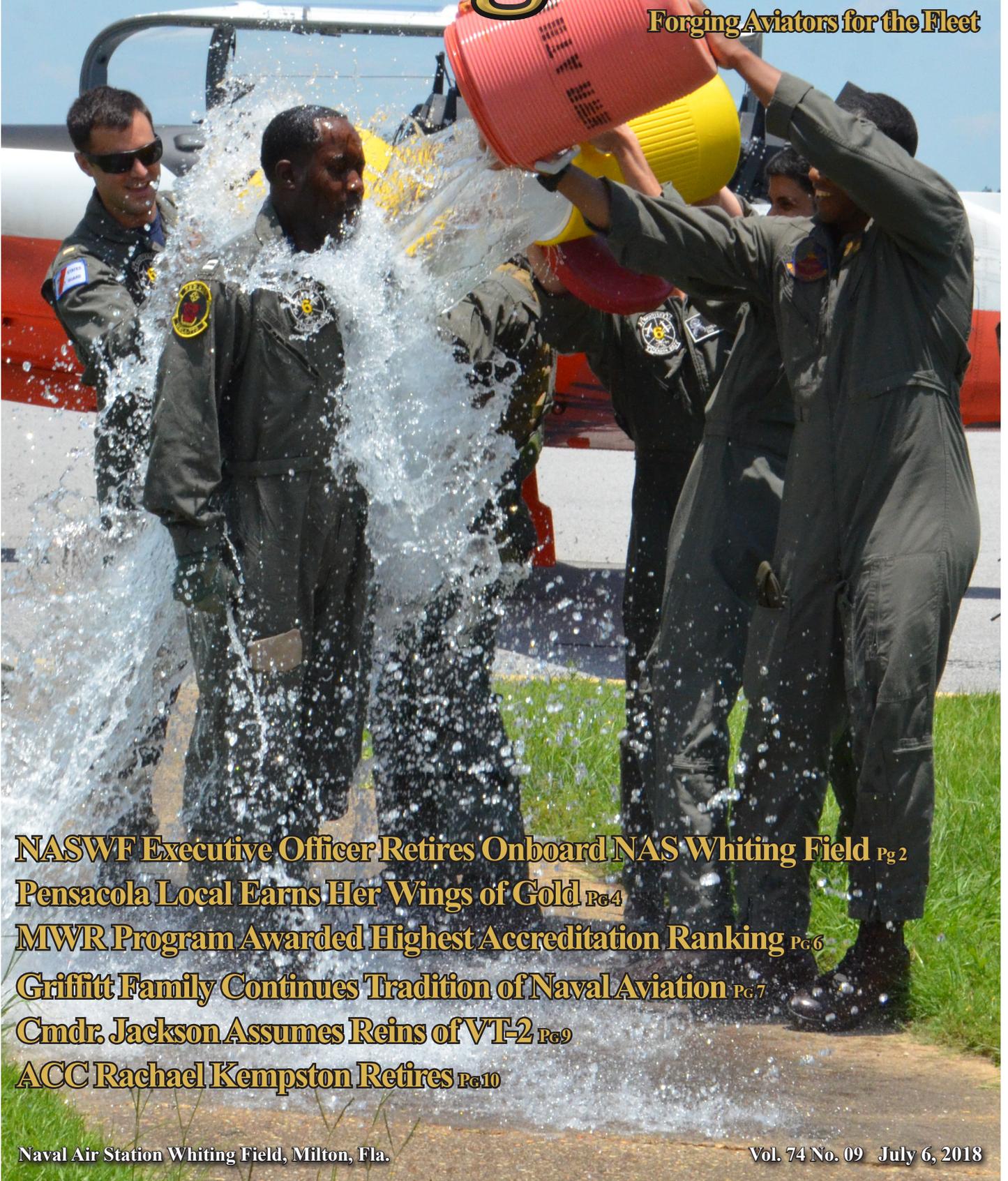


Whiting Tower

Forging Aviators for the Fleet



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NASWF Executive Officer Retires Onboard NAS Whiting Field

By *Jamie Link, NAS Whiting Field Public Affairs Officer*

Naval Air Station Whiting Field bid farewell to Cmdr. Don Gaines in a retirement ceremony on June 8 following his tour as executive officer of NAS Whiting Field.

Gaines served as the executive officer beginning June 2015, culminating with his retirement and ending a three-year tour at NAS Whiting Field.

He enlisted in the Navy in 1989, and reached the rank of hospital corpsman second class (HM2). Gaines was then selected for the first Seaman to Admiral Class program in 1994. He was commissioned after completing Officer Candidate School in July 1995. Upon completion of flight school and Fleet Replacement Squadron training in 1998, he reported onboard Helicopter Combat Support Squadron 11 (HC-11) in San Diego, Calif. He earned a Bachelor of Arts degree in History from the University of San Diego, and after a deployment, transitioned to Helicopter Sea Combat Squadron 21 (HSC-21). In May 2006, Gaines reported to the pre-establishment unit for HSC-23 as the pre-commissioning unit executive officer. He then reported to PERS 40 in Millington, Tenn. In 2009, Gaines

served as the branch head for enlisted aviation distribution (PERS 404). He then completed a tour at BUPERS 3 where he served as aviation enlisted community manager and the deputy enlisted community manager before reporting to NAS Whiting Field as the executive officer.

Gaines' deployments included USS Boxer (LHD-4), USS Camden (AOE-2), Second tour-USS Camden, and the USNS Bridge (TAOE10).

During his retirement speech, Gaines shared a story of how he became an aviator. Prior enlisted as a hospital corpsman, he applied for a special opportunity to be part of the first class of the Navy's Seaman to Admiral Program.

"Out of 1,400 qualified applicants they only took 50 Sailors. I was one of them. After my tour in HC-11, I went to the University of San Diego as a full lieutenant. The great thing was I had awesome study habits that I had learned in flight school, and I graduated summa cum laude. I knew that if I took this program, I was going to do at least 20 years so why not enjoy those years. That was the driving reason to fly - I wanted to enjoy my job," Gaines said.

Reflecting back on his 29 years of Naval service, the former XO shared a number of memorable moments in his remarks. One such memory was when he hit the water in an H-46 helicopter during a search and rescue mission. He was junior pilot that day when the senior pilot experienced vertigo. Gaines pulled on the collective (the power) just in time to save the aircraft from hitting the water, to just "bounce" the water, avoiding what could have been a more dire situation.

"I learned several lessons that day - one, trust



U.S. Navy Cmdr. Don "Droopy" Gaines, former NAS Whiting Field Executive Officer, Official Photo

Cover: U.S. Navy Chaplain Lt. Fondren is drenched in water following his Last Flight Flown in a T-6B Texan II on June 7. (Photo by Jamie Link, Public Affairs Office)

The Whiting Tower

Commanding Officer

Capt. Paul D. Bowdich

Executive Officer

Cmdr. Jim Brownlee

Command Master Chief

Master Chief (AW/SW) Lee Stephens

Public Affairs Officers

**Julie Ziegenhorn
Jamie Link**

Public Affairs Staff

**Lt. j.g. Harrison Garrett
Lt. j.g. Luke Rague
Ens. Matt Lembo**

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.

Whiting Field News

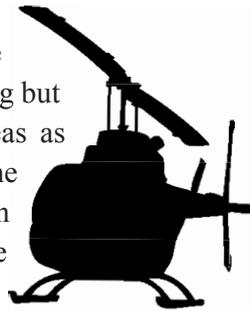
your crew. Everyone has a vested interest in living. Two - there really is no rank in the cockpit. I was a junior pilot, and I assumed they were capable of spotting when they had vertigo and thought wrong. Finally, I learned to appreciate life every day," Gaines said.

The former XO gave credit to his wife, Eling Gaines, as the person who supported him throughout his entire Naval career.

"No way I could be here without her support. She has been my rock through it all. She was the person I could talk to all the time when I wasn't sure what to do. She is awesome, I really don't know what I would have done without her.

Gaines concluded his address to the crowd in the Lassen auditorium for the very last time with appreciation.

"I want to especially thank the men and women of NAS Whiting Field. The last three years have been wonderful. You all will hold a special place in my heart. You have been the best people I could have ever asked to work with and work for. You kept me always striving to be the best that I could be because you are the best out there. Every one of you are true professionals, and I wish you all nothing but the fairest of winds and following seas as we part ways. But it is now time for me to step aside and let these young men and women lead the finest Navy in the world thank you," Gaines said.



Cmdr. Don "Droopy" Gaines, former NAS Whiting Field Executive Officer, is soaked with ice water by Commanding Officer Capt. Paul Bowdich, Executive Officer Cmdr. Jim Brownlee and Command Master Chief Lee Stephens after Gaines' "Last Flight Flown" in a Navy aircraft, the TH-57 Sea Ranger on May 31 at South Field. (Photo by Lt. j.g. Luke Rague, NASWF Public Affairs Staff)

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Pensacola Local Earns Her Wings of Gold

By Lt. j.g. Harrison Garrett, NASWF Public Affairs Staff

Ens. Zoe Macfarlane, a graduate of Pensacola High School, earned her Wings of Gold at Naval Air Station (NAS) Whiting Field on Friday, June 8.

Macfarlane graduated from Pensacola High School in 2012, where she was surrounded by aviation, but not initially drawn to it.

“I never really paid much attention to [aviation] growing up, in the sense that I didn’t think it was what I wanted to do,” Macfarlane said. “We would see the Blue Angels every summer and I thought it was amazing what they did, but I never wanted to do that personally.”

Yet, Macfarlane was drawn to the Navy after her older sister started at the United States Naval Academy in Annapolis, Md.. The close relationship Macfarlane has with her sister, and her sister’s experiences at the Naval Academy, piqued Macfarlane’s interest.

After graduating from Pensacola High School, Macfarlane also enrolled into the Naval Academy, where she pursued a Bachelor of Science degree in Oceanography, graduating and commissioning as an Ensign in 2016.

It wasn’t until she was at the Naval Academy and choosing her career track that Macfarlane reflected on her roots. “That’s when growing up in Pensacola swayed me toward aviation,” Macfarlane said.

After commissioning, Macfarlane went to where all Naval Aviators begin - NAS Pensacola for Aviation Preflight Indoctrination (API), a six week intensive aca-



Ens. Zoe Macfarlane (center left) stands with fiancé, Tim Tracey (left), mother, Cindy Wasem (center right), and father, Russell Macfarlane (right), during the winging ceremony. (Photo by Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Staff)

demically and physiology training syllabus. Once Macfarlane completed API, she moved to Milton, Fla. to begin Primary Flight Training in Training Squadron Two (VT-2), flying the T-6B Texan II onboard NAS Whiting Field.

Following Primary Flight Training, Macfarlane was selected to stay at NAS Whiting Field to begin Helicopter Advanced Training, flying the TH-57 Sea Ranger, in Helicopter Training Squadron Eight (HT-8).

Macfarlane said it was the people who she worked with daily in the training squadrons that helped her through the rigors of aviation.

“The students I met and see every day in the ready room make any time waiting to fly pass faster.” Macfarlane recalls. “Also, the instructors in advanced [training] care about making the most capable pilot for the fleet, but also care about you as a person”

Macfarlane said that she had “highs and lows” during her time in flight training and recognized how she handles the lows has helped her grow to make herself better.

Macfarlane has not thought much about the rest of her career, because she knows she will be a very different person when her contract with the Navy ends and she gets to choose to stay in or pursue other avenues.

“I have been taking flight school one day at a time, with the end goal of being winged,” Macfarlane stated. “I can’t predict what I will want seven years from now, but when the time comes to make the choice, I know I will make the right decision for myself and for my family.”

Macfarlane said she is most excited to join the



Ens. Zoe Macfarlane being winged by her mother, Cindy Wasem. Also on stage is her father, Russell Macfarlane (left), and Rear Adm. White, ret. (middle). (Photo by Lt. j. g. Luke Rague, NAS Whiting Field Public Affairs Staff)

Whiting Field News

fleet, where she will “be able to positively influence other people’s lives. If any sailors are having professional or personal problems, I will be there to help and support them in any way possible. I am very excited to fly aircraft and complete missions and do what I have been training to accomplish, but I am equally as excited to be working with a diverse group of individuals to achieve our squadron and fleet missions.”

Macfarlane was winged by her mother, Cindy Wasem. Her fiancé, Tim Tracey, father, Russell Macfarlane, and guest speaker, retired Rear Admiral White joined Ens. Macfarlane on stage for her long awaited moment to become a winged aviator.

Macfarlane has been selected to fly the MH-60S Seahawk. She will be moving to San Diego, Calif. to begin her training in her Fleet Replacement Squadron (FRS) where she will learn how to fly her new helicopter assignment.



Aviation Boatswain’s Mate (Handling) 1st Class Jamal Stewart’s wife and children (above) are recognized by NAS Whiting Field for their continued support of Stewart’s Navy career at a small ceremony on July 2 presided by Chaplain Lt. j.g. Tillotson. Stewart, who works in Fire and Emergency Services onbase as a first responder, re-enlisted (below) for an additional six years of Naval service, with the goal of serving for more than 20 years. (Photo by Lt. j. g. Luke Rague, NAS Whiting Field Public Affairs Staff)



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NAS Whiting Field's MWR Program Awarded Highest Accreditation Ranking Possible

By NAS Whiting Field MWR

When it comes to helping personnel relax, unwind and play, NAS Whiting Field Morale, Welfare and Recreation (MWR) is a five-star, accredited program.

The Commander Navy Installations Command (CNIC) recently awarded the base's MWR program a five-star accreditation, the highest ranking possible, during an inspection May 25. Each MWR program on a Navy base is judged on the quality of personnel, facilities, programming, equipment and administration.

The types of ratings allotted to base MWR programs are five-star, accredited, or not accredited. Of 65 Navy installations rated this year, there are 21 five-star, 39 that are accredited and five that are not accredited. "You have to go above and beyond to be recognized as a five-star program," said NASWF MWR Director Tom Kubalewski.

The commanding officer at NAS Whiting Field, Navy Capt. Paul Bowdich said, "I am extremely proud of the work the MWR team does every day taking care of our Sailors. As a benefactor of many of the MWR activities and offerings, I can say this is one of the best installation MWR programs I've seen. I offer my congratulations to the entire MWR team!"

The CNIC MWR accreditation process began in 2010 and each year, directors throughout the enterprise describe whether they met or did not meet various professional program standards through an on-line database. The accreditation program determines compliance with Navy developed program standards, financial performance, program delivery, staff knowledge, employee development, customer satisfaction, and facility management.

All MWR programs are involved in the accreditation process, excluding Child and Youth Programs, which have their own accreditation program. Once information is entered into the database, a pre-visit score is provided. Then, every three years, an independent accreditation team from CNIC visits the installation to validate their scores on program standards.

At NAS Whiting Field, MWR provides a multitude of recreation programs and facilities to include a

state-of-the-art fitness and aquatics center, a community recreation and single-sailor program, the Whiting Park outdoor recreation area, and the Navy's first bookstore library concept, the Tower Books and Café, featuring a Starbucks coffee shop.

Some MWR programs receive appropriated funds because they are designated as essential to military missions, but others are self-sufficient and must generate their own revenue to keep running, such as the food and beverage facilities and the RV Park.

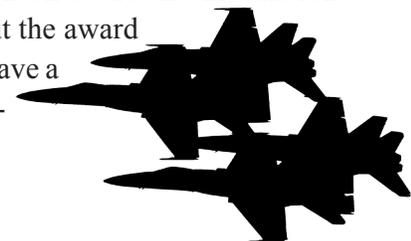
During their visit, the accreditation team noted the large size of the fitness center. They stated not many installations are lucky to have this size facility, affording greater space for work outs. Other areas the CNIC team commended were the recently opened Tower Books and Café and how the bookstore concept meets the needs of families and singles by bringing the coffee shop flair into the program. Whiting Park was also noted as an outstanding facility that not only offers programs and services to families and singles, but a great place for commands to host picnic and outdoor events.

In addition, the team noted during their visit that it is apparent the entire MWR and CYP team works together and communicates to develop services and programs for our community members.

"It feels great," Kubalewski said of the rating. "To receive this rating means two things. It means that the team is professional and dedicated, and it means that each of them is doing everything possible to bring quality services and programs to our Active Duty members, their families, to our retirees and their families and to the civilian employees who work on board the installation. Bottom line – with or without the award – it is great to know that we have a team that is committed to taking care of our community."



**NAVAL AIR STATION
WHITING FIELD**



Griffith Family Continues Tradition of Naval Aviation

By Julie Ziegenhorn, NASWF Public Affairs Officer

Naval aviation students train at Naval Air Station (NAS) Whiting Field in a rigorous, 28-week regimen learning flying skills before they graduate to the fleet to take on operational flying responsibilities. Once students successfully complete their training, they get to experience a winging ceremony whereby they are pinned with their wings of gold, signifying they are now trained naval aviators. It is a memorable event for the new aviators, and one that family often participates in and enjoys.

Every once in a while, NAS Whiting Field and Training Air Wing Five (TW-5) witness a family with two generations of Naval aviators at its winging ceremonies during which new aviators receive their wings of gold. The newly minted helicopter pilots may have a father or mother who flew as a naval aviator pin wings on their uniform and send them to their next assignment for advanced helicopter training. But it's rarer to witness three generations of naval aviators at a winging ceremony.

That happened onboard NAS Whiting Field on June 8, at the TW-5 winging ceremony. U.S. Marine Corps 1st Lt. Zach Griffith received his wings of gold, and three generations of the Griffith family were at NAS Whiting Field to celebrate with him.

Griffith's father, Greg Griffith, retired U.S. Navy commander, pinned his son, Zach, with his own wings received after training at NAS Whiting Field in June 1992. The elder Griffith flew later in his naval career as a senior



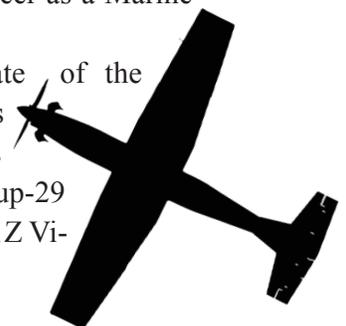
Three generations of naval aviators who trained at NAS Whiting Field stand in front of a T-28 static aircraft Friday prior to U.S. Marine Corps 1st Lt. Zach Griffith's (left) winging ceremony where he received his wings of gold. Grandfather, Navy Capt. Larry Griffith (right), flew the T-28 at Whiting Field in the 1960s, and his father, Cmdr. Greg Griffith (center), former US Navy pilot, trained at the base in the 1990s. (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs Officer)

test pilot for Patuxent River Squadron and was then selected for a test pilot program in England. He retired from naval service in 2011.

Zach's grandfather, retired U.S. Navy Reserve Capt. Larry Griffith, also attended the winging ceremony Friday. He trained and flew at NAS Whiting Field in 1967, flying the T-28 Trojan in Training Squadron Three (VT-3) during advanced pilot training. Capt. Griffith then went on to serve aboard the USS Essex (CV-9) and USS Wasp (CV-18), and transferred to the Navy Reserves in 1971. He would later become the executive and commanding officer for several Reserve commands and served at the Pentagon in the Naval Aviation department. He retired following 28 years of naval service.

After the ceremony, Larry Griffith said, "I couldn't be more proud of my grandson's accomplishments, and I look forward to following his career as a Marine Corps pilot!"

1st Lt Griffith is a graduate of the U.S. Naval Academy and hails from Fort Collins, Colo. He has orders to the Marine Aircraft Group-29 at New River, N.C. to fly the AH-1Z Viper helicopter.



The Griffith family celebrates with 1st Lt. Zach Griffith after he receives his 'wings of gold' onboard NAS Whiting Field. The three generations of men all received aviation training at NAS Whiting Field, including the elder Griffith in the 1960s, and 1st Lt. Griffith's father in the 1990s. (Photo by Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Staff)

Whiting Field Photos



TOP LEFT: U.S. Marine Corps Colonel Trey Meadows, Senior Military Assistant to the Under Secretary of Defense, presented Lt. Col. Jeff “Hubs” Hubley a certificate of appreciation at his retirement ceremony recently. Lt. Col. Hubley retired as the operations officer for Training Air Wing Five (TW-5) at NAS Whiting Field after 26 years of dedicated service in the Corps. During his career, which began as an enlisted member, he was promoted ten times and accumulated 2,000 night vision goggle flying hours, more than anyone at NAS Whiting Field’s TW-5. He is a career aviator with more than 5,500 flight hours. NAS Whiting Field wishes Lt Col “Hubs” Hubley fair winds and following seas. (Photo by Sonja Presley, TW-5 Staff)

TOP RIGHT: AC2 Amanda Lord is sworn in by NAS Whiting Field air traffic control officer Lt. Jeffrey Smith during a re-enlistment ceremony on June 4 onboard NAS Whiting Field. (Photos by Jamie Link, NAS Whiting Field Public Affairs Office)

BOTTOM LEFT: NASWF Sailors volunteering at the Blueberry Bash Festival hosted by The Arc of the Emeralds Coast Saturday, June 23. The Whiting Field personnel manned one of the greeter tents, welcoming guests to the festival. (Photos by Jamie Link, NAS Whiting Field Public Affairs Office)

BOTTOM RIGHT: Navy Region Southeast Command Master Chief Bill Houlihan tours the T6-B Texan II simulator bay during a visit at NAS Whiting Field on Friday, June 29. Command leadership briefed Houlihan on the mission and needs of Sailors on base to help him advocate for NAS Whiting Field at region headquarters. (Photos by Jamie Link, NAS Whiting Field Public Affairs Office)

This Day in Naval History

July 6, 1944

USS Paddle (SS 263) attacks a Japanese convoy northwest of Halmahera and sinks destroyer Hokaze off Sangi Island. Also on this date, USS Sealion (SS 315) attacks a Japanese convoy in the East China Sea and sinks merchant passenger cargo ship Setsuzan Maru off Ningpo, China while USS Tang (SS 306) sinks Japanese freighter Dori Maru in Chosen Bay.

July 7, 1944

USS Mingo (SS 261), USS Skate (SS 305), USS Sunfish (SS 281), USS Flasher (SS 249), and USS Bonefish (SS 223) sink up to eight Japanese ships.

July 8, 1944

The cruisers and destroyers of Task Group 53.18, commanded by Rear Adm. Charles Turner Joy, begin daily bombardment of Japanese defenses on Guam. Battleships join the bombardment group on July 14.

July 9, 1944

The organized Japanese resistance ceases on Saipan, Mariana Islands.

July 11, 1944

USS Sealion (SS 315), in the Yellow Sea off the west coast of Korea, near Shosei Jima, sinks two Japanese freighters.

July 14, 1944

USS William C. Miller (DE 259) sinks Japanese submarine (RO 48) and teams with USS Gilmer (APD 11) to sink Japanese submarine (I 6).



July 16, 1945

The first atomic bomb test, Trinity, is detonated at Alamogordo, N.M.

Cmdr. Jackson Assumes the Reins of VT-2

By Lt. Matthew Dori, VT-2 Public Affairs Officer

U.S. Navy Cmdr. Zachariah Aperauch turned over command of Training Squadron Two (VT-2) to Cmdr. Mark Jackson, U.S. Coast Guard during a change of command ceremony Friday, June 15, at the Naval Air Station (NAS) Whiting Field North Field hangar.

U.S. Marine Corps Col. David Morris served as the guest speaker for the time honored tradition that allows for the assembled crew, staff, friends and guests to welcome in the new commander, while also recognizing the achievements of the outgoing leader.

Aperauch's inspirational leadership led VT-2 to fly more than 52,500 flight hours in the completion of more than 23,350 sorties. This dedication to training enabled the squadron to see 619 Student Aviators successfully complete the Primary Flight Training syllabus during his command tour. His commitment to professionalism and instruction were also evidenced in the unit's selection for the 2017 Commander Theodore G. Ellyson Aviator Production Excellence Award, and the 2017 Chief of Naval Operations Aviation Safety Award.

Commanding VT-2 was the latest stop for Aperauch on an 18-year military aviation career that began after graduating from Old Dominion University and earning his commission from Officer Candidate School in May 2000. He served tours with the "Vanguard" of HM-14; Airborne Mine Countermeasures Weapon Systems Training School (AWSTS) as a Fleet Replacement Squadron Instructor; Joint Staff J7 (training) division; and the USS San Antonio (LPD 17). He earned a Master of Science degree in National Security and Strategic Studies from the Joint Forces Staff College. He is now headed to Sasebo, Japan where he will serve as the air boss, responsible for all aspects of



Naval Air Station Whiting Field color guard performs colors for Training Squadron TWO (VT-2) Change of Command Ceremony onboard the installation. From left to right; Chaplain Frank Tiltson, Training Air Wing FIVE Commodore Col. David Morris, U.S. Marine Corps, Commanding Officer VT-2 Cmdr. Zachariah Aperauch and Executive Officer, Cmdr. Mark Jackson salute at the beginning of the ceremony last Friday. (Photo by Jamie Link, NAS Whiting Field, Public Affairs Office)

operations involving aircraft aboard USS Wasp (LHD-1).

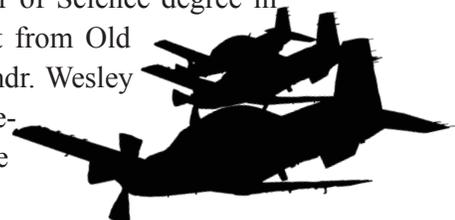
Cmdr. Aperauch offered the following parting thoughts to his squadron. "It's been my life's honor to serve as your commanding officer, and I pray you achieve every success that you set your heart to. Your willingness to serve unwaveringly to protect our freedoms around the world and to lay so costly a sacrifice on the altar of freedom is nothing short of heroic. I am truly humbled to have served with you and I can offer you nothing but my highest respect—thank you."

Jackson took command of VT-2 on Friday and will draw upon his 22 years of Coast Guard service and experience to fill the shoes of his predecessor.

His career began after graduating from the Coast Guard Academy in 1996 where he spent two years aboard the U.S. Coast Guard heavy icebreaker Polar Sea (WAGB-11). He then reported to flight school and completed his primary flight training with VT-2. He winged in November 1999 as a helicopter pilot from Helicopter Training Squadron Eighteen before being stationed in Miami, Fla., where he flew the HH-65 Dolphin helicopter. Since then he has served tours at Coast Guard Stations in Elizabeth City, N.C. and Jacksonville, Fla. He deployed to Central and South America, as well as Southeast Asia. Cmdr. Jackson also earning a Master of Science degree in Engineering Management from Old Dominion University. Cmdr. Wesley Barnes, U.S. Navy, will replace Jackson as Executive Officer for the squadron.



Cmdr. Mark Jackson, USCG is piped ashore to become the commanding officer during the Change of Command ceremony for Training Squadron TWO onboard Naval Air Station Whiting Field on Friday. (Photo by Jamie Link, NAS Whiting Field, Public Affairs Office)



Airfield Management Leading Chief Petty Officer Retires

By Julie Ziegenhorn, NAS Whiting Field Public Affairs Office



Presiding Officer Lt. Cmdr. Lance Breeding, Air Traffic Control Facility officer, Naval Station Mayport, NAS Whiting Field Chief Air Traffic Controller Rachael Kempston and Command Master Chief Robyn Peirce for PCU USS Tripoli (LHA-7) salute during presentation of the colors at the beginning of Kempston's retirement ceremony at the National Naval Aviation Museum on June 28. Pierce was the guest speaker for her sister's retirement ceremony. (Photo by Jamie Link, NAS Whiting Field Public Affairs Office)

Naval Air Station Whiting Field bid farewell to Chief Air Traffic Controller Rachael Kempston at the National Naval Aviation Museum, Pensacola, Fla., June 28, in a ceremony rich in Navy tradition.

Presiding over the retirement was Lt. Cmdr. Lance Breeding, Air Traffic Control Facility officer, Naval Station Mayport, Fla., who told the audience that it was a sad day for the Navy, but to Kempston said, "thank you for choosing to serve the best Navy in the world."

Kempston began her Navy career in 1998, graduating from Air Traffic Control 'A' School in Pensacola, and then reported to her first assignment at Naval Air Station Whidbey Island, Wash. She advanced quickly through the ranks due to her "dedication, drive, commitment, and proven performance," according to her sister, U. S. Navy Command Master Chief Robyn Pierce, Pre-commissioning Unit USS Tripoli (LHA-7) who was the guest speaker at the ceremony.

Following Air Traffic Control school, Kempston went on to serve in assignments at Naval Auxiliary Landing Field San Clemente Island, Calif., at Naval Base Coronado, and aboard the aircraft carrier USS John C. Stennis (CVN-74). She also served in Tactical Air Con-

trol Squadron Twelve in San Diego, where she accomplished two deployments aboard the amphibious assault ship USS Essex (LHD-2), earning the coveted enlisted aviation warfare specialist and enlisted surface warfare specialist designations as an air traffic controller. She was also assigned to Naval Air Technical Training center in Pensacola, as an air traffic controller instructor, and NAS Jacksonville, Fla., where she obtained her watch supervisor qualification.

In 2012, Kempston was selected for Chief Petty Officer, a rank only seven percent of 317,000 enlisted personnel achieve, according to Pierce.

"You have a better chance of becoming an NFL player than making Chief," Pierce commented. Kempston reported to NAS Whiting Field in 2013 as the leading chief petty officer for airfield management in 2013.

Speaking to Kempston's sons, Chase and Quintin, Pierce commented that "she wanted to ensure she could provide for you boys...she deployed, not once, but twice, and that is not an easy decision for a mother and a Sailor. She would have rather been by your side, but thank you for sharing your mom with the Navy."

Pierce went on to say that air traffic controllers have a tough job. "It is a very intense job. You have to stay five or six steps ahead and remain calm. Everyone on that ship and surrounding areas, as well as pilots, will tell you that the air traffic controller is critical for operations



Chief Kempston thanks her mother for her support throughout a 20-year Naval career during her retirement ceremony June 28. (Photo by Lt. j.g. Luke Rague, NAS Whiting Field Public Affairs Office)

Whiting Field News



Old Glory is read for the Flag Detail during Chief Kempston's retirement ceremony at the National Naval Aviation Museum on June 28. Three flags were given to Kempston's two sons and husband as a recognition of their support during her 20-year Navy career. (Photo by Ens. Matt Lembo, NAS Whiting Field Public Affairs Office)

and the safety of everyone. One mistake by the air traffic controller affects the lives of everyone on the ship.”

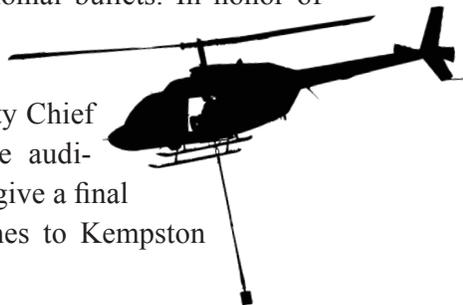
Pierce also applauded her sister's commitment to those she trained and mentored, and the lives of the Sailors she touched through the years, saying that she led by example and took care of her Sailors.

In an emotional farewell speech, Kempston said that “the Navy is a family...it's absolutely true. I can call on anybody day and night, and they will be there.”

She emphasized in her remarks that she couldn't have done what she did in the Navy without her family, singling out her mother and friends who cared for her boys through numerous assignments and deployments.

Speaking from her personal experiences as a Sailor and single mom throughout much of her career, she implored her fellow Sailors and junior ranks that “you can do anything you set your mind to.” She also thanked her fellow Chiefs for their friendship, mentorship, and for making the day special for her and her family.

At the conclusion of the ceremony, and symbolizing the departure from a ship to go back to shore, she and her family were “piped ashore” one last time through the traditional ceremonial bullets. In honor of Kempston's service and friendship, all retired and active duty Chief Petty Officers in the audience stood in line to give a final salute and well wishes to Kempston and her family.



Summer Reading Program

Reading Takes You Everywhere

June 16—August 11

Read books. Log minutes. Earn Prizes.

Register online:
whitingfield.beanstack.org

Programs and events for the whole family,
all summer long

For more information, please call 850-623-7861

Or visit the MWR Whiting Field Facebook page



DOD MWR LIBRARIES
SUMMER READING PROGRAM
on Military Installations Worldwide



Summer Reading Program

CELESTIAL SUMMER EVENTS

8:00-9:00PM
Sports Pavilion

Join us to view the planets, study the stars, and make a celestial souvenir to take home

Wednesday, June 27
View Saturn

Thursday, July 12
View Mercury

Friday, July 27
View Mars

Subject to cancellation due to weather.
Please visit the Facebook page or call for updates the day of the event.



An evening for the family, and those with base access



Please call us for more information **850-623-7861**

www.navy.mwr.whitingfield.com

Whiting Field Fitness Corner

Mixing it Up...

By Raelyn Latchaw, Fitness Center Team

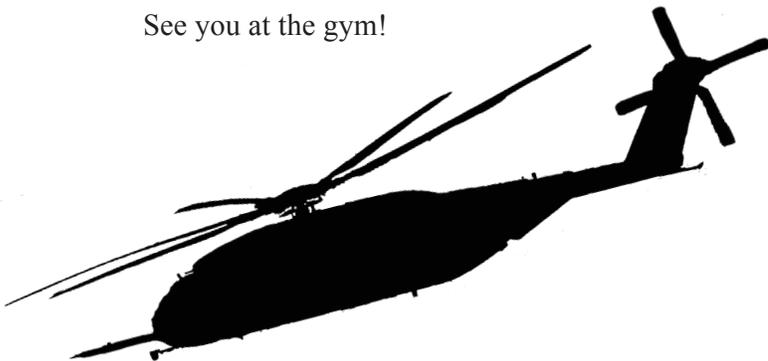
Although many of us are creatures of habit, there is something to be said for shaking things up a bit. It's good mentally, and it can be good for us physically as well. If it's time to break out of your mold, we have new opportunities for you! With the heat of summer comes a few new offerings. Our Water Fitness Classes debuted in June, and now we're throwing two more options into the mix: a Power House Class and a Hardcore Abs Class!

Do you know the difference between a barbell and a doorbell? Have you been doing the deadlift forever, but are looking for ways to improve your form? In either case, we've got you covered in the new Power House Class on Wednesdays. The course will cover all the base lifting moves, from squats to chest presses and deadlifts, and many more. Instruction will be given for all abilities from the novice to the seasoned with a focus on pushing the limits to what you can lift safely.

And if last month's Plank challenge got you inspired to keep building up that core, "Abs Blast" is going to carry you forward towards that goal. Define those abs with the encouragement and motivation offered in a class setting on Tuesdays. You'll be offered up a variety of exercises to keep you on your toes and get your beach body ready.

In addition to all these new offerings, we've still got you covered with Spin, our variety of Yoga Classes, Stroller Fitness, and Circuits. So check out our new July Fitness Schedule for yourself, online on our MWR website or grab a hard copy at the Fitness Center Front Desk, and then join in and start mixing it up.

See you at the gym!



Fitness Schedule

MONDAY	9:00 – 9:50 Water Fitness Swim Pool 11:30 – 12:15 Strength Fusion Group "X" Room 4:00 – 4:45 Circuits Basketball Court	Chaos SPIN: Cardio Intervals on the Bike with Upper Body and Core work on the floor. A great class for Beginning Spinners or those who prefer a shorter ride. Circuits: A form of sports training involving performing different exercises in rotation. It targets strength building and muscular endurance.
TUESDAY	10:00 – 10:50 Stroller Fitness Basketball Court 12:00 – 12:45 Chaos Spin Group "X" Room 4:30 – 5:00 Hardcore Abs Group "X" Room	Hardcore Abs: Get beach body ready with this 30 minute class to blast your abs. This class covers abdominal and core workouts for all levels and abilities. PowerHouse: A 1 hour class to learn how to use correct technique for a variety of free weight movements including: bench press, deadlift, squats and overhead press. All skill levels welcome.
WEDNESDAY	9:00 – 9:50 Water Fitness Swim Pool 4:00 – 4:45 Sunset Yoga Group "X" Room 5:00 – 6:00 PowerHouse Weight Room	Strength Fusion: Intense core-focused "Mat Class" which blends Pilates, Sports Conditioning, and Yoga.
THURSDAY	11:30 – 12:15 Yoga Group "X" Room 4:00 – 4:45 Water Fitness Swim Pool	Stroller Fitness: Full body workout for mom/dad and fun for baby(s) too. Your child may stay in their stroller or kids play area. Sunset Yoga: This yoga class is focused on de-stressing your life at a lower intensity than our Yoga class.
FRIDAY	10:00 – 10:50 Stroller Fitness Basketball Court 12:00 – 12:45 Chaos Spin Group "X" Room	Water Fitness: Stay cool while you get fit with a variety of workouts in our pool. Yoga: A mat based "core" focused class, using various poses to build strength, increase flexibility, and improve balance. Mats provided!



~ Fitness Specialists Available ~
NAS Whiting Field Fitness Center
850-623-7412

Hours of Operation
Mon-Fri: 0430-2100
Sat & Sun: 0800-1600
Holiday: 0800-1600

Water Fitness Classes

FREE!

Monday 9:00 – 9:50
Wednesday 9:00 – 9:50
Thursday 4:00 – 4:45



Stay cool while you get fit with a variety of workouts in our pool.



Please call us for more information 850-623-7412

www.navymwrwhitingfield.com

News & Notes

MWR Visit us on the web! **July 2018** **facebook** LIKE US ON facebook.com/wfmwr

www.navymwrwhitingfield.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jul 1 Whiting Park Canoes and Kayak Drop Off Trips 850-623-2383	2 Sign-ups begin today PARTY DECK MONDAY 27 AUGUST	3 Just \$35 per person call Community Rec 850-665-6250	4 4th of July Activities (Whiting Park) Esporting Poolton Boat Rides 850-623-2383	5	6 Superhero Bootcamp 850-623-2383 Atrium 10am	7 Library 850-623-7861 10:00 Reading Takes you to Fantastic Worlds (Tower Books & Cafe)
8 Whiting Park 850-623-2383	9	10 Superhero Bootcamp 850-623-2383 Atrium 10am	11 10:30 Story Time (Tower Books & Cafe)	12 Mercury 2000 Celestial Summer - Mercury (Sports Complex)	13 Eat at NORTH FIELD SNACK BAR	14 Community Rec. 850-665-6250 Casino Trip - DIY Let us help you discover Biloxi MS
16 Whiting Park 850-623-2383	17 Eat at MULLIGAN'S GRILL	18 1600 Indoor Volleyball (Fitness Gym)	19 10:30 Story Time (Tower Books & Cafe)	20 Eat at SOUTH FIELD SNACK BAR	21 Superhero Bootcamp 850-623-2383 Atrium 10am	22 Color Run 8:00 Color Run (Mulligans / Paintball) 10:00 Reading Takes you to Planets
22 National Hammock Day (Whiting Park)	23	24 Superhero Bootcamp 850-623-2383 Atrium 10am	25 10:30 Story Time (Tower Books & Cafe)	26 Eat at SOUTH FIELD SNACK BAR	27 1700 Paint & Sip (Atrium) 2000 Celestial Summer - Mars (Sports Complex)	28 Paintball 8:00 FREE Family Game Only \$10+ PAINT 850-623-7784 Group Reservations 850-665-6250
29 Boats Canoes Kayaks Pavilions Fishing Swimming Play Area Cornhole	30	31 Skate World Superhero Skate 850-623-2383 \$3 at 1pm	MULLIGAN'S GRILL Fried Chicken Every Wednesday	HOME GAME BLUE Wahoos Tickets & Travel: 850-665-6250		

Cyber Awareness Challenge Training-2018: NAVADMIN 314/17 established the annual requirement for Cyber Awareness training as Cyber Awareness Challenge 2018/Cyber Awareness Challenge v5. The training requirement is in TWMS, posted as "FY18 DOD CYBER AWARENESS CHALLENGE V5," with a no later than suspense date of 30 Sep 2018. Per CNRSE, "in order to meet this timeline, all CNRSE personnel shall complete the Cyber Awareness Challenge NLT 31 Aug 2018." This will allow region ISSM/ISSO personnel time to verify employees with no access to Navy IT and accommodate those personnel that have been on extended leave/TDY. As the training is located in TWMS, this is the recommended choice and completion status reports will be generated regularly from this system. Following is the location of the training in TWMS:

- 1) <https://twms.navy.mil/selfservice/login.asp>
- 2) Select "Online Training and Notices"
- 3) Select "Available Training"
- 4) Select "FY18 DOD CYBER AWARENESS CHALLENGE V5"

SCUBA Regulator Recall

<http://weartv.com/news/local/scuba-regulators-recalled-for-drowning-hazard>

Sister Cities: Pensacola, Florida - Gero, Japan Celebration

Friday, July 13, 2018, 4:30 p.m. – 6:00 p.m.
Pensacola City Hall (222 W Main St. Pensacola, FL 32502)
You are cordially invited to attend the Welcoming Reception hosted by the City of Pensacola and organized by the Japan-America Society of Northwest Florida. This event is free and open to the public; however, it would be appreciated if you would RSVP to info@jasnwfl.org by July 6.

NAS Whiting Field Medical Home Department holds School/Sports Physical Rodeo, 30 & 31 July:

The Branch Health Clinic at NAS Whiting Field is holding a School/Sports Physical "Rodeo" onboard the base Monday and Tuesday, 30-31 July, from 0700-1430 hours. (No Walk Ins). Medical Home Port has the school and sports forms necessary for schools in Santa Rosa and Escambia counties in Florida, but if a school requires a special form, parents may bring it in at the time of the appointment. Call now to schedule your appointment at 850-623-7551 or 850-623-7552.

2017 Annual Drinking Water Quality Report (CCR)

https://www.cnrc.navy.mil/content/dam/cnrc/cnrse/NAS%20Whiting%20Field/NAS-Whiting-Field-CCR-2017_31MAY18.pdf

Voting

Primary Elections Are in Full Swing - Register and request your absentee ballots for all 2018 elections now at FVAP.gov This year, the entire House of Representatives and a third of the U.S. Senate are up for election. Don't miss your opportunity to vote in your state's primary election as it will determine who is on the November 2018 general election ballot. To register and request your absentee ballot, visit FVAP.gov to complete a Federal Post Card Application (FPCA).

General elections
July 17: Alabama.
July 24: Georgia.



Whiting Field Awards and Recognition

Congratulations to TRAWING-5 Wingers



TOP ROW: Cmdr. Robert A. Dulin, USN, CO HT-28; Lt. j.g. Madalyn A. Thompson, USN, HT-8; Lt. j.g. Kate L. Sylakowski, USN, HT-8; 1st Lt. Zachary L. Griffith, USMC, HT-8; Lt. j.g. Cullen M. Hanks, USN, HT-28; 1st Lt. Joshua L. Raymond, USMC, HT-8; Lt. j.g. Jonpaul L. Canclini, USN, HT-18; 1st Lt. Jeffrey J. Stanton, USMC, HT-18; Lt. j.g. Thomas J. Galvin, USN, HT-18; Lt. j.g. Michael R. Countouris, USN, HT-28; Col. David C. Morris USMC, Commodore TW5

MIDDLE ROW: Cmdr. Kenneth Kerr, USN, XO HT-18; Lt. j.g. Joseph Balak, USN, HT-8; 1st Lt. Desmond L. Calloway, USMC, HT-18; Lt. Jacob C. Schroeder, USCG, HT-8; Lt. j.g. Race E. Betancourt, USN, HT-18; Lt. j.g. Andrew E. Scheffey, USCG, HT-8; Lt. j.g. Miranda K. Beal, USN, HT-8; Lt. j.g. Thomas J. Staubly, Jr., USN, HT-8; Lt. j.g. Jesse G. Fine, USN, HT-18; Lt. j.g. Anthony M. Romagnoli, USN, HT-28; Rear Adm. Michael White, USN (Ret.), Dean, College of Maritime Operational Warfare

BOTTOM ROW: Cmdr. Lena Kaman, USN, XO HT-8; Lt. j.g. Sara M. Disciorio, USN, HT-28; Lt. j.g. Carson A. Craig, USN, HT-28; 1st Lt. Christopher D. Cantu, USMC, HT-18; Lt. j.g. Jennifer L. Kwiatek, USN, HT-18; Lt. j.g. Marius P. Bernotas, USN, HT-18; Ens. Cameron G. Wade, USN, HT-28; Lt. j.g. Alison L. Kennedy, USN, HT-28; Lt. j.g. Zoe C. Macfarlane, USN, HT-8; Lt. j.g. Faisals Arajhi, RSNF, HT-28; Lt. j.g. Joseph A. Kendrick, USN, HT-28; Lt. j.g. Joshua K. Harrelson, USN, HT-8 (June 8)



TOP ROW: Cmdr. Robert A. Dulin, USN, CO HT-28; Lt. j.g. James A. Schumacher, USN, HT-8; 1st Lt. Juan M. Amaya Bedoya, USMC, HT-8; Lt. j.g. Sawyer J. Gilmore, USN, HT-18; 1st Lt. Phillip A. Wood, USMC, HT-18; Lt. j.g. Joseph A. Rodgers, USN, HT-18; Col. David C. Morris, USMC, Commodore TW5 Col. David C. Morris, USMC, CO TW-5

MIDDLE ROW: Lt. Col. Aaron J. Brunk USMC, CO HT-18; Lt. j.g. Uriah R. Eilinger, USN, HT-8; Lt. j.g. Nickalas A. Stennes, USN, HT-18; 1st Lt. Erik A. Ostermann, USMC, HT-8; Lt. Daniel A. Valenti, USCG, HT-18; Lt. j.g. Alexandria S. Karika, USN, HT-8; Rear Adm. Linda R. Wackerman, USN, Deputy Commander, U.S. Naval Forces Southern Command/U.S. Fourth Fleet

BOTTOM ROW: Cmdr. Jessica R. Parker, USN, CO HT-8; Lt. j.g. Clarissa E. Thatcher, USN, HT-28; Lt. j.g. Maurice M. Harris, USN, HT-8; Lt. j.g. Jack T. Lahey, USN, HT-28; Lt. j.g. Brendon S. Troutman, USN, HT-28; Lt. Catherine M. Durand, USCG, HT-18; Lt. j.g. Madeleine K. Wackerman, USN, HT-18 (June 22)

Whiting Field Awards and Recognition

Congratulations to Training Air Wing Five Academic Award and Commodore's List Recipients



TW-5 Academic Award and Commodore's List Recipients receive recognition at TRAWING-5 Headquarters on June 8 and June 22.

Congratulations to the NASWF MAP Recipients



Commanding Officer Capt. Paul Bowdich recognized two Sailors for their hard work and dedication on Tuesday, July 3 with promotions through the Meritorious Advancement Program (MAP). ABE1 Angela Vasquez (left) and SH1 Galen Dornbusch (right) advanced to Petty Officer First Class effective immediately in a surprise ceremony in the Commanding Officer's office.

Congratulations to the NASWF Frocking Recipients



NAS Whiting Field Commanding Officer, Capt. Paul Bowdich, Executive Officer, Cmdr. James Brownlee and Command Master Chief Lee Stephens congratulate the newly frocked Petty Officers onboard NAS Whiting Field in the G. E. building on June 4. From left to right: Capt. Paul Bowdich, AC2 Rogers, AC2 Martinez, ABH2 Charette, ABE2 Barahona, ABH2 Cruz, AC3 Toledo, AC3 Ingersoll, AC3 Holland, AC3 Dubose, AC3 Diggs-Johnson, ABE1 Fruge, ABH1 Hawse, ABH1 Hefty, ABH1 Rozier, CMDCM Lee Stephens, and Cmdr. Jim Brownlee. (Photo by Jamie Link, NASWF Deputy Director, Public Affairs Office)

NAS Whiting Field

