

Whiting Tower

NAS Whiting Field, Milton, Fla.

"THE WORLD'S MOST EFFICIENT NAVAL AIR COMPLEX"

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Whiting Field Celebrates Hispanic Heritage

By **Ens. Robert Hooper, III, NAS Whiting Field Public Affairs**

Naval Air Station Whiting Field celebrated cultural diversity and the contributions of Hispanic-Americans to the Navy and the nation during a Sept. 17 luncheon. As the population of people with Hispanic ancestry grows, the Navy and Whiting Field commemorate the importance and value through Hispanic-American Heritage Month events. The Wings Club hosted the event, offering a pleasant venue for an array of food, company, speaking, and even a presentation of Spanish influenced dances.

Whiting Field Executive Officer

Commander Lynne Chapman kicked off the events by offering a metaphor, emphasizing the value of cultural diversity. "America is like a salad bowl, and like a melting pot," she said. "Individually," the XO went on, "the ingredients of a salad are bright and unique, but brought together, they create something better than each could be on their own." She praised the nation and Navy's contingent of Hispanic persons, citing the invaluable nature of the contributions that the culture's passion and diversity bring to the "melting pot," of America. After making her introductory remarks, Chapman introduced fellow commander and Train-

ing Air Wing FIVE Student Control Officer Shawn Dominguez as the keynote speaker.

Dominguez expressed his gratitude at being asked to speak at the luncheon, saying he "was honored by the request." He did, however, relate to the audience that he had to research to fully understand the cultural backdrop on which he was speaking.

"I had to Google what it meant to be Hispanic," he said.

Instead of finding a cultural or ethnic definition, though, the commander found an impressive set of facts showing the importance of the Hispanic contribution. *- (Cont. on Page 2)*

FFSC Prepares Guard Unit for Deployment

By **Fleet and Family Support Center**

The Ellyson Field Army National Guard Family Readiness Group (FRG) invited the NAS Whiting Field Fleet and Family Support Center (FFSC) to conduct a Pre-Deployment Briefing Sept. 12. The unit was in the 90-day window of preparedness for unit deployment and the families needed information. The FRG provided a list of topics that were of primary concern: Post 9-11 GI Bill, Spouse Career Advancement Account program, Power of Attorneys, community and installation activities, medical emergencies and more.

With many of these spouses and families being new to military life, the FFSC team had work cut out for them. The primary goal was to introduce them to the military lifestyle and let them know what type of support is available, get them ready to live without their loved ones for a year and address the stigma issue that seeking help while their service member is gone won't negatively affect their military career.

Deployment Specialist Wanda McDaniel gathered as much information as possible through phone calls, papers, articles and the internet to help inform the Whiting Field FFSC team about the Army National Guard to prepare for the event. Despite the differences in mission and service, however, for the most part Army National Guard personnel and their families had the same questions and concerns as Navy customers.

"Since most of the team members speak 'Navy' on a daily basis, we all felt we had our work cut out for us," McDaniel said.

- (Cont. on Page 4)



Logan Helton tries on his flight gear with some help from Capt. John Hecker, USMC. Helton had an opportunity to see what it's like to be "Pilot For a Day" with Training Squadron SIX (VT-6) "Shooters" at Naval Air Station Whiting Field, Sept 15. "Pilot For a Day" is a program for children who struggle with medical problems to see first hand what it takes to fly for the Navy. Logan got a chance to taxi around the runway in a T-34, earned his wings and a certificate from VT-6 "Shooters" making him an honorary pilot, and was checked-out on a helicopter flight simulator. His day was capped off with a ride in a fire engine. U.S. Navy photo by YN1 Naomi Black.

Hispanic Heritage

- (Cont. from Page 1)

tions to the American military. As a people, the Hispanic-American portion has been in every major American conflict since the Revolutionary War. Further, there have been 39 Hispanic Medal of Honor winners since the creation of the award in 1862.

Dominguez reeled off individuals of Hispanic descent that had contributed to the great tradition of the military. Men like Admiral David Farragut, the Navy's first full Admiral, of the Civil War, famous for saying, "Damn the torpedoes, full speed ahead!" Entire groups have also contributed, according to his findings.

"The Aztec Eagles," he said, "were the first Mexican flying unit to operate on foreign soil. For their actions over Formosa in World War II, every pilot [in the Eagles] received a U.S. Air Medal, and two were awarded Legion of Merit."

The Commander emphasized that even in the face of the great accomplishments he listed, culture was a difficult thing for him to define. He said as much because instead of having to look outwardly for his own experiences, his life had been about living and breathing his culture. He was born to a Mexican father and a white mother in southern California, and from a young age came

to know the importance of family.

"I grew up in California, and even attended the University of Southern California, so my family was always right there," he said. "And that, I think, is what sticks with me about my heritage, That is what I try to instill in my children."

He went on to explain that he came to realize that the focal point for his culture was forged in the familial experiences he holds dear. "When I was growing up, my friends never had tamale parties over Christmas, but I did, and they were always great times," he said.

Upon joining the Navy in 1984, Dominguez began to realize the importance of his family and how it shaped his thought process. He went on to describe that the Hispanic nature of his culture made him value diversity in his life., and understand that embracing diversity is the key to the concept of one Nation.

"Unity is the ultimate goal. And the American culture is about diversity and unity. But we have to relate to each other to understand, and we have to understand to unify."

Once the keynote speech was concluded, an invitation to further indulge in the ethnic food available during the event was offered. Also, Aviation Boatswain's Mate First Class Hector



NAS Whiting Field Sailors perform a selection of cultural dances for Hispanic-American cultural month celebration on the base Sept. 17. U.S. Navy photo by Ens. Robert Hooper, III.

Amador and Air Traffic Controller Second Class Vanessa Contreras demonstrated various Latin dances originating from Puerto Rico, Mexico, and other Central and South American countries. Upbeat music paired with the demonstration of culturally defined dancing made for a pleasant closing of events prior to a benediction given by Ens. Melinda Montano.

Branch Medical Clinic Offers Information on H1N1 Flu



Chief of Naval Operations (CNO) Adm. Gary Roughead receives his annual seasonal flu vaccination from Air Force Capt. Leah Williams at the Pentagon. (U.S. Navy photo by Mass Communication Specialist 1st Class Tiffini Jones.

Flu season has arrived, and this year in addition to seasonal flu there is a new and very different virus spreading worldwide called, Swine, novel or H1N1 flu. The H1N1 flu

is a great concern to our beneficiaries. We would like to help ease concern with accurate and helpful information regarding this virus and what to do to prevent you from being infected or spreading it to others.

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose. Unlike bacteria, which can be treated with antibiotics, the flu is a virus that unfortunately will have to run its course as your body's immune system takes over. Medical treatment for flu will only battle the symptoms (fever, congestion, body aches, nausea). Rest, fluids and a good diet are the best ways to help your body fight off the virus.

To avoid exposure the following precautions are recommended:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Tissue not handy? Cough or sneeze into cloth on your arm or elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone

- (Cont. on Page 5)

News and Notes

Splash & Dash - MWR is hosting a "Splash and Dash" Biathlon at 8:00 a.m. at the NAS Whiting Field Training Pool Saturday, Oct. 3, 2009. The Biathlon will consist of two legs, a 500 yard swim and a 5K run. Prizes will be awarded for First, Second and Third Place winners in the Men and Women Divisions. This event is free and refreshments will be provided after the event. If you are interested, signups are being taken through the day of the event at the following MWR facilities: The Liberty Center, Wings Club, Fitness Center and MWR Athletics Office. For more information, please contact Todd Mooneyham at (850) 665-6102.

Leave Donor Program - Max Tinsley at CNRSE Jacksonville office, has been approved for the Leave Recipient Program. Tinsley will be required to be out of work for approximately four to six weeks and will exhaust all of his leave very soon. Anyone wishing to donate annual leave under this program may contact Jim Harbaugh at CNRSE DSN 942-0041, or Commercial (904)542-0041. Thank you for your participation.

Run the Bridge - The 2nd Annual Mediacom Garcon Point Bridge Run/Walk is seeking participants for the 4.8 mile trek across the bridge Oct. 17. The event will begin at 7:30 a.m. and post race activities will include hamburgers, hot dogs, and drinks for participants. Advance registration is encouraged. Entry fees are \$20 for children under 18 and \$25 for adults. After Oct. 13th, all registration fees are \$30. The first 300 registered participants will receive an official T-shirt. Registration is available online at www.active.com or forms may be downloaded at www.santarosa.k12.fl.us/sref. For more information call 850-983-5043.

Haunted House Walking and Trolley Tours - Be frightened again as Pensacola Historical Society hosts its annual Haunted House and Trolley Tours. Let our costumed guides scare you with horrifying tales of Pensacola's darker history on our annual ghost tours. Brave participants may choose between a walking or trolley tour - if you dare! Tours are Friday and Saturday evenings Oct. 16, 17, 23, 24, 30, and 31. Walking tours leave every 30 minutes from 6 to 8:30 p.m. Trolley Tours leave at 6:30 p.m., 7:30 p.m., and 8:30 p.m. All tours will leave from the Pensacola Historical Museum (115 E. Zaragoza St.) and will last one hour. Tours go on rain or shine! Walking Tour tickets are \$10 for adults and \$5 for children 12 and under. Trolley Tour tickets are \$16 for adults and \$8 for children 12 and under. No refunds will be given. Tickets go on sale Sept. 15 at 10 a.m. Reservations and advanced payment are required. Please call the Pensacola Historical Museum for tickets and information, 850-595-1559.

Red Dress Extravaganza - There will be a Women's Health Awareness program at the Radford Fitness Center, NAS Pensacola Oct. 2, from 10 a.m. to 2 p.m. Come join us for fun while you learn more about staying healthy. Models will present what's available in active wear at your NEX. Fitness classes such as yoga, spinning and ab classes will be ongoing. Screenings for osteoporosis and blood pressure will be conducted. Exhibits will be presented by : NEX Pensacola, Naval Hospital Pensacola, MWR, Fleet & Family Support Center, Running Wild, Northwest Florida Blood Mobile, West Florida Mobile Mammography Unit, and Sacred Heart Health System Mobile Health Unit. For info, call: 452-6326 x4100

Electronic Recycling Expo - The Greater Navarre Beach Arts Association and Santa Rosa Clean Community System are teaming up to offer an electronic recycling event on Saturday, Oc-



ABH1 Anthony Rodriguez (center) and ABH2 Andre Rowe repeat the reenlistment oath as it is recited by ABHC Derrick Kemp. The two Sailors reenlisted at the Naval Aviation Museum in Pensacola Sept. 11. U.S. Navy photo by ABH1 Richard Manning.

tober 24 from 8 a.m. to 2 p.m. at Navarre Park located at 8513 Navarre Pkwy. The event will include informative tips on recycling, and art created from recycled material by local artists and crafters, as well as food and music. Residents who do not attend the event are invited to bring their used electronics to the central landfill located at 6337 Da Lisa Road in Milton, Monday through Saturday between 7 a.m. and 5 p.m. For details call (850) 623-1930.

First Friday Night - Historic Downtown Milton, will stay open late Oct 2 from 5 - 8 p.m. for a First Friday Night celebration. Shop, dine, or stroll the retail shops galleries and historic homes around Historic Milton. North Willing Street will be closed to through traffic for the evening. Live musicians will perform at Camelot Junction, Blackwater Bistro, Old Post Office Antiques, First Presbyterian Church and Main Street Cafe. Free parking and free admission. Call (850) 626-6246 or visit www.MainStreetMilton.org for more information.

Running the Trail - The Rotary Club of Milton will host its 3rd Annual "5k Running the Trail for Education" October 24, on the Blackwater Heritage State Trail in Milton, Fla. Check in will start at 7:00 a.m. at Milton City Hall and the runners will start being bused to the starting point at 8:00 a.m. The run will start at 9:00 a.m. and there will be an awards ceremony at the Blackwater Bistro immediately after the race. This 5k run/walk is open to adults and children of all ages. Entry fees are \$20 for adults and \$15 for students 18 and under if signed up by Oct. 23. Free food, drinks and t-shirts will be provided to all entries (while supplies last). Medals and ribbons will be awarded. You can register at the following website: http://www.active.com/event_detail.cfm?event_id=1794677

Navy Ball - Tickets are now available from your departmental representatives for the 2009 Navy Ball, Saturday Oct. 10 from 1700-2400 (Cocktails from 1700-1800). The event will be held at Sikes Hall and the guest speaker will be Training Air Wing FIVE Commander, Colonel John Walsh. Ticket prices are: E4 and below - \$8, E5/E6 - \$12, E7 and above - \$16, and civilians - \$16. Prices will go up \$2 per ticket after Oct. 5. Uniform is Full Dress White (large medals) for E6 and below and Dinner Dress White (mini medals) for E7 and above.

Upcoming Events

Sept. 24, 1800 - Ombudsman Appreciation Dinner - Wings

Sept. 25, 1300 - Winging Ceremony - Base Auditorium

Oct. 6, 1700 - Fire & Safety Night - Whiting Pines

Oct. 9, 1300 - Winging Ceremony - Base Auditorium

Oct. 10, 1800 - Navy Birthday Ball - Sikes Hall

Oct. 19, 0700 - NHA Fleet Fly-In

Oct. 24, 1000 - NASWF 66th Anniversary Celebration

Oct. 24, 1600 - Lonestar Concert - North Field

Fleet and Family Support Center Classes

Time Management - Wednesday, September 23, 1300 - 1400

At the end of the day, do you ask yourself “where did the day go?” and feel like you have accomplished very little on your list of “things to do?” If you answered “yes” to these questions, this class is for you. The information provided in this class will provide you with tools that will help you make the most of your busy and demanding days. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

New Spouse Indoctrination - Monday, September 28, 0800 - 1200

Welcome to NW Florida, NAS Whiting Field, Training Wing Five, and the world of aviation training! Find out what challenges and rewards are in store for you and your flight student and how you can enjoy and thrive in the military lifestyle. Learn about the local culture, recreational opportunities, and support services available to you. For details, contact a Work and Family Life Specialist at 623-7177.

CSB/Redux Option - Tuesday, September 29, 1300 - 1500

Are you nearing your 15th year of military service? If so, which retirement option are you going to choose? Learn about the Career Status Bonus and Redux retirement system and how it could affect your savings long term. Know the differences between the CSB/Redux and the High 3 retirement systems, so that you can make the choice that is right for you and your family. For more information, contact your Financial Educator at 850-623-7177.

Resume Writing - Tuesday, October 5, 1000 - 1200

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

TRICARE Note BREATHE EASIER THIS FALL

About 35 million Americans, 6 million of whom are children, cope daily with the discomfort of nasal allergies. When allergens are inhaled, tissues that line the inside of the nose become inflamed. This causes symptoms ranging from sneezing and runny/stuffy noses to postnasal drip and itchy eyes, ears, noses and throats.

Nasal allergies are divided into two types: seasonal and perennial. People with seasonal allergies suffer during certain seasons, usually when specific plants are blooming, while people with perennial allergies suffer year-round.

Normally, over-the-counter (OTC) antihistamine medications are effective in alleviating allergy discomfort. However, when considering OTC medications, you may want to consult with your primary care manager (PCM) first. Many prescription medications are more effective in stopping the body from initiating its allergic responses. In extreme cases, allergy desensitization, injections or immunotherapy may be recommended to help strengthen the body's tolerance for certain allergens.

FFSC Prepares

- (Cont. from Page 1)

The day of the brief was rainy, but that failed to detract from the cheery dispositions and neatly arranged booths and displays. Participating groups included: Tri-Care, MWR, American Red Cross, a Family Readiness District JFSAP Representative, School Liaison Officers, FFSC Director and Clinical Counselors, Workforce EscaRosa Military Family Employment Liaison, and the Military Kids Program all came out, made presentations and stayed late to address individual questions.

Families received information on funds for education, child care supplements, free YMCA memberships, health care, military benefits and entitlements under Title X activation, emergency needs, Family Support Programs, family things to do on local installations and in the local area. All the kids received free backpacks and shoes from Our Military Kids Program along with information on additional programs available for family and kids.

“We all learned a valuable lesson throughout this process,” McDaniel said. “It doesn't matter if you are Air Force, Navy, Army, or Marine Corps, active duty, National Guard or Reserve. We are all military purple in the end... with the same basic needs, wants and concerns.

H1N1 Flu

- (Cont. from Page 2)

except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. Keep away from others as much as possible to keep from making others sick.

FREQUENTLY ASKED QUESTIONS

If I have a family member at home who is sick with H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze.

Who is at risk?

In seasonal flu, certain people are at "high risk" of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

When should I seek care?

If you become ill with influenza-like symptoms, including fever (greater than 100), body aches, runny or stuffy nose, sore throat,

nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

How is H1N1 Flu treated?

If you are a normal healthy individual without any risk factors, you need only treatment of symptoms, rest and a balanced, nutritious diet to ride out the flu. Remaining at home is essential to avoid the spread of the flu virus.

If you have been determined by testing to have the H1N1 virus your provider will decide if antiviral medications are right for you. No antiviral medications will be given for non-confirmed cases of H1N1 flu. Standard flu treatment will be recommended.

Is there a vaccination for H1N1 flu?

There is a vaccination in development. It is anticipated that it will be available later in the fall. Distribution of the vaccine to our clinic will be coordinated through the Santa Rosa Health Department. First priority for vaccination will be given to high risk patients. We will advertise the availability of immunizations to remaining eligible beneficiaries as soon as our high risk population has been vaccinated.

NAS WHITING FIELD
66 YEARS OF FORGING WINGS FOR THE FLEET
ANNIVERSARY CELEBRATION ~ FREE CONCERT FEATURING LONESTAR
OCTOBER 24TH 10 a.m. ~ 6 p.m.

ACTIVITIES INCLUDE:
Military Aircraft Static Displays
Aviation Demonstrations
Military Parachutists
Unmanned Aerial System Flights
Crash and Salvage Team Demonstrations
Navy Band New Orleans Ceremonial Band
Motorcycle Display
Northwest Florida Modelers Association Demos
Air Traffic Control Tower Tours
Kids Play Area
Food Vendors

GATES OPEN AT 8:30 a.m.
Please no backpacks, coolers, cans, glass, alcohol, pets, tents, bicycles, roller blades, skates, skateboards, cooking equipment or weapons of any kind.
Folding chairs, blankets, and handheld umbrellas are permitted and recommended.

FOR MORE INFORMATION CALL (850)665-6011

4 p.m. ~ 5:30 p.m.
FESTIVAL SEATING

Logos at the bottom include: YOUR COUNTRY 102.7 WXBM, Soft Rock 94.1, Cat 98.7 Country, and PEN AIR FEDERAL CREDIT UNION.

Congrats TRAWING-5 Wingers and Scholars



First Row: Cmdr. Mark Murray, USN; Lt. Andrew Zuckerman, USCG; Lt. j.g. John Rayho, USN; 1st Lt. Andrew Dulik, USMC; 1st Lt. Tyler Boyd, USMC; 1st Lt. Nicholas Culver, USMC; 1st Lt. Michael Gallant, USMC; and Gen. William Nyland, USMC (Ret.). Second Row: Cmdr. Michael Fisher, USN, 1st Lt. Gregory Butler, USMC; 1st Lt. Samuel Wuornos, USMC; 1st Lt. Edmund Romagnoli, USMC; 1st Lt. Zachary Janosky, USMC; Ens. James Coleman, USN; Lt. j.g. Adam Wagler, USN; Lt. j.g. Michael D'Andrea, USN; and Lt. j.g. Steven Bednash, USN. Third Row: Lt. Col. Clay Stackhouse, USMC; Lt. j.g. Ryan McGoldrick, USN; Lt. j.g. Hunter Scott, USN; 1st Lt. Joel Croskey, USMC; Lt. j.g. Jedman Dougherty, USN; 1st Lt. Jon Stange, USMC; Lt. j.g. Peter Kelly, USN; Lt. j.g. Ryan Roy, USN; and Col. John Walsh, USMC.



Left Photo: Lt. Nicholas O. Ramirez, USCG; 1st Lt. James R. Butland, USMC; 2nd Lt. Jeffrey D. Redmon, USMC; and 1st Lt. Peter F. Callahan, USMC receive their Academic Achievement Awards from Training Air Wing FIVE Sept. 18, 2009..
Right Photo: Training Air Wing FIVE recognized the following awardess Sept. 11 for their academic achievements: 1st Lt. Hugo A. Gonzalez Jr., USMC; Lt. j.g. Evan A. Karlic, USN; Ens. John W. St. Amant II, USN; and Lt. j.g. Daniel J. Kearney Jr., USCG. U.S. Navy photos by Marc Bizzell.