

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 20

Forging Wings for the Fleet
Wednesday, November 5, 2014

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TRAWING-5 Receives Meritorious Unit Commendation

By Jay Cope, NAS Whiting Field Public Affairs

The Chief of Naval Air Training presented the Training Air Wing FIVE staff with a Meritorious Unit Commendation for their efforts during the T-34 to T-6 aircraft transition.

The award is presented based on exceptionally meritorious conduct in providing an outstanding service to the military, and is signed by the Chief of Naval Operations for the Secretary of the Navy.

Rear Adm. Roy Kelley reminded the staff of the difficulties involved in the transition between the two aircraft due to the perpetual flight schedules at the training command.

“When we do a transition, we do it in stride. Other units doing transitions get taken out of their rotations,” Kelley emphasized. “There was a lot of coordination and effort on your parts. Thank you for that.”




The Chief of Naval Air Training Rear Adm. Roy Kelley presented a Meritorious Unit Commendation to Commodore of Training Air Wing FIVE Col. Gary Kling for the wing’s efforts during the T-34 to T-6 aircraft transition. U.S. Navy photo by Jay Cope.

Kelley presented the citation to Commodore, TRAWING-5 Col. Gary Kling who accepted on behalf of the staff. Kling stressed to the assembled TRAWING-5 team that the transition to the T-6 marked a radical change in the way the squadrons operated from a safety, training, supply and administrative standpoint, and involved an increase in surge capacity.

“You made this happen!” he said. “It was an example of pure teamwork, and that is what this award represents.”

Throughout the almost three-year transition, TRAWING-5 continued to meet or exceed Chief of Naval Aviation Training Command mission goals. The three fixed-wing, training squadrons flew 387,791 flight hours which resulted in the safe completion of almost 1,200 fixed-wing student Naval aviators. They accomplished this mission while balancing instructor qualifications in the new aircraft and surging flight capabilities to compensate for weather cancellations.

“You were all pioneers to help us address the issues we did not foresee,” Kelley concluded. “We could have had challenges, but your thoroughness and foresight allowed us to be successful and safe. Congratulations on this award.” 

Cover: *Flags planted as a Veteran’s Day memorial by the Navy Exchange at NAS Whiting Field. U.S. Navy photo by Ensign Laurence Clemente.*

The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Lt j.g. Brett Resue

- Ensign Laurence Clemente

- Ensign Richard Krepps

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.

Naval Air Station Whiting Field Revives Fire and Safety Night Out

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

After a several year hiatus, Naval Air Station Whiting Field's Fleet and Family Support Center and the installation fire team rekindled an old tradition of bringing fire safety awareness to the military family community at the Whiting Pines Housing Complex.

Coordinated in conjunction with Fire Safety Month, the event works to provide a fun-filled environment where children can engage with the ideas of fire safety. The goal is to help children and families deal with fire safely and to know what to do in case of an uncontrolled fire.

Fire and Safety Night Out kicked-off with some opening remarks from NAS Whiting Field Commanding Officer Capt. Matthew Coughlin, who welcomed everyone to the fair and expressed the event's importance. Booths were set up with displays showing families how to prepare a grab-and-go fire safety kit. Sparky, Milton's Fire Safety mascot, was on the scene alongside a bouncy castle. The Whiting Field Chief Petty Officers were on hand providing their locally renowned barbecue to all gathered. The City of Milton Fire Department's puppet energized the crowd with informative songs to teach kids that - used correctly - fire can be good, too.

Visitors to the Fire and Safety Night Out expressed the value of the event and Whiting Field's military family.

"I think it's great to have everyone come out and get together, and teach the kids about safety, and just bring out a sense of community," Destiny Dougherty said.

Nearly 100 attendees arrived to learn about fire safety and build a sense of community, a bigger



The Milton Fire Department put on a puppet show as a fun way to teach the children how to be safe and respond to potentially dangerous situations. U.S. Navy photo by Lt. j.g. Rob Provencher.

turnout than the organizers had been expecting since the event hadn't happened since 2009.

Not only was the guest attendance better than expected, but the number of vendors was a pleasant surprise as well.

"This is definitely a much better turnout than we expected. To have this many agencies, especially agencies from off the installation along with the turnout of people that we're getting is pretty amazing," stated Greg

Snyder, the fire inspector for NAS Whiting Field and one of the organizers for the event.

After its sabbatical, the Fire Safety day is one tradition Milton can certainly expect to see flare up again next year. 🍌

NAS Whiting Field Golf Course

GOLF SPECIALS

Information 623-7348

July & August

MWR
NAS WHITING FIELD

Twilight Hours
Begin at 2pm - everyday!

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

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

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

Navy Exchange to Host White Wednesday Sale

By Ensign Laurence Clemente, NAS Whiting Field Public Affairs

The Naval Exchange at Naval Air Station Whiting field is offering shoppers an alternative to Black Friday. For the fourth year in a row, the NEX will be treating holiday shoppers to Black Friday prices the day before Thanksgiving.

This event is being spearheaded by Linda Larrabee, TITLE. Larrabee came up with this idea after perpetually failing to see a large turnout for Black Friday. So her and her opposite numbers at the Navy Exchanges at Meridian, MS and Panama City, FL dreamed up a sale on the day before Thanksgiving. This strategy takes advantage of the fact that the day before Thanksgiving is always a big shopping day for the Commissary and the NEX. Last year was the most successful year of all, with a great turnout and even fifteen eager shoppers lining up outside the doors before the store opened.

White Wednesday differs from traditional Holiday sales because it offers its deals for multiple days: Wednesday, Friday, and Saturday. According to Larrabee, "All the things that people are looking for in holiday presents are here". All manner of items are on sale, including big screen

- (Cont. on Page 10)

Southeast Installations Earn Prestigious SECNAV Energy Awards

By: Navy Region Southeast Public Affairs

Naval Air Station Jacksonville, Fla. - The Secretary of the Navy (SECNAV), The Honorable Ray Mabus, announced the Fiscal Year 2014 Energy and Water Management Award winners Oct. 21 naming several installations in the southeast where Naval Facilities Engineering Command (NAVFAC) Southeast facilitates energy conservation programs.

"This is wonderful news for NAVFAC Southeast," said Capt. Lore Aguayo, NAVFAC Southeast Operations Officer. "Selection for these awards are not based on individual accomplishments – it's a team effort team. And together, as a team, we will continue achieving and exceeding the Secretary of the Navy's energy goals."

Marine Corps Recruit Depot (MCRD) Parris Island, S.C., was recognized as the Marine Corps Large Shore activity, earning a \$45,000 prize. Marine Corps Logistics Base (MCLB), Albany, Ga. was honored with the Marine Corps Small Shore award, earning \$30,000 for their program.

"We are very excited to win this level award for the third time in last four years," said Col. Donald Davis, MCLB Albany Commanding Officer. "This SECNAV level energy award is recognition of the incredible efforts of our team of NAVFAC Southeast and MCLB Albany facility engineers and energy management experts in reducing our energy intensity (consumption) by 40 percent and the continued growth of our renewable energy portfolio. I am confident that the continued efforts of this team will have us off the grid by the summer of 2017 and additional recognition as the first "Net-Zero" base in the United States Marine Corps."

Naval Station Mayport, Fla. was recognized as a Platinum Award winner. Platinum levels of achievement indicate an outstanding energy program and an exceptional year for energy project execution and winners receive \$5,000 each, to be spent at the discretion of the commanding officer to encourage further energy improvements.

"Naval Station Mayport strives to be the leader in energy conservation and being selected as a Platinum Award winner is a testament to that effort," said Cmdr. Bo Palmer, executive officer, Naval Station Mayport. "It's an all hands effort and a result of increased awareness and leveraging new technologies to

- (Cont. on Page 11)

This Day in Naval History

November 20, 1962 - President John F. Kennedy lifts the Blockade of Cuba.

November 21, 1918 - U.S. battleships witness surrender of German High Seas fleet at Rosyth, Firth of Forth, Scotland, to U.S. and British fleets.

November 22, 1914 - Title Director of Naval Aeronautics established.

November 25, 1961 - Commissioning of USS Enterprise (CVA(N)-65), the first nuclear powered aircraft carrier, at Newport News, VA.

November 27, 1941 - Chief of Naval Operations sends "war warning" to commanders of Pacific and Asiatic Fleets.

November 29, 1890 - First Army-Navy football game (Navy won 24 to 0).

News and Notes

NAS Whiting Field now has a Twitter account please follow us @NASWF

Like us on Facebook at www.facebook.com/NASWhitingfield

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

Golf Club Mulligan's Grill - Daily Lunch Specials: \$7.50 with drink (Soda or Ice Tea).

New Orleans Pelicans v Cleveland Cavaliers - Anthony Davis takes on LeBron James, Friday Night, December 12th 2014 at 7PM. Tickets starting at the below prices:

Balcony Corner Section 320 or 328 = \$80 each

Lower Corner Section 105 or 120 = \$185 each

Club Level Section 112 or 113 = \$262 each *includes early entrance to watch player warm ups*

Military Discount for all active, retired and families.

Please call 504-593-4743 to order over the phone and we will waive ALL service fees & taxes plus a discounted ticket will be provided.

NASWF Christmas Party - NASWF Christmas Party will be December 5th at 1800 at Sikes Hall. Tickets are now on sale E1-E5 \$20 per ticket; and civilians and E6 and above will be \$25 per ticket. The following people have tickets for sale: LT Finnegan, ACC Garcia, MAC Oranje, ABH2 Newton, IT2 Faison, and SH3 Griffin. Nov 28th will be the last day to purchase tickets. Childcare will be available at the CDC. The spots will be first come first serve. The fee is 4.00 per hr per child. There is a 10 child minimum and



On November 19 Capt. William J. McKinnon, USMC retired from active duty in a ceremony that took place in Sikes' Hall onboard NAS Whiting Field. Capt. McKinnon retires as an Advanced Rotary Wing Instructor Pilot for the HT-28 "Hellions". HT-28 Commanding Officer Lt. Col. Jeffrey Pavelko, USMC gave the main remarks while HT-28 Executive Officer Cmdr. Jeffrey Ketcham presided over the ceremony. U.S. Navy photo by Lt. j.g. Brett Resue.

30 child max! Parents need to call 623-7472 and speak with Sharon to register the deadline is 26Nov.

Helping Others - The Farm to City Thanksgiving Distribution is here again! This initiative by the Bay Area Food Bank distributes fresh grown local produce and all necessities for a Thanksgiving dinner to local families. We need 10 volunteers on Tuesday November 25 at the Milton Community Center to assist in set up, distribution of food boxes, and clean up. Please contact RP2 Morales at 623-7212 for further information.

Florida Military-Friendly Guide - The Florida Defense Support Task Force (FDSTF) has compiled all the Florida laws, programs and benefits that apply to active duty, National Guard and Reserve servicemembers and their families into a booklet entitled "2014 Florida Military-Friendly Guide." This booklet can be a valuable resource for your servicemembers and their families - especially those new to your command and new to the state. The booklet is also available to download from the FDSTF web site: <http://www.enterpriseflorida.com/fdstf/>

Volunteer Leave Transfer - Brenda Blamo is a Management Analyst at Naval Station Mayport, Commander Navy Region Southeast. She is under the Voluntary Leave Transfer Program and in urgent need of annual leave donations. Please contact Kathleen McGuire, CNRSE LER, at DSN 483-2789 if you are interested in this program.

Usage Information

Total Used

2,217,070 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,160,127	2,334,545	2,217,070
Average Daily kWh	72,004	75,308	73,902
Days In Billing Period	30	31	30

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. We recognize the following buildings for the last month's highest year-over-year energy reductions:

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

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Ensign Alex C. Wells, USN; Ensign Michael K. Purcell, USN; 1st Lt. Daniel A. O'Connor, USMC; Ensign Benjamin R. Wedewer, USN; Ensign Brian C. Evanski, USN; Ensign Kevin T. Kaiser, USN; Vice Adm. Jerry L. Unruh, USN (Ret.).

Middle Row: Cmdr. John D. McBryde, USN, Executive Officer HT-8; Ensign Cabott L. Cashwell, USN; 1st Lt. Shane F. Caffrey, USMC; Lt. j.g. Gerred M. Olona, USN; Lt. j.g. Eric R. Kolwicz, USCG; 1st Lt. Joshua E. Hazeldean, USMC; Ensign Frederic S. Rees, USN; Cmdr. Kevin Pickard, Jr., Commanding Officer HT-18.

Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; 1st Lt. Anothony J. Batesole, USMC; 1st Lt. Robert C. Shea III, USMC; Ensign Taylor D. Baggett, USN; 1st Lt. Andrew P. Bibby, USMC; 1st Lt. Brian E. Blanco, USMC.

Congratulations to TRAWING-5 Scholars



Congratulations to 1stLt Christopher D. Travis USMC for being placed on the Commodore's List with Distinction and is awarded this certificate for outstanding performance as a Student Naval Aviator in the Primary Phase of Flight Training.

Joint Training Begins with City of Foley Fire Department

By Ensign Richard Krepps, NAS Whiting Field Public Affairs

Elberta, Ala.

- Approximately two dozen members of the Foley Fire Department and Navy Crash Crews were on hand at Navy Outlying Field Barin Friday, Nov. 7 for the first joint training exercise in over a decade. The event was the result of a much desired Mutual Aid Agreement that was signed last month between Navy Fire and Emergency Services Gulf Coast and the Foley Alabama Fire Department.

Training kicked off with Lt Kenyatto Mayes, Crash Division Officer, and members of the Whiting Field Crash Crew giving the Foley firefighters an introductory walk around of the aircraft and its numerous systems. Lt Todd Anderson, Training Air Wing Five's Aerospace Physiologist, guided them through the vital components of the T-6's cockpit, instructing them on everything from how to avoid accidentally activating the Canopy Fracturing System (CFS) to releasing the Pilot's restraints. He also elaborated on the forces that act on the pilot's body during ejection and the type of injuries they can expect to see as a result. The Foley Fire Department then reciprocated by giving Navy personnel an instructional tour of their own equipment.

The mood was light and the course an introductory overview, but the information gained was critical. The most significant lesson learned was by far the respect demanded by the T-6's CFS and ejection seats. The inadvertent activation of either system is a legitimate hazard, and that hazard is exponentially higher if an individual responding to the mishap is not familiar with those systems.

Anderson reinforced this point, "You guys are already putting your lives on the line by responding to our accidents, and we throw in a whole lot with explosives, ejections seats, rocket motors, and everything



Friday's exercise marked the first time the Foley Fire Department and the Navy Fire and Emergency Services Gulf Coast have held joint training in almost 15 years. U.S. Navy photo by Ensign Richard Krepps.

else. If you guys don't have the training, we're going to end up with even more casualties."

While the Navy Crash Crews are still primarily responsible for responding to any Navy aircraft mishaps, the agreement authorizes the Foley Fire department to respond as proximity necessitates and Navy personnel are not able to be first on the scene. The agreement also means that Navy Personnel are permitted to respond in similar capacity to incidences outside of normal operations when warranted.

sonnel are permitted to respond in similar capacity to incidences outside of normal operations when warranted.

"There could be instances where pilots radio that there is a fire just a few miles outside the fence line. Then our personnel will call and get the proper authorizations and go ahead and respond to it until the city of Foley is able to come in and take over," Lt Mayes said. "It works both ways." ✈️



Foley's Cody Horton (Left) and ABH1 Kevin Harper get familiar with one of Whiting's T-6 Bravos. U.S. Navyphoto by Ensign Richard Krepps.

Family Assistance

NAS Whiting Field



NOVEMBER 2014

TO REPORT A SEXUAL ASSAULT:

Safe Helpline
 1-800-368-1019
 Click: www.safehelpline.org
 Call: 877-965-5247
 Text: 95-247 (inside U.S.)
 202-470-5546 (outside U.S.)

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

7511 USS Enterprise St., Milton, FL 32570
 (850) 623-7177 (comm.) / (866-7177 (USM)) / (850) 623-7735 (fax)
<https://www.cnic.navy.mil/WhitingField/>

Join us @

www.facebook.com/NASWF.FleetandFamily

Whiting Field Raises Awareness for Domestic Violence

By Ensign Laurence Clemente,
 NAS Whiting Field Public Affairs

This October the nation celebrated Domestic Violence Awareness Month. Personnel aboard NAS Whiting Field were on hand to participate and increase awareness during this important month. At Whiting Field the festivities were spearheaded by Fleet and Family Services, particularly Pat Dillenback, our Family Advocacy Representative, who stressed awareness about this important topic.

On Oct. 23 Fleet and Family Services hosted Purple Thursday, purple being the official color recognizing Domestic Violence Awareness. According to Pat Dillenback, "Purple Thursday is a light-hearted outreach opportunity for a topic that is difficult to discuss." Purple Thursday is a nation-



Members of Fleet and Family gathered on Oct 23 to show their support for Domestic Violence Awareness month

wide event that was observed for the first time this year at Whiting Field. This involved participants wearing purple and taking photos against a purple backdrop. Participation was "very good" for the first year of the event.

Purple Thursday, as well as the entire Domestic Violence Awareness Month, is meant to raise awareness and education about Domestic Violence on a local and national scale. According to Ms.

Dillenback, "The topic is meant to create a dialogue on a topic that must not remain taboo." Training on this difficult but crucial topic is covered in classes year-round at Fleet and Family Services, but receives special attention in October.

The first Domestic Violence Awareness Month was observed in 1987. It was created not

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Open Season for Federal Benefits Announced

By Bill Brock, NAS Whiting Field Public Affairs

The Office of Civilian Human Resources (OCHR) recently announced the Federal Benefits Open Season will run from Nov. 10 through Dec. 8, 2014. Open Season is the time for Federal employees to think about health, dental, vision, and tax-saving needs and to make changes to or enroll in one of the Programs. The Programs that participate in the annual Open Season are Federal Flexible Spending Account Program (FSAFEDS), Federal Employees Dental and Vision Insurance Program (FEDVIP), and Federal Employees Health Benefits (FEHB) Program.

Open Season is the one time each year employees can make elections that usually cannot be made any other time of the year. All health or dental or vision plans are not alike. Open Season is about exercising the right of choice. Failure to consider health plan choices could leave one without the health care services or supplies needed, or with an unaffordable premium.

While employees are encouraged to review their benefits regularly, the importance of evaluating plans is stressed even more during the open season. This is the one time each year when employees can change plans and add/delete elements of their benefit package.

“It is very important to review your plan every year to see if the benefits package has changed,” stressed Patricia Speas, Administrative Officer, NAS Whiting Field.

“Seems like coverages change and co-pay amounts go up every year. It is up to you to keep track of your benefits. They can change, and you may not know it until you use it, then it is too late,” Speas continues.

Although plan booklets are not available until early November, the Office of Personnel Management has announced the 2015 premiums. Employees are strongly encouraged to start reviewing available information to be ready to make open season decisions.

• Federal Employees Health Benefits (FEHB) pre-

miums are available at <http://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/>. The average 2015 premium increase for FEHB is 3.2 percent.

Any questions about FEHB should be referred to the Benefits Line at 888-320-2917 from 7:30 a.m. - 7:30 p.m., Eastern Time, Monday - Friday, except on Federal holidays. The TTY number is 866-359-5277.

FEHB questions can be emailed to navybenefits@navy.mil. Employees must include the full name, pay plan, grade, contact telephone number and the best time to call, but do not include Privacy Act Information such as date of birth or Social Security number.

• Federal Employees Dental and Vision Insurance Programs (FEDVIP) are available at <http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums>. Any questions about FEDVIP should call BENEFEDS at 877-888-3337 from 9:00 a.m. - 7:00 p.m., Eastern Time, Monday – Friday. The TTY number is 877-889-5680. FEDVIP questions can be emailed to service@benefeds.com. To access the Office of Civilian Human Resources (OCHR) portal homepage at <https://www.portal.navy.mil/donhr/Benefits/Pages/BenefitsOpenSeason.aspx> for current information about the open season, employees must use a Department of Defense (DoD) Common Access Card (CAC) and the computer must be behind a .mil, .edu or .gov environment. ✈

Mulligans Grill at the Golf Course

Asian  MONDAY	MEXICAN  TUESDAY	Chicken  WEDNESDAY
Pasta  THURSDAY	Daily Lunch Specials \$7⁵⁰ Includes a drink call in orders welcome 623-7521	FISH  FRIDAY

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

Around the Base

White Wednesday

- (Cont. from Page 4)

televisions, Keurig Coffeemakers, and winter outerwear just in time for the cold weather months. “This year is bigger and better, with more big-ticket items than before”, says Larrabee.

The crown jewel of this year’s event is an iPad Mini 2 for \$279.99, the lowest price ever. In fact, the NEX will match any advertised price and promises not to be undersold. Not only will there be fantastic deals during this event, but White Wednesday will also feature food and beverage tastings, each highlighting holiday offerings.

Doors will open at 0730 on November 26th to kick off White Wednesday, and will be open until the last shopper leaves. Sales run through Saturday, but the store will be closed for Thanksgiving Day. Additionally, the Pines Mini mart located at the Whiting Pines Housing Community will be open for 0900-1300 on Thanksgiving Day for any last minute food or beverage needs. 🍷



NAS WHITING FIELD BOWLING CENTER

FRIDAY LUNCH BOWLING

11AM – 2PM

IF YOU EAT, YOU GET TO BOWL FOR FREE!

HERE'S THE DETAILS ...
PURCHASE OUR FRIDAY LUNCH SPECIAL AND HAVE A FREE GAME ON US ...

MWR
Military & Veterans Resource Center
NAS WHITING FIELD

FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930

TRICARE Notes

FIGHTING HOLIDAY DEPRESSION

Life is full of ups and downs. The holiday season is a time of joy for many people. But the holidays may bring a host of different emotions for others—especially military families with deployed loved ones.

The symptoms of depression include sadness, sleep disturbance, appetite change, lack of energy, loss of motivation, slower pace, increased anxiety, poor concentration, loss of self confidence and, for some, thoughts of suicide. Depression can be a recurring condition, so paying attention to symptoms and seeking prompt medical care are important.

If you can't shake the holiday blues, you may be suffering from depression—and help is available. TRICARE offers many benefits, services and programs for you.

To find out more about getting help, go to www.tricare.mil/mentalhealth.

To help beneficiaries privately evaluate their emotional well-being, the Department of Defense offers the “Military Health Assessment” at www.militarymentalhealth.org as a good place to start.

Military OneSource is another valuable resource. Go to www.militaryonesource.com or call 1-800-342-9647.

*Don't Forget to Visit Us
on Facebook and Twitter at
www.facebook.com/naswhitingfield
and @naswf*

Around the Base

SECNAV Energy Awards

- (Cont. from Page 4)

capture energy efficiencies. Everyone working and living on board this installation deserve credit in making this achievement a reality.”

The awards program also recognizes the accomplishments of commands that achieved gold, or blue levels of achievement. The Gold level of achievement indicates a very good to outstanding energy program. The Blue level of achievement indicates a well-rounded energy program. Winners receive a certificate of achievement in these categories.

- Naval Support Activity Orlando, Fla. – Gold Award Certificate

- Naval Support Activity Panama City, Fla. – Gold Award Certificate

- Naval Construction Battalion Center Gulfport, Miss. – Gold Award Certificate

- Naval Air Station Meridian, Miss. – Gold Award Certificate

- Marine Corps Support Facility Blount Island, Jacksonville, Fla. – Gold Award Certificate

- Marine Corps Air Station Beaufort, S.C. – Gold Award Certificate

- Naval Air Station Joint Reserve Base New Orleans, La. – Blue Award Certificate

- Naval Air Station Kingsville, Texas – Blue Award Certificate

- Naval Air Station Whiting Field, Fla. – Blue Award Certificate

“These commands executed comprehensive efficiency programs with senior-level command involvement, well-staffed and trained energy teams, aggressive awareness campaigns, innovative energy efficiency measures, and consistent reduction in energy consumption,” said Mabus in his award announcement.

“Congratulations and thank you for your efforts. Energy and water management are critical to the accomplishment of the Navy’s mission,” said Mabus in his award announcement. “Energy specifically is one of my top priorities and your performance has significantly advanced progress towards achievement of our goals. Your excellence in energy and water management is an example for all other commands to follow. We must all continue to be good stewards of our resources and treat them as the strategic asset they increasingly are. In the process, we will reduce consumption, waste less, and free up funding to better support our warfighters.”

Both MCRD Parris Island and MCLB Albany are authorized to fly the SECNAV energy flag for a period of one year and will be recognized at award ceremonies at dates to be determined. ✈

Eco-nomics

When having an old furnace or boiler replaced, insist on having a heat loss analysis of your house performed to size the heating system properly. Don’t automatically have the same size (capacity) as the old unit installed; units used to be considerably oversized and you may have made improvements to insulation or windows since it was installed. Additionally, a furnace or boiler capacity is typically indicated by its input fuel requirement, so a highly efficient new system will provide more heat output for the same fuel input as an old system. The size of a new heating system should not exceed the peak heating demand by more than 25 percent.

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.

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.



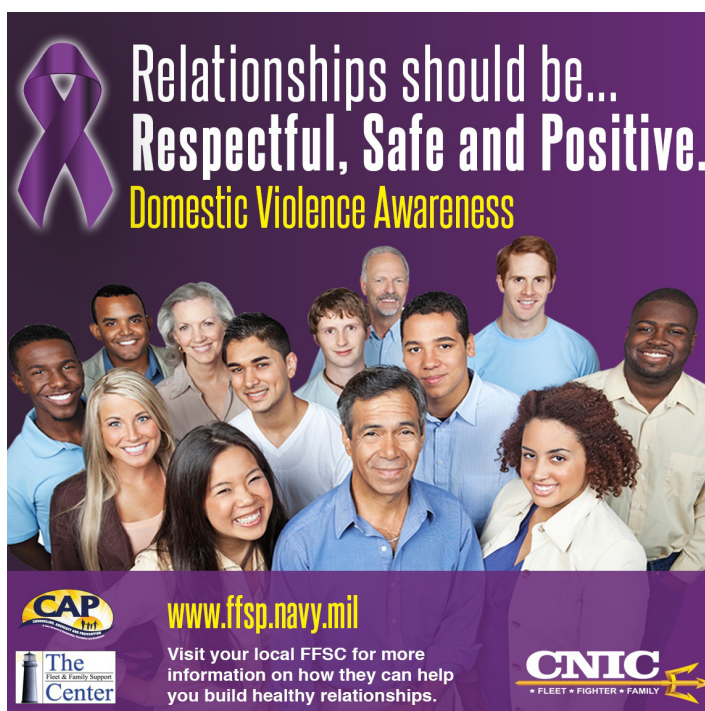
Around the Base

Fighting Domestic Violence

- (Cont. from Page 8)

only for education and prevention, but in an effort to create a coalition for those seeking to end violence against battered women and their children. Furthermore, the U.S Congress officially recognized this month in 1989, and continues to provide leadership and direction to the cause. President Obama participated in this year's events, stating "During National Domestic Awareness Month, we acknowledge the progress made in reducing these shameful crimes, embrace the basic human right to be free from violence and abuse, and recognize that more work remains until every individual is able to live free from fear."

Although this was the first year that Purple Thursday was observed, it will not be the last. Pat Dillenback hopes to expand on the event next year, and perhaps hopes to involve a uniform change so personnel in uniform could actively participate. Fleet and Family Services is located at 7511 USS Enterprise Street, 7:30 AM- 4:00 PM, and is host to a multitude of services, including financial and social advising. 📍



**Relationships should be...
Respectful, Safe and Positive.**
Domestic Violence Awareness

CAP
Fleet & Family Support Center

www.ffsp.navy.mil

Visit your local FFSC for more information on how they can help you build healthy relationships.

CNIC
FLEET • FIGHTER • FAMILY

SECURITY CORNER

The holidays are upon us and the first one is Thanksgiving with all of its wonderful food! It's that time of the year where someone is going to be cooking Thanksgiving dinner for the first time or where someone wants to try something different, like a fried turkey. Now I'm



not going to go into how to cook a fried turkey, but simply give the dos and don'ts. Make sure you position your burner and propane tank away from your house on solid ground and never set it up in a garage, on a porch/covered area or on a wooded deck. Wear a long sleeve shirt, long pants, and shoes. Have a fire extinguisher nearby just in case of a fire. Never use water on an oil/grease fire. If it is a windy day, position the burner so the wind is blowing away from the propane tank. Now that everything is setup and ready, you need to do a dry run before you start cooking. You'll need your pot you're cooking the turkey in, the turkey, a marker, and water. Put your turkey in the pot (breast in first) and fill it up with water until it covers the top part of the turkey. Take the turkey out and mark where the water is. Empty the water and dry it out, remembering that oil and water don't mix! Make sure your turkey is dry inside and out and don't fry a stuffed turkey. Fill the pot with oil (your choice) to the line you marked and heat the oil. Make sure you have a thermometer and enough propane to cook the turkey. Remember don't drop the turkey in the pot, lower it slowly so the oil doesn't splash out while you're putting it in. Enjoy cooking your fried turkey and think safety first!! **HAPPY THANKSGIVING DAY!**

Around the Base

Community Organizes Events to Thank Veterans for Their Sacrifice



Above: Ensign Clemente awards certificates to veterans at Covenant Hospice's Veteran's Day Ceremony in recognition of their service.

Right: Volunteer Brittney Turner prepares beverages for veterans at the Veterans Day Ceremony. U.S. Navy photos by Ensign Richard Krepps.



Left: Third, Fourth, and Fifth graders at S.S. Dixon Intermediate School wave American flags proudly during a performance of "America of Thee Medley". S.S. Dixon Intermediate School held a Veteran's Day Ceremony on Monday and featured Deputy Commodore of Training Airwing FIVE Capt. Mark Murray, USN. U.S. Navy photos by Ensign Richard Krepps.



Left: One of the many volunteers who helped prepare for the multiple events and ceremonies this Veteran's Day.

Below: S.S. Dixon's Anna Morgan leads the audience in the National Anthem. U.S. Navy phot by Ensign Richard Krepps.

