

# Whiting Tower

Forging Aviators for the Fleet



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## NAS Whiting Field Highlights SAAPM Month

By Jamie Link, NAS Whiting Field Public Affairs Office

Naval Air Station Whiting Field and Training Air Wing Five combined efforts to kick-off the DoD-wide Sexual Assault and Awareness Prevention Month (SAAPM) initiative on Tuesday, April 3, 2018.

NAS Whiting Field Commanding Officer, Capt. Paul Bowdich and Capt. Douglas Rosa, Deputy Commodore Training Air Wing Five, tied teal ribbons after reading the SAAPM proclamation. Personnel from the command, aviators, SAPR staff and Fleet and Family Support Center personnel were in attendance at the entrance to the command building onboard NAS Whiting Field. The proclamation signing and ribbon tying was scheduled to coincide with similar ceremonies at a number of other bases in the region, all part of the Commander Navy Southeast Region-wide initiative to highlight SAAPM.

“The significance of these ribbon tying events is how they serve as powerful statements of command unification across our region to show our support for sexual assault survivors, and to reaffirm our ongoing commitment to the prevention of sexual assault and other de-



NAS Whiting Field commemorates SAAPM with a teal ribbon and proclamation reading by commanding officer Capt. Paul Bowdich and Training Air Wing Five Deputy Commodore Douglas Rosa. (Photo by Jamie Link, NAS Whiting Field Public Affairs Office).

Ens. Ian Grover, a Training Air Wing Five Student Naval Aviator, wears the NAS Whiting Field SAPR command patch. The patch was created by the NAS Whiting Field SAPR team last year, and is the first ever SAPR patch authorized for use in the Navy. (Photo by Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Staff.)

## The Whiting Tower

### Commanding Officer

Capt. Paul D. Bowdich

### Executive Officer

Cmdr. Donald Gaines

### Command Master Chief

Master Chief (AW/SW) Lee Stephens

### Public Affairs Officers

Julie Ziegenhorn

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### Public Affairs Staff

Lt. j.g. Luke Rague

Lt. j.g. Chadd Russell

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.

structive behaviors that contribute to its occurrence and prevalence,” Tina Vaughn, CNRSE regional sexual assault response coordinator, said.

The NAS Whiting Field SAPR team consists of many personnel who help coordinate, volunteer and work to make the SAAPM program a success. The team includes a Sexual Assault Response Coordinator (SARC), Victims’ Advocates designated at each command, squadron and tenant command, and SAPR points of contact who provide support and assistance.

Lt. Wayne Cheney, a volunteer SAPR point of contact, was there to show support and help represent Training Air Wing Five.

“My role is primarily in the administration of the program, so I make sure the victim advocates have the support they need should a case arise. That way they can focus on the victim,” Cheney said.

In addition to the ribbon tying event, the aviators wore the NAS Whiting Field SAPR command patches, a first-ever in the Navy. The NAS Whiting Field SAPR program personnel designed and produced the patches which were approved to wear just last year. The aviators will wear the patches throughout the month on their flight suits.

The newest event added to the NAS Whiting Field SAPR agenda this month focused on the topic of men’s

# Whiting Field SAPR News

sexual assault cases in the military and target discussions in a men's forum on the base.

"In 2018, the NAS Whiting Field SAPR team is highlighting the services we provide for male victims. There is a need in the military to change the culture to encourage male victims to come forward and report sexual assault. It takes an astounding amount of courage and bravery to admit that someone has taken advantage of you, and I want every single victim to know that they will be treated with dignity and respect by the SAPR team and get the support needed to start healing. We are always here for you, should you need us," Dora Ford, NAS Whiting Field Command SARC said.

The NAS Whiting Field SAPR team planned and facilitated SAPR events throughout the month of April to create even greater awareness of the program. The events included a base-wide meme contest, a "wing-off", women's panel, SAAPM collaborative events and display tables located around the installation.

The mission of the Navy SAPR program is "to prevent and respond to sexual assault, eliminating it from its ranks through a balance of focused education, comprehensive response, compassionate advocacy and just adjudication in order to promote professionalism, respect and trust, while preserving Navy mission readiness."

"Protecting Our people, Protects Our Mission" continues as the theme for the Department of Defense Sexual Assault and Awareness Prevention Month (SAA-PM) for 2018, according to the DoD SAPR website.

Personnel who need help can call the DoD Safe Helpline 877-995-5247, Uniformed Victims' Advocate 850-554-5383, or contact the SAPR office 850-686-6298 at any time day or night. The phone contacts are manned by trained staff who can provide immediate victim assistance and advocacy. Please visit [www.safehelpline.org](http://www.safehelpline.org)



Commanding Officer Capt. Paul Bowdich commemorates SAAPM with a teal ribbon tying outside of the command building before a joint proclamation reading with Training Air Wing Five onboard NAS Whiting Field. (Photo by Jamie Link, NAS Whiting Field Public Affairs Officer).

## WREATH making CLASS

### 'Beach Theme'

**Tuesday, 8 May**  
**5:30-8:30pm**  
**Atrium**

**Embrace your creativity and join us to learn the art of ribbon wreath making. We'll have all the supplies on hand for you to create a beautiful wreath to display in your home or give as a gift.**

**\$25 per person**

Space is limited ... reserve your place by Mon, 7 May  
~ Call ~  
**Community Recreation**  
**850-665-6250**

**MWR**  
MORALE, WELFARE AND RECREATION

Available on the App Store | GET IT ON Google play

[www.navy.mwr.whitingfield.com](http://www.navy.mwr.whitingfield.com)

# SEXUAL ASSAULT AWARENESS & PREVENTION MONTH

## CNRSE Celebrates SAAPM with Ribbon Tying

By MCI Brian G. Reynolds, CNRSE

Sexual Assault Prevention and Response (SAPR) teams from naval installations and tenant commands spanning the Southeast region participated in ribbon tying ceremonies at 10 a.m. April 3, kicking off the region's Sexual Assault and Prevention Month (SAAPM).

During the ceremony held at Commander Navy Region Southeast (CNRSE) headquarters, Rear Adm. Bette Bolivar, commander, Navy Region Southeast, Lt. Clifford Johnson, the CNRSE regional SAPR officer, and Tina Vaughn, the CNRSE regional sexual assault response coordinator, tied teal ribbons representing SAAPM at the entrance to the headquarters.

"The significance of these ribbon tying events is how they serve as powerful statements of command unification across our region to show our support for sexual assault survivors, and to reaffirm our ongoing commitment to the prevention of sexual assault and other destructive behaviors that contribute to its occurrence and prevalence," Vaughn said.

These ceremonies, carried out simultaneously by all installations and commands under the umbrella of CNRSE, marked the first time that the commands have acted in unison to make a statement raising awareness about sexual assault and encouraging participants to step up and step in.

"Installations across our region are going to be very busy throughout the rest of the month with SAAPM events they have been planning for some time," Vaughn said. "Some events are new and others are signature. All of the work is aimed at greater awareness of the program and the services available, a better understanding of how victims and survivors are impacted, how we can best serve and support them, as well as how we can be a part of prevention going forward."

While this year's SAAPM theme is "Protecting our people protects our mission," this year's call to action is "Raise your voice for prevention." Historically, SAAPM has been geared toward increasing awareness regarding the impact and scope of sexual assault in the Navy. However, this year's focus has shifted to prevention. While increasing awareness is still an important concern, the Navy is now focusing on how to stop sexual assault before it occurs.

"Prevention, as a focus, is receiving a lot of good attention lately," Vaughn said. "Though we are still in the trenches figuring out what a programmatic prevention ele-



Rear Adm. Bette Bolivar, commander of Navy Region Southeast, and Tina Vaughn, Southeast regional sexual assault response coordinator, tie a teal ribbon at the entrance of Navy Region Southeast headquarters celebrating Sexual Assault Awareness and Prevention Month (SAAPM). Every April SAAPM kicks off with a flurry of events and activities across the Navy enterprise seeking to raise awareness about sexual assault and to inspire participants to step up and step in. (U.S. Navy photo by Mass Communication Specialist 1st Class Brian G. Reynolds/Released)

ment might look like, we know what we want in terms of signature behaviors, those behaviors that embody Navy's core values and sustain a culture of excellence."

The Navy SAPR program's mission is to prevent and respond to sexual assault, eliminating it from its ranks through a balance of focused education, comprehensive response, compassionate advocacy and just adjudication in order to promote professionalism, respect and trust, while preserving Navy mission readiness.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).

For more news from Commander, Navy Region Southeast, visit [www.navy.mil/local/nrse/](http://www.navy.mil/local/nrse/).



# Whiting Field SAPR Photos



**LEFT COLUMN:** NAS Whiting Field and Training Air Wing Five participate in the Sexual Assault and Awareness Prevention Month (SAA-PM) Tug-Of-War (top) to raise awareness on April 12, 2018. The aviators came prepared with a strategy and won bragging rights until next year. The Chief Petty Officers Association Mess holds a chicken wing fundraiser (bottom) at the event to support base activities and philanthropic initiatives. (Photos by Lt. j.g. Luke Rague, NASWF Public Affairs Staff.)

**RIGHT COLUMN:** NAS Whiting Field Commanding Officer Capt. Paul Bowdich drops the puck at the March 30 Pensacola Ice Flyers hockey game to kick-off SAAPM and Month of the Military Child with his family (bottom). NAS Whiting Field Fleet and Family Support Center staff (top) share information with Pensacola Ice Flyers fans about how the base supports SAAPM and the SAPR mission year round. (Photos by Jamie Link, NASWF Public Affairs Office.)

## Naval SAPR History

**February, 2004**

Former Secretary of Defense Donald H. Rumsfeld directed Dr. David S. C. Chu, the former Under Secretary of Defense for Personnel and Readiness, to review the DoD process for treatment and care of victims of sexual assault in the Military Services.

**April, 2004**

The Care for Victims of Sexual Assault Task Force, led by Ms. Ellen Embrey, Deputy Assistant Secretary of Defense for Force Health, Protection, and Readiness releases a series of recommendations.

**October, 2004**

A single point of accountability for sexual assault policy within the Department, the Joint Task Force for Sexual Assault Prevention and Response, is established. Brigadier General K.C. McClain is named as commander.

**January, 2005**

The DoD presented to Congress a comprehensive policy on prevention and response to sexual assault, providing a foundation to improve prevention of sexual assault, significantly enhance support to victims and increase reporting and accountability.

**October, 2005**

The Task Force transitions to a permanent office and releases DoD Directive 6495.01, Sexual Assault Prevention and Response Policy.



**“While casualties on the battlefield are understood to be consistent with our military duties, I accept no casualties due to sexual assault within our ranks.”**  
 Defense Secretary James N. Mattis, April 18, 2018

# Whiting Field SAPR News

## Pure Praxis Educates NAS Whiting Field Sailors on SAPR

By Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Staff

Pure Praxis, a live-theater workshop troupe, visited NAS Whiting Field for a second year in a row to educate Sailors on sexual assault response and prevention on Thursday, March 29, 2018.

The group uses professional actors to recreate difficult real-world situations so the audiences can see the damaging impact on those harmed by sexual assault, victim blaming and ostracization, while rehearsing proactive responses to damaging situations.

Audience members learned how to prevent violence, address retaliation, challenge toxic ideas, and be a pillar of support for victims rather than contributing to their isolation through a series of short skits and audience participation.



Sailors, including Sexual Assault Response Coordinator AC1 Robert Leverett, rehearse aiding a male sexual assault victim who does not know how to get help confronting his past abuses.



Sailors line up on stage to practice active bystander techniques in situations where they can have a positive impact on curbing toxic behaviors and protecting sexual assault victims from further abuse.



Audience participants strike their "manliest" poses while challenging male stereotypes that prevent victims from coming forward after experiencing sexual assault.



In a Pure Praxis skit, aviators practice confronting victim blamers after hearing damaging comments directed at a sexual assault victim. (Photos by Lt. j.g. Luke Rague, NASWF Public Affairs Staff)



**Saturday  
26 MAY**

Family Movie Night at Whiting Park starts after dark! Bring your blankets and chairs to sit and watch the movie and enjoy the free popcorn. Movie to be announced.



**WHITING PARK**  
850-623-2383  
[www.navy.mwr.whitingfield.com](http://www.navy.mwr.whitingfield.com)

# Whiting Field SAPR News

## SAAPM Meme Contest



NAS Whiting Field Commanding Officer, Capt. Paul Bowdich, and Executive Officer, Cmdr. Donald Gaines, and Training Air Wing Five Chief Staff Officer, Cmdr. Matthew Baker, (above) judge the SAAPM Meme contest put on by the base's SAPR staff. The memes were created by squadrons, Training Air Wing Five, and various departments on base. The judges visited each participating office or squadron to evaluate them on effectiveness, humor and presentation.

(Photos by Jamie Link, NAS Whiting Field Public Affairs Office)



NAS WHITING FIELD  
**Captains Cup**  
~2018~  
**Wiffle Ball**  
**Tournament**

**Wednesday,**  
**30 May**  
**4:30pm**

**Sports**  
**Complex**

Sign up your 'Teams' at the **Fitness Center** and show NAS Whiting Field some **Wiffle Ball Skills!**

**MWR** **Fitness Center:**  
**850-623-7412**

NAS Whiting Field  
**Whiting Park**  
Outdoor Recreation Facility  
**Back with a Splash**  
Saturday, 5 May and Sunday, 6 May

**50% OFF** **Pontoon Boat Rental**

Half price pontoon rental from 9am to 6pm. Must have Whiting Park Recreational Area Boaters Safety Card.

**MWR** **Whiting Park: 850-623-2383**  
**www.navymwrwhitingfield.com**

## FFSC SAPR Staff Celebrates Light Up The Night Event

By Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Staff

NAS Whiting Field's Fleet and Family Support Center (FFSC) SAPR team held Light Up The Night, an evolution of the Take Back The Night movement, on Friday, April 13, 2018.

Take Back the Night is a movement to spread awareness of sexual assault, rape, and domestic violence through demonstrations and night marches world-wide. With a history dating back to the 1970s, the movement rises periodically in response to instances of violence and murder against women.

Aquila Ramsey, FFSC SAPR staff, organized NAS Whiting Field's iteration, which encouraged participants to take home a tealight of glowsticks to take pictures of them "lighting up the night" and share them with FFSC to spread the message. The display also included freebies and a SAPR commitment signing, where participants promised "to create an environment in which sexual assault is unacceptable and survivors are supported."

The photos submitted by participants can be found on NAS Whiting Field's Fleet and Family Support Center Facebook page. 📷



Aquila Ramsey, FFSC SAPR staff, stands with her Light Up The Night display on Friday, April 13, 2018. (Photo by Jamie Link, NASWF Public Affairs Office)



A Light Up The Night participant shows off his tealight, glowsticks and glow-in-the-dark balloon to show support for ending violence against women. (Photo courtesy NAS Whiting Field FFSC)



The Light Up The Night display includes give aways to support the event and a SAPR commitment signing. (Photo by Jamie Link, NASWF Public Affairs Office)

### Fitness Center "May Yoga Challenge"

*Drop in for 6 of our Mat Based Yoga classes during the month of May and let us gift you with a cool shirt to wear along with your new serene state of mind.*



**We offer 3 varieties of Yoga to choose from:**

- Strength Fusion (a yoga/pilates/muscle building blend)
- Sunset Yoga (a relaxation focused class)
- Lunchtime Thursday Yoga

**All a little different, all great for improving flexibility, core conditioning, balance and stress relief.**

**MWR Fitness Center: 850-623-7412**  
[www.navymwrwhitingfield.com](http://www.navymwrwhitingfield.com)

## NAS Whiting Field SAAPM Wingman Wing-Off Contest

By Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Staff

NAS Whiting Field and Training Air Wing Five held a Wingman Wing-Off to round out Sexual Assault and Awareness Prevention Month (SAAPM) onboard NAS Whiting Field on Thursday April 26, 2018.

The competition, which was supported and judged by staff from the Fleet and Family Support Center and Morale, Welfare and Recreation, pitted homemade chicken wing recipes from each squadron and command against each other for a trophy and bragging rights. Each squadron was allowed to submit two to three recipes to be judged, and they were scored on their overall showing.

A women's SAPR discussion was held after the competition to address sexual assault and harassment in the aviation community, and a brand new men's SAPR discussion was held before the competition. The men's panel is a new initiative in SAAPM to spread awareness of the services available on and off base for male sexual assault victims.

The defending champion, Training Squadron Six (VT-6), was unable to hold onto their title and had to hand the Wingman Wing-Off Trophy over to NAS Whiting Field, at least until next year. 🏆



Student Naval Aviators from VT-6 sample wings made by each command. The competition was held between a women's SAPR discussion and a brand new men's SAPR discussion, created to address the services available to male victims of sexual assault.



NAS Whiting Field wins the day with their lemon pepper wings, earning bragging rights until next year's Wingman Wing-Off. Chiefs Allen, McDougle and Carter accepted the prize, presented by NASWF Executive Officer, Cmdr. Donald Gaines, and Dora Ford, Fleet and Family Support Center SAPR Coordinator.



Training Air Wing Five Chief Staff Officer, Cmdr. Matthew Baker, HT-8 Commanding Officer, Cmdr. Jessica Parker, and HT-8 Executive Officer, Cmdr. Lena Kaman, support the event, along with leadership from each squadron, Training Air Wing Five and NAS Whiting Field.

(Photos by Lt. j.g. Luke Rague, NASWF Public Affairs Staff.)

AMERICA'S ARMED FORCES

# KIDS STAR RUN

18



**Saturday, 19 May 2018**  
**NAS Whiting Field Sports Complex**  
**(Softball Fields)**  
**Run begins at 9:00am**

 REGISTER ONLINE AT:  
[WWW.AMERICASKIDSRUN.ORG](http://WWW.AMERICASKIDSRUN.ORG) 