.



NAS Whiting Field personnel support the Suicide Prevention Awareness Physical Campaign by performing planks to raise awareness about the veterans who die every day by suicide, and also for the active duty suicide service members who also battle with suicide and depression while serving. U.S. Navy Photo by Ensign Kyle Shields.

Suicide impacts the mission in an incredibly damaging way and the Navy needs All Hands on Deck.

Several agencies onboard NAS Whiting Field offer programs that assist with Suicide Prevention. The base Chapel offers safeTALK and Applied Suicide Intervention Skills Training (ASIST) workshops. Suicide prevention resources can be found at the Fleet and Family Support Center. Off base and online, resources can also be found through Military One Source at 800-342-9647, the Military Crisis Line at 800-273-8255 press 1, and the National Suicide Hotline and the Civilian Employee Assistance Program (CEAP) at 844-366-2327.



Following a Safety Stand Down, NAS Whiting Field Executive Officer Don Gaines leads sailors in an additional set of push-ups in support of the Suicide Prevention Physical Campaign. U.S. Navy Photo by Jamie Link.

The Aftermath of 9/11

By: Kevin L. Robinson, Public Affairs Specialist

Fifteen years ago this month, commissaries felt the effects of the Sept. 11 terrorist attacks on America, as the Defense Commissary Agency worked with the military to keep the grocery pipeline open.

In the wake of the attack, then DeCA Director Maj. Gen. Robert J. Courter Jr. contacted military leaders to ensure their commissaries would be open to serve the troops and their families amid heightened security at bases worldwide.

“I asked installation commanders to designate commissaries as key and essential: This means store directors must work with installation commanders to keep our stores open, well-stocked and operating in an efficient manner regardless of what threat condition they are under,” Courter told DeCA employees in December 2001. “Since Sept. 11, our people have been doing just that – performing above and beyond their former pace of life.”

Across the DeCA landscape, store personnel, contractors and their industry partners near the terrorist attacks and elsewhere around the world went above and beyond to keep the commissary benefit flowing to the shelves.

“Immediately after the attacks, military installations buttoned up their security measures, creating long lines of cars as each vehicle was inspected at the gate,” said Dr. Peter Skirbunt, who wrote about DeCA’s response to Sept. 11 in *The Illustrated History of American Military Commissaries*. “That made it difficult for families living on base to easily leave and return, encouraging them to do all their food shopping at the commissary.

“The security measures also made it difficult for [commissary] employees, deliveries and off-post patrons to reach the stores, but given the severity of what had happened, few people complained,” Skirbunt added. DeCA’s historical accounts provide a wide range of responses by commissaries, their staffs and vendors.

While installations around the world were tightening security, commissaries like the one at Fort Myer, Virginia, the closest DeCA store to the Pentagon, responded to purchase requests of water, energy bars, soup, chips and other snacks, soft drinks, sandwiches and produce from military units at Myer, Henderson Hall Marine Corps Base and the Pentagon. Store personnel delivered cases of fruit donated by industry. The Fort Myer Commissary also left a skeletal crew in the store to handle 24-hour emergency support from the installation while the store was closed to patrons Sept. 11-12.

At nearby Bolling Air Force Base, D.C., the base commander tasked the commissary for emergency support for baby food, diapers and formula from the base daycare center; water, ice and Gatorade for first responders at the Pentagon; and food for the dining facility.

Andrews Air Force Base, Maryland, as the home of Air Force One, had to close Sept. 11-12, as it was placed under strict security measures. While it was closed, the store director maintained an emergency crew on hand to support purchases from the base hospital, the flight kitchen and the dining facility.

At Fort Meade, Maryland, vendors donated lunches for the security personnel on the gates. This level of support was indicative of commissaries worldwide, all working with their industry partners to support various calls for assistance – collecting donations for disaster relief drives, and food for dining facilities and installation security personnel.

During the attack on the Pentagon, two members of DeCA’s Washington Office escaped injury although their physical location was not far from where the plane came through, Skirbunt said.

Although no commissary personnel were lost among the thousands killed in the Sept. 11 attacks, DeCA did lose a member of its Patron Council, Retired Army Lt. Col. Gary F. Smith, who was killed along with 125 other Americans in the Pentagon. At the time of his death, Smith was the chief of the Army Retirement Services under the Office of the Deputy Chief of Staff for Personnel.

“We recently enjoyed the pleasure of [Smith’s] company during a Patron Council meeting at our headquarters just five days before the attack,” Courter said in a December 2001 article about Smith’s death in *Vision*, DeCA’s employee magazine. “His loss puts a face on this tragedy and brings home how much this attack has affected us all.”



Military service members helping the Commissary workers distribute food after the attacks on September 11th, 2001.

Hours of Operation for MWR Food Service Locations:

Tower Café (Starbucks)	Mon-Fri	0600-1300
South Field Snack Bar	Mon-Fri	0600-1900
Mulligans Grill	Mon-Fri	0630-1400
Bowling Center	Mon-Fri	0700-1900
North Field Snack Bar	Mon-Fri	1030-1700

News & Notes

Asian Pacific Buffet

Wednesday September 14. 1100-1300 NAS Whiting

Free Breakfast for Advancement Exam Takers

First Class Petty Officer Association (FCPOA) will be providing FREE breakfast for each advancement exam date: Sept 15 at 6 a.m. at the exam site. We will be serving donuts, muffins, bananas, Orange juice, and coffee. Again, it will be ALL FREE for the exam takers.

Get Ready for 2016 Life Insurance Open Season

The Federal Employees' Group Life Insurance (FEGLI) Open Season will be held from Sept. 1 through Sept. 30. This is the first FEGLI Open Season since 2004. Employees may direct questions about FEGLI Open Season at 888-320-2917 from 7:30 a.m. to 7:30 p.m. Eastern Time, Monday through Friday, except on Federal holidays. The TTY number is 866-359-5277. Employees may also e-mail their questions to navybenefits@navy.mil. Employees must include their full name, pay plan, grade, and contact telephone number. Please do not provide private or personal information, such as date of birth or Social Security number.

SafeTALK workshop

Thursday, September 15, and 22 from 8:00 a.m. to 12:30 p.m. NAS Pensacola Bldg. 634, in the J.B. McKamey Center classrooms

The SafeTALK workshop prepares helpers to identify persons with thoughts of suicide, talk about suicide, and connect them to suicide first aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

Semper Fi 5k Run

The 33rd Annual Semper Fi 5k Run will be held on Saturday, Sept. 10 at the Seville Quarter in Downtown Pensacola. You can register at www.semperfi charityrun.org and follow the registration link. Active duty military can register for \$20 dollars with ID presented at packet pickup. There will be Harley-Davidson Raffle for 200 bikes. Winners need to be present to win. Contact a representative at semperfi5krun@gmail.com or 360-880-2024.

2016 Pensacola Bon Fest

Come join us for authentic Japanese food, dancing, and fun activities for all ages at the 2016 Pensacola Bon Fest. The event will be held at Booker T. Washington High School (6000 College Parkway Pensacola, Fla. 32504) from noon to 4 p.m. Saturday, Sept. 10. We will be featuring Maturiza Taiko Drummers from the Epcot Center. Admission is free.

Navy League Golf Tournament

The Navy League Santa Rosa County Council will host a golf tournament Saturday, Sept. 17 at Tanglewood Golf Course at 5916 Tanglewood Drive, Milton, Fla. Registration begins at 10 a.m., shotgun at noon. It will be \$300 for a team of four and \$75 for an individual player. Mulligans and one red tee buster are \$20 per person. Trophies will be awarded for 1st, 2nd and 3rd place teams as well as prizes for the longest drive and closest to the pin. There will be a raffle of gift items and a 50/50 drawing.

USO Golf for Heroes

Friday September 23, 4:00-7:00pm

Join us at Eglin Golf Course for a 1940's themed party

Saturday September 24, 7:00am

Eglin Golf Course located at 1527 Fairway Dr., Niceville. Registration and breakfast at 7:00am. Shotgun start at 8:30am. Silent auction and award ceremony at lunch.

USO Hosts Morning Networking Session for Military Spouses

September 28, 2016 8:30am – 12:30

Join the USO as they host an intimate speed networking session for military spouses in the Pensacola military community. You will have the opportunity to learn about USO Programs, discuss the art of networking, and speed network with other military spouses, local employers and community leaders. All participants will walk away meeting new friends, contacts, and professionals. For more information contact: Nicole Vogel, USO Program Manager, Military Spouse Programs at nvogel@uso.org or (703) 297-8213

Bands on the Blackwater Concert Schedule

Sept. 9 – Santa Rosa County's very own Chloe Channell

Sept. 16 – Modern Eldorados – Gretsche Lyle and his Modern Eldorados present an original brand of classic country music that has those in attendance honky tonkin' from their home base region of Mobile, Ala., all the way across the Atlantic Ocean in Europe.

Sept. 23 – Not Quite Fab – This Beatles Tribute Band from Pensacola, Fla., who will help you can relive the music made famous by the Fab Four at the start of the British Invasion.

Sept. 30 – Theresa Byrd & Seeking Shade – Theresa Byrd migrated south from Nashville. Byrd and her band feature a variety of music from Modern County, Rock, Top 40 as well as Classic Rock. Be ready to take flight at this concert.

Oct. 7 – Civilized Natives

Oct. 14 – Déjà vu Band

Oct. 21 – Bay Bridge Band – Spanning the generations of music from the 60's, 70's and 80's, the Bay Bridge Band features a full horn section as they entertain you with music from influences like Chicago, Blood Sweat and Tears, Van Morrison, The Doobie Brothers and others.

Oct. 28 – Cross Town band

Nov. 4 – The Astronauts – The Astronauts will launch a big bash to close the season with their high energy party tunes from the 80's, 90's and beyond. These friends/musicians will keep you entertained for hours on end.

ASIST Workshop

The Applied Suicide Intervention Skills Training Workshop is for anyone who wants to feel more comfortable, confident, and competent in helping to prevent the immediate risks of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills that are based upon adult learning principles and experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid. The workshop will be on Sept. 28 and 29 from 8 a.m. to 4 p.m., both days at the J.B. McKamey Center Classrooms Bldg. 634, NAS Pensacola. To sign up, contact CREDO facilitator Tony Bradford or chapel staff with member's rank, name, contact information, and supervisor's name at (850) 452-2341 or tony.bradford.ctr@navy.mil. Registration ends Sept 22!

Marriage Seminar

Friday, October 7th from 8:00 a.m. – 4:00 p.m. (RSVP by October 3rd)

Seminar is designed to teach couples communication skills and ground rules for handling conflict; it also promotes intimacy! Seats are still available and lunch is provided. Civilian attire allotted. Each person is responsible for getting permission from their command to attend as their place of duty. Seminar qualifies for reduced marriage license fee at the courthouse. 🐘



Congratulations to Training Air Wing Five's 2nd Lt. for making the commodore's list.

Whiting Field News

Congratulations to the Trawing FIVE Wingers and Scholars



Top Row: Lt. Col. Cory DeKraai, USMC, CO HT-28; Lt. j.g. Mulawin Jones, USN, HT-8; 1st Lt. Nickolas Richardson, USMC, HT-8; Lt. j.g. Sean Readdy, USN, HT-8, 1st Lt. Joseph Nichols, HT-8, USMC; Lt. j.g. David Arnold Jr., USN, HT-8; 1st Lt. Vincent Curley, USMC, HT-8; Lt. j.g. Michael Hickey, USN, HT-8; 1st Lt. Patrick Austin, USMC, HT-18. **Middle Row:** Cmdr. Brian Sanderson, USN, CO HT-18; Lt. j.g. James Peterson, USN, HT-8; 1st Lt. Robert Wisely, USMC, HT-28; Lt. j.g. Alexander Francher, USN, HT-8; 1st Lt. Austin Muffly, USMC, HT-28; Lt. j.g. James Kuznick, USN, HT-28; 1st Lt. Clayton Cottrell, USMC, HT-8; Lt. j.g. William Voellmecke, USN, HT-8; Cmdr. Brannon Bickel, USN. **Bottom Row:** Cmdr. Stephen Audelo, USN, XO HT-8; 1st Lt. Hayes Cozza, USMC, HT-28; Ensign Celine Doerr, USN, HT-28; 1st Lt. Robert Fender, USMC, HT-18; Lt. j.g. Timothy Mangold, USN, HT-8; 1st Lt. Jason Burns, USMC, HT-28; Lt. j.g. Thomas Routt, USN, HT-28; Lt. j.g. Robert Platt, USN, HT-8; Capt. Mark Murray, USN, Commodore TW-5. U.S. Navy Photo by Lt. j.g. Dat Nghiem.



Congratulations to Training Air Wing FIVE's Student Marine Corps Aviators earns the Academic Achievement Award on August 4, 2016.



Congratulations to Training Air Wing FIVE's Student Naval Aviator earns the academic achievement award on August 12, 2016.

SECURITY CORNER

Seat Belts and Child Restraints: NASW-FINST 5560.5A / Seat Belt Safety Law - Florida Statutes 316.614; 316.613.

As per NASWFINST 5560.5A paragraph 16, section z. Seat belts and child restraints

All personnel operating or riding in a motor vehicle shall wear seat belts whenever the vehicle is in motion, per reference (b), OPNAVINST 5560.10B) and Florida State Statute, effective 1 January 1987.

A federally approved child restraint device must be used for children through three years of age. For children four through five years of age, a separate restraining device or seat belt must be used. As per Florida Statute 316.614 (Seat Belt Safety Law)

It is unlawful for any person: (a) To operate a motor vehicle in this state unless each passenger and the operator of the vehicle under the age of 18 years are restrained by a safety belt or by a child restraint device pursuant to Statute 316.613, if applicable; or (b) To operate a motor vehicle in this state unless the person is restrained by a safety belt.

It is unlawful for any person 18 years of age or older to be a passenger in the front seat of a motor vehicle unless such person is restrained by a safety belt when the vehicle is in motion. As per Florida Statute - 316.613 (Child restraint requirements)

Every operator of a motor vehicle as defined herein, while transporting a child in a motor vehicle operated on the roadways, streets, or highways of this state, shall, if the child is 5 years of age or younger, provide for protection of the child by properly using a crash-tested, federally approved child restraint device. For children aged through 3 years, such restraint device must be a separate carrier or a vehicle manufacturer's integrated child seat. For children aged 4 through 5 years, a separate carrier, an integrated child seat, or a seat belt may be used. If you have any questions about installing a child safety seat, contact your local fire department for assistance.



Meeting the next generation of patriots: S.S. Dixon Elementary School invited Naval Air Station Whiting Field service members to take part in patriot day Sept 9. Sailors took the opportunity to meet the students and give high fives. U.S. Navy Photo by Jamie Link, NAS Whiting Field Public Affairs Office

September 2016

NAS Whiting Field



[Http://twitter.com/#!/NASWFFSC](http://twitter.com/#!/NASWFFSC)

Monday	Tuesday	Wednesday	Thursday	Friday
19 07300-1600 TPGS Workshop Bldg 2998 1030-1130 Primary Prep Brief-CTW 5 1230-1330 Ombudsman Appreciation Luncheon	20 07300-1600 TPGS Workshop Bldg 2998 	21 07300-1600 TPGS Workshop Bldg 2998 Int'l Day of Peace 	22 07300-1600 TPGS Workshop Bldg 2998 0900 Goldstar Remembrance Ceremony Chapel 1417 Langley 1430-1530 Challenges of Flight School & Marriage Fall Begins!! 	23 07300-1600 TPGS Workshop Bldg 2998 1300-1700 Command Picnic PICNIC 
26 1030-1130 Primary Prep Brief-CTW 5	27 1300-1400 Dealing w/Difficult People 1000-1130 Banking and Financial Services Class  	28 1300-1500 Smooth Move Bldg 2998 	29 	30 RSVP ONLY for all Classes Please email us @ NASWF_FFSC@navy.mil

NAS Whiting Field to Hold Command Picnic

By: Jamie Link, Public Affairs Office

It's time for fun, sports, fellowship, and a good time. The installation ball fields will be filled with the sweet smells of cotton candy, and the sound of friendly sports banter during next week's command picnic.

Naval Air Station Whiting Field will hold the picnic Friday, Sept. 23 beginning at 1 p.m. This is the first time in many years that the command has held such a function solely for NAS Whiting Field host command service members, civilians and their families.

The sports themed picnic will have competitive relay races, tug of war, volleyball, Wiffle ball and the biggest feature, a Knocker ball game. Waterslides will be available for the kids so parents are encouraged to bring bathing suits and towels for the children. Additionally, there will be a smaller kids ball pit for the toddlers.

Food will be served starting at 2 p.m. and carnival treats will be available through the duration of the picnic. The Morale Welfare and Recreation Department is working with Grover T's restaurant to cater the event with their famous bar-

becue.

The command picnic is a way to give base personnel and their families an opportunity to come together for an afternoon of fun and recharge the morale batteries.

"Our service members and civilian team put forth a tremendous effort this year, and the picnic is an opportunity to say 'thank you' for their hard work." Commanding Officer Capt Todd Bahlau explained. "After a successful and productive year, it will be great to slow down and have some fun together as a unit. MWR has planned a terrific event, and I am very much looking forward to it." 🐾

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Outdoor Recreation Facility

Fun for the whole family!

Explore in a rental or use your watercraft

MWR
NAS WHITING FIELD

NAVY
COMMUNITY
RECREATION

Call 850-623-2383 for information



Fall

Hours of Operation

Friday - Sunday 0800-1800

Monday - Wednesday 1000-1800

(Closed Thursday)



Navy water recreation park located along the Blackwater River east of downtown Milton

- Camper rentals
- Boat Rentals
- Grills & Pavilions
- Fishing pier & more