

# Whiting Tower

NAS Whiting Field, Milton, Fla.

"THE WORLD'S MOST EFFICIENT NAVAL AIR COMPLEX"

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## Flight Surgeon Provides Physical/Spiritual Care During Mission



Lt. Paul von Herrmann gets to know one of his hundreds of patients during his week-long mission to Monterrey, Mexico. Herrmann and several other doctors travelled to the site to help care for less privileged residents of the city who need medical care. Photo courtesy of Lt. Paul von Herrmann.

Lt. Paul von Herrmann, a flight surgeon with Training Air Wing FIVE, was one of five doctors who participated in a humanitarian mission to Monterrey Mexico this past summer. The mission's goal was to provide quality medical care to less privileged residents of the area.

The doctors, along with nurses, physical therapists, dental and optometry professionals and medical technicians, provided care through a trip coordinated through various churches in North Carolina, Virginia, and Florida. More than 20 people in all made the trip to help minister to the physical and spiritual needs of the patients there.

"Whether you are a Christian or not, a trip like this definitely refocuses you. It is incredible to see how happy they are in circumstances so different than what we take for granted," he said.

The first two days of the trip, were spent at two local nursing homes. Von Herrmann called the care for the residents "fairly complex" as the team dealt with multiple medications, new problems and long term issues – some re-

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## Women Will Serve on Submarines, Navy Secretary Says

By John J. Kruzal, American Forces Press Service

WASHINGTON (NNS) -- Navy Secretary Ray Mabus said Oct. 6 women soon will serve on submarines, suggesting a reversal of the long-standing ban by the Navy.

Appearing on Comedy Central's "The Daily Show with Jon Stewart," Mabus signaled that the Navy is moving closer to allowing coed personnel on submarines.

"It will take a little while because you've got to interview people and you've got to be nuclear trained," he said, referring to prerequisite steps before a Sailor is assigned to a submarine.

Officials previously have cited a lack of privacy and the cost of reconfiguring subs as obstacles to allowing female crew members to serve aboard the vessels.

But Mabus is one of several top Navy officials recently to call for an end to the policy. The Navy secretary's comments yesterday amplify his previous endorsement of ending the ban.

"This is something the [chief of naval operations] and I have been working on since I came into office," Mabus, who was confirmed as Navy secretary in May, said last week. "We are moving out aggressively on this.

"I believe women should have every opportunity to serve at sea, and that includes aboard submarines," he told reporters following a tour of Northrop Grumman Corp.'s

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Secretary of the Navy (SECNAV) the Honorable Ray Mabus poses for a photo with Jon Stewart, host of The Daily Show. Mabus appeared on The Daily Show, answering questions about today's Navy and Marine Corps. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien/Released)

## BBB® Looking for Oldest Document to be Shredded at Secure Your ID Day

**Pensacola, Fla. (Oct. 12, 2009)** – Your Better Business Bureau® serving Northwest Florida is looking for the oldest bank statement, tax document or other paperwork that consumers bring to be responsibly destroyed by Gilmore Services at the Secure Your ID Day shredding event to be held on Oct. 17.

Thanks to the generosity of national partner Black and Decker, your BBB is offering a free personal shredder to the individual who brings in the oldest document to be shredded by Gilmore Services at each of the three locations for Secure Your ID Day.

BBB is partnering locally with Gilmore Services, Pensacola's Cat Country 98.7 FM and NewsRadio 1620 and Panama City's WJHG-TV NBC 7 and nationally with the National Foundation for Credit Counseling and the National Association for Information Destruction to help individuals take steps to protect their personal information. BBB staff will be on-site to provide expert advice and tips for ID theft protection.

"Identity theft is largely a crime of access," said Nor-

man Wright, President/CEO of your BBB serving Northwest Florida. "Our goal is to make the information less accessible and empower people to be their own first line of defense against identity theft. With community-based BBBs across North America collaborating simultaneously, we'll have a tremendous coast-to-coast presence that will hopefully, prevent a lot of theft."

Bring up to 50 pounds of documents to be shredded on site, free-of-charge and take home tips and resources you need to help protect yourself. Please do not tie bags.

-BBB Secure Your ID Day Details

-Oct. 17, 10 a.m. – 2 p.m.

-Cordova Mall, 5100 N. Ninth Ave., Pensacola, Fla.

-Sam's Club, 1707 W. 23rd St., Panama City, Fla.

-Gilmore Services, 3553 Industrial Park Drive, Marianna, Fla.

For more information on "Secure Your ID" Day, visit [www.nwfl.bbb.org/secureID](http://www.nwfl.bbb.org/secureID) and for additional advice you can trust on protecting yourself against identity theft, start with [bbb.org](http://bbb.org).



A Halloween-themed flyer for a party at ACES on October 31st. The background is dark with a haunted house, a large red devil character, and a yellow full moon. Text is in glowing blue and orange fonts. It includes details about the party start time, activities like a costume contest, and a \$5.00 cover charge for snacks. There are three inset photos of people in costumes.

October 31st at ACES  
BAR OPENS AT 4,  
PARTY STARTS AT 8  
**HALLOWEEN PARTY**  
COME JOIN US FOR  
FOOD, FUN,  
COSTUME CONTEST  
AND MORE!  
\$5.00 COVER CHARGE FOR SNACKS

## News and Notes

**Legal Notice** - Due to manning constraints, the NASWF Legal Office will temporarily be operating on limited hours. Beginning Monday, Oct. 19th, the Legal Office will only be open on Tuesdays and Thursdays, from 0730 until 1600. Please call 623-7231 for more information.

**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. Entry fees are \$25 for adults and \$20 for those under 18. After Oct. 13th, all registration fees are \$30. Registration is available at [www.active.com](http://www.active.com) or forms may be downloaded from [www.santarosa.k12.fl.us/sref](http://www.santarosa.k12.fl.us/sref). For information call 850-983-5043.

**Haunted House Walking and Trolley Tours** - The Pensacola Historical Society hosts its annual Haunted House and Trolley Tours 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 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. Call 595-1559 for details.

**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, October 24 from 8 a.m. to 2 p.m. at Navarre Park located at 8513 Navarre Pkwy. For details call (850) 623-1930.

**Running the Trail** - The Rotary Club of Milton will host its 3rd Annual "5k Running the Trail for Education" Oct. 24, on the Blackwater Heritage State Trail in Milton. Check in will start at 7 a.m. at Milton City Hall and the runners will be bussed to the starting point at 8 a.m. The run will start at 9 a.m. 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



### Pilot for a Day

Firefighting personnel from the NAS Whiting Field fire station help Pilot for a Day Daniel Webster man a fire hose. The fire station visit was one of several activities Daniel enjoyed during his day at the base Oct. 6.



### Supporting DV Awareness and Prevention

In his proclamation declaring October as National Domestic Violence Awareness Month, President Barack Obama said: "Domestic violence touches the lives of Americans of all ages, leaving a devastating impact on women, men, and children of every background and circumstance. A family's home becomes a place of fear, hopelessness, and desperation when a woman is battered by her partner, a child witnesses the abuse of a loved one, or a senior is victimized by family members. Since the 1994 passage of the landmark Violence Against Women Act, championed by then Senator Joe Biden, our Nation has strengthened its response to this crime and increased services for victims. Still, far too many women and families in this country and around the world are affected by domestic violence. During National Domestic Violence Awareness Month, we recommit ourselves to ending violence within our homes, our communities, and our country."

In support of Domestic Violence Awareness aboard NAS Whiting Field, Commanding Officer Captain Enrique Sadsad signed a proclamation "calling upon all personnel and their families to increase their participation in our efforts to prevent domestic violence, thereby strengthening the Navy community."

if signed up by Oct. 23. You can register at: [http://www.active.com/event\\_detail.cfm?event\\_id=1794677](http://www.active.com/event_detail.cfm?event_id=1794677)

**October Terms Open for Registration** - Embry-Riddle Aeronautical University at the NAS Pensacola and NAS Whiting Field campus is now registering for the following courses offered during the October term on NAS Whiting Field: AMNT 270- Airframe and Powerplant Airframe Structures & Applications and AMNT 271 Airframe and Powerplant Airframe Systems & Applications. The two 3 credit hour courses will be offered Saturdays from 0800-1200 and 1300-1700. The term begins October 19 and ends December 20, 2009.

**Job Fair** - Workforce EscaRosa Employ Florida, Hire Vets First and Jobs Plus are sponsoring the 3rd Annual Northwest Florida Veterans & Military Hiring Fair. The event specifically targets Veterans, Active Duty Military and their family members and more than 40 employers will attend. The fair will take place Nov. 13 from 9 a.m. to 2 p.m. at the Days Inn conference center at 8700 Navarre Parkway in Navarre, Fla. Check out [www.employflorida.com](http://www.employflorida.com) for more information.

## Upcoming Events

Oct. 16, 1500 - CTW5 CSO CDR Bergey Retirement - Wings  
Oct. 16, 1630 - HT-8 SAU Change of Command - Atrium  
Oct. 19, 0700 - NHA Fleet Fly-In  
Oct. 24, 1000 - NASWF 66th Anniversary Celebration

Oct. 24, 1600 - Lonestar Concert - North Field  
Oct. 26, 1000 - CAPT Sadsad Farewell Golf Tourney  
Oct. 29, 0900 - CDC Halloween Party - Sikes Hall  
Oct. 31, 1600 - Halloween Party - Aces Lounge

# Fleet and Family Support Center Classes

## Credit Management - Tuesday, October 20, 1300 - 1500

The average American family has nine credit cards (1996 American Express Survey); three or four of those are used regularly; the average total balance on those cards is \$3,900 at the interest rate of 18%. Attend this class to find out ways to better manage your credit. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Anger Management - Wednesday, October 21, 1300 - 1400

Is anger affecting your health, your relationships or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## VA Representative (Call for Appointment - Friday, October 23, 0800 - 1200

## New Spouse Indoctrination - Monday, October 26, 0800 - 1200

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, while meeting other spouses and command staff! For more information, contact a Work and Family Life Specialist at 623-7177.

## I.D. Theft Prevention - Tuesday, October 27, 1300 - 1500

There were more than 3.25 million victims last year. Costs average \$4,800 - \$10,200 per crime. Loss to businesses and financial institutions is greater than 50 billion. Attend this class to learn ways to lessen your chances of becoming a victim. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## TRICARE Note

### TRICARE BUILDS STRONG BEHAVIORAL HEALTH SUPPORT

The TRICARE Management Activity (TMA) continues to improve a strong behavioral health care system by launching many initiatives to assist Service members, families, health care providers and military leaders.

Results from U.S. participation in the Global War on Terror prompted TRICARE to develop these initiatives with a wide range of additional educational tools, resources and assistance programs. Beneficiaries are using these tools to recognize signs of stress, depression, post-traumatic stress disorder (PTSD), substance abuse and more. They're getting help locating a health care provider, learning about symptoms or supporting a loved one dealing with a diagnosis.

The toll-free numbers are: West Region, (866) 651-4970; North Region, (877) 747-9579; and South Region, (877) 298-3514. Hours vary according to region.

TriWest continues to provide 24/7 telephone access and crisis intervention services. Service members and their families in the TRICARE West Region can request assistance with a mental health crisis or with simple requests for behavioral health information by calling (866) 284-3743.



*You are invited  
to an evening of  
"Wine and Conversation"*

*Where: Ace's Bar  
Date: October 29th  
Time: 1630 - 1900  
Tickets: \$15.00*

*Tickets purchased after the 23rd or at the  
door will be \$20.00.*

*R. S. V. P. to Wings Club at 623-7311.*

*Cost covers Wine sampling and light hors d'oeuvres  
Cash bar open for beer and cocktails*

# Vietnam Vets and Fedex Launch National Call for Photos

Washington, D.C. - The National Call for Photos, a campaign to gather images of the more than 58,000 men and women whose names are on the Vietnam Veterans Memorial, will be launched on Thursday, Sept. 17 at 10:30 a.m. at an event being held at the Newseum in Washington, D.C.

The Vietnam Veterans Memorial Fund is teaming up with FedEx Office (formerly FedEx Kinko's) to collect the photos. FedEx Office will provide scanning services in its over 1,600 FedEx Office Print and Ship Centers, allowing family and friends to submit photos of loved ones whose names are on The Wall.

The images will be scanned and eventually displayed in The Education Center at The Wall. The Education Center is an underground facility that will be built near the Vietnam Veterans and Lincoln Memorials.

The pictures being collected will form its centerpiece: a larger-than-life wall of photos that will showcase pictures of those we lost during the Vietnam War on their birthdays.

"It is vital that we remember the individuals who made the ultimate sacrifice in Vietnam, even as we pay tribute to everyone who served and sacrificed in all of America's wars," said Jan C. Scruggs, founder and president of the Memorial Fund. "When it is built, The Education Center will allow us to put faces with the names on The Wall and

learn some of their stories."

"FedEx Office is honored to play a role in the National Call for Photos," said Brian Philips, president and CEO of FedEx Office.

"FedEx Corporation has been a longtime financial contributor to the Vietnam Veterans Memorial Fund. With this current effort, we are able to leverage our network and technical capabilities to help preserve these treasured images for generations to come."

When having a photo scanned at a FedEx Office location, contributors will be asked to fill out a form on which they will identify the person whose photo they are providing and share a remembrance of that person. The form and photo will then be scanned and uploaded to a special site where all of the photos will be housed. Scanners will be available at the Newseum event for participants and members of the public to be among the first in the country to contribute photos.

Speakers at the launch event will include: Former Nebraska Sen. Chuck Hagel; Sons and Daughters in Touch (SDIT) member Colleen Shine; Peter Holt, chairman of the Campaign to Build the Vietnam Veterans Memorial; FedEx Office President and CEO Brian Philips; and Bob Wallace, executive director of the Veterans of Foreign Wars (VFW).

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**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, rolling 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.

# Vietnam Vets and Fedex

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Jan Scruggs will serve as master of ceremonies.

Hagel, Holt and Scruggs, who are all Vietnam veterans, will share memories of some of the individuals they served with who did not come home. Colleen Shine will offer photos of her father and her uncle, both of whom died in the Vietnam War, and will share memories of them.

Following formal remarks, the participants will take their photos to the scanning stations, where FedEx Office President and CEO Brian Philips will oversee the scanning. Members of the audience will then be invited to submit their photos

for scanning.

The launch marks the beginning of a campaign to gather photos and raise money for The Education Center at The Wall. Every FedEx Office Print and Ship Center around the country is prepared to accept photos in this national call. In addition, the Memorial Fund is partnering with community and veterans groups to gather photos. To find the nearest FedEx Office location, visit [fedex.com](http://fedex.com). For communities without a FedEx Office location, individuals can visit [www.VVMFCenter.org](http://www.VVMFCenter.org) to upload their photos and information.

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## Women on Submarines

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Newport News shipyard.

Navy Adm. Gary Roughead, chief of naval operations, acknowledged that special accommodations would be a factor in the decision, but one that's not insurmountable.

"Having commanded a mixed-gender surface combatant, I am very comfortable addressing integrating women into the submarine force," he said last month. "I am familiar with the issues as well as the value of diverse crews."

Roughead said he has been personally engaged through the years in the

Navy's debate of the feasibility of assigning women to submarines.

"There are some particular issues with integrating women into the submarine force -- issues we must work through in order to achieve what is best for the Navy and our submarine force," he said. "This has had and will continue to have my personal attention as we work toward increasing the diversity of our Navy afloat and ashore."

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addressed the issue with the Senate Armed

Services Committee last month.

"I believe we should continue to broaden opportunities for women," Mullen is quoted as saying in response to written questions posed by the Senate Armed Services Committee. "One policy I would like to see changed is the one barring their service aboard submarines."

Mullen, a champion of diversifying the services, said this month that having a military that reflects the demographics of the United States is "a strategic imperative for the security of our country."

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## Monterrey Mission

- (Cont. from Page 1)

sulting from a lack of regular care. The nursing homes had physician oversight, but they are not in residence and the visits are sporadic. The difficulty of the cases varied, from complete dementia, poor hearing due to earwax impaction, to an ingrown toenail infected for three years.

Many of the patients the team saw also had uncontrolled diabetes due to testing regimens much less regular than in the United States. These residents were only able to have their blood glucose levels checked once a month. American diabetics usually check their levels multiple times a day. Many patients came to the clinic only to have their blood glucose checked.

For the final three days, the team converted the upstairs of a local church into a clinic with workstations for all the doctors, as well as a mobile lab, dental station, optometry area, physical therapy site, and more. In all, the mission saw more than 600 patients. Monterrey is a relatively large city and has socialized medicine, but these were people who were "falling through the cracks."

Von Herrmann completed medical training in 2006 and has only been in the military for three years. One of the appeals to medicine for him was the fact that doctors are welcome

almost anywhere because the skill is such a valued one. This is the fifth such mission he has been on, having travelled to Mexico, Belize, Kenya, and Bolivia on previous trips. This is his second as a full physician, but he finds the work extremely rewarding.

"I enjoy taking care of people's needs," he said. "It is kind of a calling. Obviously, to help people less fortunate than us here is important."

According to von Herrmann, most people who go on these humanitarian trips want to go again. From a Christian standpoint, he said it is important to leave them something long lasting. The desire to provide such care has to be a strong one as the team members either raise their own funds or pay the costs out of pocket. Much of the medical supplies are donated through pharmaceutical firms however.

"The reality is that whomever we cure will become sick again someday. Any medicines we give will eventually run out. However, on these trips, medicine is simply the means to meeting larger needs for members of a community. If we as a team didn't leave these people with something eternal, then we haven't done much."

# Having a Fine, Fine Navy Birthday



***Honoring the Past Forging the Future** was the theme of the 234th Navy Birthday celebration at Naval Air Station Whiting Field, Oct. 10. Above Left: Training Air Wing FIVE Commodore, Col. Scott Walsh serves as the guest speaker for the occasion as he speaks about John Paul Jones, Dorie Miller and other remarkable Sailors. Above Right: Erica Rowe sings the "Star Spangled Banner" to begin the official portion of the evening's events. Below Right: The NAS Whiting Field color guard team presents the colors for the national anthem. Left: The oldest and youngest Sailors at the event -- CMDCM Hari Singh and AN Glory Peak -- cut the cake for the event. Below left: AC3 Ashley Coleman and ACI Dante Spagnolo perform the Navy Two Bell Ceremony.*

