



Santa Rosa County honors two from Whiting

By Jay Cope, NAS Whiting Field Public Affairs

The Santa Rosa County Chamber of Commerce honored two of Naval Air Station Whiting Field’s finest during their annual leadership dinner Saturday, Dec. 26. The black tie affair recognizes the major contributors in the Santa Rosa County business and volunteer community.

In front of an audience filled with political leaders, business owners, and local organizers, Kristal Kelley, the manager of the NAS Whiting Field Pen Air Federal Credit Union branch office, and Lori Aprilliano, the base public affairs officer, received well-deserved awards along with ten other honorees during the evening’s festivities.

Tracy Allen, the interim president for the chamber of commerce, selected Kelley to receive the President’s Award for outstanding service through an event or project. Kelley’s recognition stemmed from her “tireless efforts” in coordinating the annual Military Appreciation Picnic at NAS Whiting Field. The picnic was the best attended in the history of the event with more door prizes, more vendors, and more activi-

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Naval Air Station Whiting Field Public Affairs Officer Lori Aprilliano and Pen Air Branch Manager Krystal Kelley stand with their awards following the Santa Rosa County Chamber of Commerce 76th Annual Leadership Awards and Installation Banquet Jan. 26. Aprilliano received the “Spirit of Santa Rosa” award while Kelley was presented with the “President’s” award. U.S. Navy photo by Jay Cope.

MWR Outdoor Recreation moves to new location

By Ensign Robert Luers, NAS Whiting Field Public Affairs

MWR’s Outdoor Recreation moved to a new home in the Naval Air Station Whiting Field Bowling Alley Building 1475 Saratoga St., Dec. 17. The facility is open and ready to serve the needs of the Whiting Field and Training Air Wing FIVE teams.

According to Jessica Arbogast, the MWR Outdoor Recreation specialist, the move was made because of a necessity for a larger facility and one that is closer to the supply warehouse.

Outdoor Recreation is a rental center and a trip program management office that offers outdoor recreation opportunities to all active duty, retirees, dependents, DOD

civilians and reservists. A primary focus of the program is to provide a stress reducing outlet for student and instructor pilots.

They moved to a location that is now a mere 25 yards from their new supply warehouse resulting in several key benefits, including: ready access to the facility’s 13 foot travel camping trailers and customer pick up of the rental equipment at the same location from which rental was arranged. Additionally the new site provides approximately 100 square feet of space over the previous home of the rental equipment.

“I am really excited to be closer to my warehouse and in a bigger location, especially one that will be easier to find by the patrons. I believe this change shows that we are committed to serve our customers by providing them the best products available.” Arbogast stated.

Outdoor Recreation is responsible for the popular Outdoor Adventure Program at Whiting field. The Outdoor

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Correction

In last week’s Whiting Tower, a JAG corps story about family law jurisdiction incorrectly referenced Chief Petty Officer Training in the headline. The two items were unrelated and we apologize for the confusion.

Caring for kids: From family care plans to adoptions

- Four legal aspects of military child care issues discussed

By Lt. James D. Carson, JAGC, USN

Being a parent myself, I know how stressful it can be to ensure that your children will be taken care of, be it for an hour or for the length of a deployment. We want what is best for them. As parents, we need to understand all legal means available to ensure that our children are cared for in our absence; this will in turn prevent legal complications and our children getting caught in the crossfire.

Some of these legal means include: Family Care Plans, In Loco Parentis Powers of Attorney, Guardianship, and Adoption.

Family Care Plans

Single parent service members, dual-military couples with dependants, or those who have a legal custody arrangement with a non-spouse are required to have a Family Care Plan per OPNAVINST 1740.4D and DODINST 1342.19. A family care plan includes form NAVPERS 1740/6 signed by both the servicemember(s) and the party, who is to care for the child(ren).

Family Care Plans are not legal documents. The person named to care for the children cannot enroll the children in school, make medical decisions, and if a custody dispute arose, in a court of law. This is only an administrative tool the military uses to ensure that servicemem-



bers have all their ducks in a row in order to maintain worldwide assignability. It is a military requirement that can be changed at your election, but it has no legal effect.

In Loco Parentis Power of Attorney

A Power of Attorney (POA) is a legal document authorizing someone else to do something that previously only you were able to do; however, there is no legal obligation for any third party (school, hospital, etc.) to accept it. If a third party does accept

it, the document assures them that they will not be sued.

An in loco parentis POA can be used to authorize someone else to make decisions for the benefit of your children. These POAs expire after a specified period of time. They are practical because they are fairly easy and quick to create. Most legal offices can draft one up on a walk-in basis. If you need someone to be able to make decisions for the benefit of your children for you for a short period of time, an In Loco Parentis POA may be the way to go.

These types of POAs cannot be used to enroll a child in DEERS. Also, some schools may not accept it; for this reason, it would be wise to first determine whether the school has its own forms/POA they would like you to fill out.

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SECURITY CHECKPOINT



While jogging or running on board NAS Whiting Field wearing headsets, remember to think about safety and the rules of the base. As per NASWFINST 5560.5A, the use of cellular phones, portable headphones, earphones, or any other listening device while jogging,

walking, bicycling, or skating on roads and streets onboard, to include all Navy Outlying Landing Field's is prohibited except for use on designated bicycle and running paths and sidewalks. This does not prohibit the use of hearing aids, nor does it negate the requirement to wear hearing protection where conditions so require.

This Week in Naval History

Jan. 29

1914 - U.S. Marines land in Haiti to protect the U.S. consulate.

Jan. 30

1862 - Launching of the first turreted warship, USS Monitor.
1863 - The gunboat Isaac Smith is captured by Confederate land forces while on reconnaissance up the Stono River.

Jan. 31

1961 - Lt. Cmdr. Samuel Lee Gravely Jr. becomes the first African-American to command a combat ship, USS Falgout (DER 324).
1981 - The era of enlisted naval aviators ends as last pilot retires.

Feb. 1

2003 - Space shuttle Columbia broke apart during re-entry on mission STS-107. Cmdr. William C. McCool (Pilot), Capt. David M. Brown (Mission Specialist) and Cmdr. Laurel B. Clark (Mission Specialist) were killed with four other astronauts.

http://www.navy.mil/search/display_history.asp

News and Notes

PREP Marriage Communication/Enrichment

Workshop - PREP is a workshop for couples, married or engaged, that helps develop communication skills within a relationship and that provides valuable marriage enrichment information. The next workshop will be offered on Thursday, February 14, 2013 (registration ends COB Monday, February 11, 2013). For details or to register, please contact the Chaplain's Office at 623-7211.

Ice Flyers - NAS Whiting Field ITT carries discounted tickets for all Ice Flyers home games. There are a limited number of discount tickets available for each game - Center Ice \$14.50 and Corner \$11.50 - no taxes added. For more information call 850-665-6250 or 850-623-7032.

Scholarship Opportunities - This is the time of year when parents and students begin to think about paying for college. Most college scholarships will be awarded during the next three months. The High Five Scholarships website has more scholarships than any other source with over \$45 billion in total awards. High Five also gives students free SAT and ACT strategy guides and online practice tests that are graded by a real person and include a free test consultation with a test expert. See <http://www.highfivescholarships.com> for details or contact Chris Hendrix, the NASWF School Liaison officer at 850-665-6105.

Love Is In the Air - Panhandle Community Theatre Presents a A Mardi Gras/Valentine's themed evening of song, romance and food! This is a reader's theatre-type event with heavy hors d'oeuvres, beverages and desserts. Members of the Gulf Coast Chorale will be performing love songs. Dramatic readings of romantic favorites including the balcony scene from Romeo and Juliet; Elizabeth Barrett Browning's "How Do I Love Thee"; "She Walks in Beauty" by Lord Byron; "If" by Rudyard Kipling; "Desiderata" by Max Ehrmann and other offerings written by local authors. Directed by Lauren Sutton, the festivities will run February 8-9 at 7 p.m. Tickets are \$15 each. The seating is limited, so



Well-Deserved Recognition

Retired Navy Captain, Walt Reese (left) represents the local Navy League chapter during a morning presentation of Sailor of the Quarter awards during the chamber of commerce's A.M. Breakfast meeting. Naval Air Station Whiting Field Command Master Chief Rafael Rosado (bottom right) and Aviation Boatswain's Mate (ABH) 1st Class Hamilton Bryant (second from left) accompanied ABH1 Tywron Harris, ABH2 Fernando Diaz and ABH3 Rustin McKinnon. Harris and Diaz also were accompanied by their wives Ruby and Crystal. U.S. Navy photo by Jay Cope.



Visit from the Boss

Chief of Naval Air Training Rear Adm. Mark Leavitt (2nd from right), Commodore Training Air Wing FIVE Col. James Grace (right), Deputy Commodore Capt. Michael Fisher (center), pause for a photograph before Leavitt departs Naval Air Station Whiting Field following a full day tour of the TRAWING-5 and air station facilities. The day's endeavors also included an admiral's call with all the students as well as one with all the flight instructors. U.S. Navy photo by Ensign Robert Luers.

please call early for reservations at (850) 324-9279.

Candlelight Tour of Fort Pickens - Fort Pickens, part of the Gulf Islands National Seashore, will host a candlelight tour featuring costumed interpreters along the route. Volunteers will share the Civil War history of the fort at various stations. Attendees must pay park entry fee and have a reservation to enjoy the event. The tour begins at 5 p.m. Saturday, Feb. 9. Call 850-934-2600 for information.

Third Annual Kids and Kritters Parade - Featuring the theme Howdy Paw-dner, the 3rd annual Kids and Kritters Parade will take place in the Casino Beach parking lot Saturday, Feb. 2 at 2 p.m. There is no charge for kids who wish to participate, but they must be in costume and bring their own throws. The entry fee for Kritters is \$5 and all animals must be well-behaved and on a short leash. Registration begins at 1 p.m. Call 850-748-6878 for details.

Dealt a Deadly Hand - The Dream Players Theatre will present the dinner/murder mystery "Dealt a Deadly Hand: Murder at the Emerald Coast royale Casino," Feb. 14-16 at Camelot Junction in Milton and on Feb. 26 at Helen Back Pizza in Pensacola. Show costs range from \$35 to \$45 per person and includes a four-course dinner with the show. Seats are sold by reservation only. Call 850-225-8892 to reserve a seat or to obtain additional details.

Job Fairs - Military.com and NCOA's Veterans Employment Assistance Division will co-host Career Expos in Panama City and Fort Walton Beach, Fla. Feb. 5 and 7. The Panama City event will be held at the Holiday Inn Select, 2001 Martin Luther King Jr Blvd, Panama City, Fla. beginning at 10 a.m. and running through 2 p.m. The Fort Walton Beach event will occur at the Air Force Enlisted Village, 30 Holly Avenue, Shalimar, Fla. from 10 a.m. to 2 p.m. as well. Check www.military.com for a list of additional job fairs or to obtain additional information.

Upcoming Events

Feb. 8, 1300 - Winging Ceremony - Base Auditorium

Feb. 8, 1830 - Navy League SOY and IOY Banquet - Atrium

Feb. 12 - Mardi Gras (Fat Tuesday)

Feb. 18 - President George Washington's Birthday Observed

Feb. 18-22 - 2013 Solid Curtain Exercise

Mar. 21, 1000 - Training Air Wing FIVE Change of Command

Fleet and Family Support Center Classes

VA Representative - Friday, Feb. 8 & 22 from 8 a.m. to noon. (Call 850-623-7177 for appointment)

Resume Writing - Monday, Feb. 4 - from 10 a.m. to Noon.

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 850-623-7177.

Car Buying - Wednesday, Feb. 6 from 1 to 3 p.m.

Many people begin the car buying process by visiting a dealership, which should be one of the last things you do. Come find out how to research and compare for the best prices, when and how to negotiate your trade-in, how insurance fits in, and your best option for financing. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Applying for Federal Jobs - Monday, Feb. 11 & 25 from 10 a.m. to Noon.

Is it worth your while to invest your time and effort in searching and applying for a federal job? If your answer is "yes," then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listing for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

IA Discussion Group - Monday, Feb. 11 from 1 to 2 p.m.

Married to the Military - Tuesday, Feb. 12 from 9 to 11 a.m.

This class will introduce you to the traditions, culture and lifestyle of the military. We will cover things such as where to go to get information, do's and don'ts, PCS orders, reading an LES, military time and much more. If you are new to the military or just want to find out what having a military ID means sign up for this class at 623-7177.

Public invited to celebrate top Whiting Field / TRAWING-5 military

By Jay Cope, NAS Whiting Field Public Affairs

The Navy League Santa Rosa Council will once again honor the top Sailors and Flight Instructors from Naval Air Station Whiting Field, Training Air Wing FIVE, and other tenant commands during their annual banquet, Friday, Feb. 8 at 6:30 p.m. in the NAS Whiting Field Atrium.

Former Commodore Training Air Wing FIVE and current Commander Naval Aviation Schools Command Capt. James Vandiver will serve as the guest speaker for the event.

The Navy League host the formal occasion each year to recognize the contributions of area military enlisted personnel and flight instructors from each of the base commands. According to the 2013 council president, Jayer Williamson, the event serves to both praise the accomplishments of the service members and to inform the local community on the value of our military.

During the banquet, "we show support for the men and women of the maritime services while educating Santa Rosa County's community leaders and elected officials about the critical importance of sea power for our economic



and national security," he said in his invitation to the event.

The function is open to the public with tickets available by calling the Santa Rosa County Chamber of Commerce at 850-623-2339. Navy League members and community friends may purchase tickets for \$25 per person. The cost for active duty service members is \$15. NAS Whiting Field and TRAWING-5 personnel may contact 850-623-7555 for reservations. The deadline for reserving tickets is

Tuesday, February 5. Dinner and the formal program begin at 7 p.m. and recommended dress is business or cocktail attire for civilians and service dress uniform for active duty.

The recognition banquet draws more than one hundred people each year to celebrate the dedication and professionalism of uniformed personnel.

"This event provides a chance to give recognition to people who have separated themselves from others. We want to honor the best of the best, but we also want the service members to know the community appreciates their hard work. We are proud of their accomplishments and the impact they will continue to have on our country throughout their careers," Williamson said.

Military saves: Five basic tips to start in the new year

Editor's Note: With Military Saves Week fast approaching, the Whiting Tower will run a series of savings' tips each week through Feb. 27 to help encourage healthy financial habits. This note is from the MilitarySaves.org website.

With the beginning of the new year, make sure to give your finances a checkup and discover if you need to make saving your New Year's resolution. You may discover that you have debt you need to pay down or that you are ready to take the next step in savings. Helping yourself and your family save successfully for the future should be near the top of your resolution list – and it's one resolution you can't afford to break! Remember, you don't have to make a lot of money to save successfully. Start Small. Think Big.

5 Resolutions to Get You Saving in the New Year

1. Save for Emergencies

Having an emergency savings fund may be the most important difference between those who manage to stay afloat and those who are sinking financially. In a recent survey, only 49% of families said they had extra funds (not including lines of credit) available to pay for an unexpected expense of \$1,000. Don't find yourself unprepared in 2013. How to do it: Save a Portion of Your Tax Refund.

2. Get Out of Debt

The best investment most borrowers can make is to pay off consumer debt with double-digit interest rates. How to do it: Find places to cut your spending so that you can pay down your debts faster.

3. Save for Retirement – Participate in the Thrift Savings Plan

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. It offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans. Plus the TSP now has a ROTH option. How to do it: Start with as little as 1% of your pay. Don't forget to have your spouse or family member save for their retirement as well.

4. Make Savings Automatic- set-up a discretionary allotment using myPay

These savings will provide funds for emergencies, future consumer purchases, home purchase, school tuition, or even retirement (also see Tip #3). How to do it: You can use an allotment to automatically transfer funds from your pay into a savings account. Saving automatically is the easiest and most successful way to save.

5. Deploying? Take advantage of the Savings Deposit Program

A total of \$10,000 may be deposited during each deployment and will earn 10% interest annually. How to do it: Visit the finance office at your deployed location (or home base for information) to begin saving.

MILITARY AMERICA Saves
START SMALL. THINK BIG.

BUILD YOUR SAVINGS ARSENAL

PROTECT YOUR FAMILY AND YOUR FUTURE BY INCREASING YOUR FINANCIAL READINESS. TAKE THE SAVER PLEDGE AT WWW.MILITARYSAVES.ORG, AND JOIN A COMMUNITY THAT IS WORKING TO BUILD WEALTH AND REDUCE DEBT. YOU'LL GET ACCESS TO FREE SERVICES AND RESOURCES, PLUS TIPS ON HOW TO MAKE SAVING AUTOMATIC.

TAKE THE SAVER PLEDGE
www.militarysaves.org

The graphic features a blue background with a white circular logo at the top right containing the text 'MILITARY AMERICA Saves' and 'START SMALL. THINK BIG.' Below the logo, the main headline 'BUILD YOUR SAVINGS ARSENAL' is written in large, bold, yellow and white letters. A stack of green dollar bills is shown at the bottom right, with an orange box containing the text 'TAKE THE SAVER PLEDGE' and the website 'www.militarysaves.org'. A small American flag icon is visible in the bottom left corner.

Awards

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ties than any previous military appreciation event.

Aprilliano received the Fred Hunter "Spirit of Santa Rosa" award for long term contributions to the chamber and the county. Through her position in the public affairs office, she has consistently worked to improve relations between the community and the base. Working far beyond the scope of the minimum expected of base support, Aprilliano arranged base tours for countless community groups including the chamber of commerce, NJROTC units, boy scout troops, elementary school classes, Leadership Santa Rosa, and more. With her, it was never a question of whether to support the local community, but how much she and the base could do to accommodate the request.

Kelley's award included a video presentation by interim president Tracy Allen touting her efforts in planning the picnic. Maintaining the light-hearted spirit of the evening, he even put in a slight "dig" about her short trip to the hospital for dehydration during the event.

"My criteria for this award are that the recipient must go above and beyond sacrificing themselves (even to the point of heat exhaustion and dehydration in this case) for the sake of the event. You can't let little things like trips to the hospital stand in the way of a successful event, the show must go on!" he joked, before emphasizing the depth of her dedication to the project. "This individual's sacrifices were only reflective of her passion to recognize and show appreciation for those who serve this country so valiantly and sometimes give the ultimate sacrifice."

The other video presenters were done by various radio personalities from WXBW, CatCountry 98.7 and News Radio 1620. The "Spirit of Santa Rosa Award" was introduced by WX-

BM's Lindsey Marie, and she stressed the relationship Aprilliano helps foster between the community and the base populace.

"In every organization, there is that "Go-To" person, the one that has the contacts, the know-how and the institutional knowledge to get things done, regardless of the barriers, challenges or obstacles because they know it's the right thing to do & they do it well," she said. "Our Fred Hunter recipient tonight has a job many of us wouldn't have the grace, diplomacy and many times, ah, should we say "confidence" to hang with for very long. Yet she has performed in her position for numerous years and continues to provide our Chamber and our community the opportunity to interact with, appreciate and benefit from our military."

Other recipients during the event included: Community Achievement Award - Leadership Santa Rosa Class 24, Volunteers of the Year - Lee and Darlene Parker, Business of the Year - The Penton House Salon & Day Spa, Industry of the Year - Walmart Supercenter in Pace, Emerging Leader of the Year - Sheila Harris, Community Leader of the Year - Steve Williams, Woman of the Year - Sharon Holley, Man of the Year - L.L. Bubba Drinkard, Hall of Fame - Claude Duvall, and the first ever Ambassadorship Award which will now and in the future be named after him, Frank Gossett.

Being placed with such fine company was a surprise for Kelley, albeit a pleasant one.

"It was not just an honor to be recognized, but even more an honor to be able to serve our military community. I didn't expect any kind of an award. I just enjoy helping our military service members. It was a lot of fun and it is something I will always be passionate about."

Child care

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Guardianship

If you need someone to take care of your child for about a year or more, you should seriously consider guardianship. A guardian is a court-appointed individual, who accepts responsibility for the care of a child. Obtaining a guardian does not cut off the biological parent's rights. A guardianship requires court intervention which means that a petition needs to be filed at family court. Some jurisdictions allow pro se (without an attorney) filings, but it is always encouraged to hire one in order to ensure the guardianship is done correctly.

After the petition is filed, a court investigator may interview the petitioner, the child, and the biological parents to make a recommendation. After giving an opportunity for all parties to speak, and considering the best interest's of the child, the court will grant or deny the request. Normally, all parties are consenting, but guardianship can also be awarded in cases of abandonment or neglect. While the biological parents are still legally responsible for financially supporting their children, often the guardian shoulders this responsibility. The guardian can expect court oversight

until the guardianship expires, when the child turns 18, or when the judge says it's no longer necessary. Third parties are more likely to accept proof of guardianship over an In Loco Parentis POA.

Adoption

Adoption requires termination of the biological parent's rights. This is also court ordered, so it requires some time and money. Unlike a guardianship, it lasts forever. The child is treated as if they were biological. All parental rights or responsibilities are transferred to the adopting parent. Again, if you are thinking of adoption, you should utilize an attorney to ensure everything goes correctly.

As parents, we need to be educated on these issues so that we can make the best decisions for our children. Please come and see a Legal Assistance attorney to further flush out these options and what they may mean to you and your family. You can find us at www.jag.navy.mil under the tab "Legal Services" at "Legal Assistance".

Please visit us at http://www.jag.navy.mil/legal_services/rlso/rlso_southeast.htm for more information or to find out the location of the nearest legal assistance office.

Outdoor Recreation

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Adventure Program, OAP, is designed to introduce participants to outdoor recreation opportunities through trips, educational programs, seminars, and gear rentals. Regardless of skill level, participants will have the opportunity to develop lifetime recreational skills, learn about safety and proper technique, gain an appreciation and concern for our natural environment, meet new people, and have a great time. From indoor climbing, to multi-day hiking, biking, and paddling trips, the OAP has something for everyone.

The Outdoor Recreation programs build a sense of community, promote skill development, and provide for stress relief and enjoyment while con-



Cmdr. Vencent Logan, Lt. Capreece Dunklin, and Aviation Storekeeper Adrian Lamkins test out MWR's Segways during the "Road Show Tuesday, Jan. 29. MWR brought out some of their equipment to help people understand what they have to offer. The next Road Show is scheduled for Tuesday, Feb. 4 in front of the gymnasium. U.S. Navy photo by Jay Cope.

servicing and protecting wildlife, forests, wetlands, and other natural resources. The program contributes to military mission readiness through adventure and challenge-type activities that tests functional fitness and motor skills, and enhances unit cohesion.

Outdoor Recreation will be posting their upcoming event schedule within the next couple of weeks on the Whiting Field MWR Facebook page. <https://www.facebook.com/WFMWR>. Their hours of operation are Mon 8 a.m. to 4 p.m. Thurs 8 a.m. to 4 p.m. Fri 10 a.m. to 6 p.m. and Sat 8 a.m. to 12 p.m. For more information call 850-623-7670 or email outdooradventure.wf@gmail.com



Single Sailor Program Trip

New Orleans



DEPART: Feb 15

RETURN: Feb 18

Many Optional Activities available for purchase through ITT:

Audubon Aquarium
French Quarter and Cemetery Tours
Swamp Boat Tours and more!

Contact info: mwrteam@gmail.com / 623-7274



\$200 per person to cover hotel and transportation. Meals and optional activities will be responsibility of trip attendees.
\$100 non-refundable deposit due by Feb 1!

Liberty trips are limited to single or unaccompanied active-duty members. After Feb 1, any available spots for the trip will be open to all active-duty members.

*Don't forget to visit us
on
facebook
at
<http://www.facebook.com/naswhitingfield>*

Navy Competitive Shooting Season Starts Soon



CAMP PERRY, Ohio (Aug. 7, 2009) Lt. Eric Palmer calls shot corrections as Gunnery Mate 1st Class Aaron Stempeck fires from the 300-yard line during the Infantry Trophy Match at the 2009 National Rifle and Pistol Matches. During the competition, each 6-man team fires a total of 384 rounds from distances of 600, 500, 300 and 200 yards in a time limit of 50 seconds per firing line. U.S. Navy file photo.

By Chief Mass Communication Specialist William Lovelady

The U.S. Navy Marksmanship Team (USNMT) is looking for new members to participate in Navy and inter-service rifle and pistol matches. All active-duty and reserve Sailors are welcomed and encouraged to participate.

"Sailors receive limited small arms training as they process through Navy Individual Augmentee Training at various U.S. Army training centers," said Cmdr. Mick Glancey, USNMT officer in charge. "All Sailors serving IA/GSA tours are issued a service rifle (M-16) or a service pistol (M9), some receive both prior to deployment. Small arms marksmanship is a basic fundamental skill set all our Sailors are required to possess."

The USNMT is the leading proponent of small arms marksmanship and safety training for U.S. Navy personnel. Each year, the team conducts the U.S. Fleet (Atlantic and Pacific) Rifle and Pistol Matches, where hundreds of Sailors are trained in service rifle and service pistol marksmanship. Sailors participating in fleet matches represent their commands in individual and team events, earn marksmanship medals and badges, and qualify to stand armed watches aboard ships and at other commands.

USNMT also conducts the annual All Navy (East and West) Rifle and Pistol Championships, in which the top 100 Sailors who have fired qualifying scores in fleet matches compete. As members of the rifle and pistol teams, the top 20 Sailors from each coast represent the Navy in the annual Inter Service Rifle and Pistol Matches where the "best of the best" come to compete from the Army, Navy, Air Force, Marines and Coast Guard. I/S Pistol Championships are held at

Ft Benning, GA while the I/S Rifle Championships are held at MCB Quantico, VA. The Civilian Marksmanship Program's National Rifle and Pistol Matches and the National Rifle Association's National Rifle and Pistol Championships are held at Camp Perry, Ohio.

Both fleet matches begin with classroom and range training to familiarize shooters of all skill levels with safety and proper practices on the range as well as the fundamentals of marksmanship. Then the shooting starts. There are warm-up matches before the 1000-point rifle matches fired at distances of 200, 300 and 500 yards and the 1000 point pistol matches fired one-handed from 25 and 50 yards.

Competitors also shoot in both pistol and rifle excellence-in-competition (EIC) matches. EIC competitions are qualification matches in which competitors earn "leg points" toward the Distinguished Marksman and the Distinguished Pistol Shot badges.

"We want to get the word out to everybody," said Glancey. "We want more new shooters to come out and participate in the matches." LT Rich Ray, 2012 East Coast Match Director, reports "This year's theme is Train the new shooter!"

Sailors do not have to be experienced shooters to benefit from competitive shooting-nor do they even need to own firearms.

Throughout the match season, Naval Sea Systems Command Crane Division provides an armorer's van with match grade rifles, pistols, ammunition, and a workshop where a group of veteran gunsmiths build and maintain these precision firearms for Navy shooters. They even have all the small gear for matches like spotting scopes, shooting coats, mats, and folding stools used to carry gear up and down the 600-yard rifle range.

"Most shooters buy their own gear once they get involved in the sport, but if you don't already own the guns and gear, it's best to try competing before you buy so you're sure of getting what you need," said Lt. Eric Palmer, west coast match director, who got his start like most Navy shooters—he heard about a match and decided he wanted to shoot. "Once you've shot for a while and are ready to buy your own equipment and guns, there are a lot of manufacturers that offer discounts to team members on rifles, ammunition, and just about everything else you need."

"We've had shooters shoot their whole careers with a van rifle," said Master Chief Utilities Constructionman Scott Hancock. "They just keep track of the rifle number and shoot the same one at every match."

One common area of confusion for Sailors wanting to shoot is how to join the team. It couldn't be easier. The Navy Marksmanship Team is not a commissioned unit of the Navy. It has no unit identification code and there are no bil-

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Marksmanship

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lets. Team leadership is a collateral duty and team membership is entirely voluntary. The Navy team doesn't hire professional shooters like the Army Marksmanship Unit and it doesn't have permanent change of station assignments like the Marine Corps team. It is made entirely of Sailors who love to shoot and want to compete.

Joining the Navy shooting team and shooting either of the Fleet matches is the same thing. Interested shooters need to read the annual message, announcing match dates and locations that came out recently and contact their commands to request orders to attend. The annual match announcement message and team details

may be found at the team Web site www.usnst.org.

Depending on funding availability, Active-duty Sailors may have to pay some of their travel and messing expenses out of pocket.

"No-cost TAD orders are the norm," said Glancey. "However, our USMC friends at Quantico routinely provide free barracks out at Camp Upshur, open-Bay style living but it is free!"

Reservists can use any type or combination of orders, with command approval. However, if funding is unavailable, some Reservists do have to come on unpaid annual training orders.

TRICARE Notes

Women and Heart Disease: Are you at risk?

If you think that being female, young and seemingly healthy will protect you from heart disease, think again.

"Heart disease" describes three abnormal conditions that affect the heart and its blood vessels:

1. Coronary Artery Disease
 - a. Angina is the pressing, squeezing chest pain/discomfort that occurs when the heart doesn't get enough blood.
 - b. Heart attack occurs when an artery is severely or completely blocked, preventing the heart from receiving blood for more than 20 minutes
2. Heart Failure
Signs of failure include: shortness of breath; swelling in feet, an-

kles and legs; and extreme tiredness.

3. Heart Arrhythmias are changes in the way your heart beats

Who's At Risk?

If your parents or siblings have/had heart disease, if you are age 55 or older, if you have gone through menopause, or if you're African-American or Latina you could have increased risks. How Can I Lower My Risk?

Knowing and controlling your blood pressure, having your cholesterol checked, avoiding smoking, maintaining a healthy weight, getting tested for diabetes, limiting alcohol, reducing stress, exercising regularly, and taking your medication all help. To learn more about heart disease, visit www.heart.org.

LIBERTY
Navy Morale, Welfare and Recreation

Mardi Gras 2013

Mobile, AL

Saturday, 2 Feb

PARADE SCHEDULE

- 2 p.m. - Mobile Mystics
- 2:30 p.m. - Mobile Mystical Revelers
- 6:30 p.m. - Maids of Mirth
- 7 p.m. - Butterfly Maidens
- 7:30 p.m. - Krewe of Marry Mates

FREE RIDE
VAN LEAVES AT NOON
AND RETURNS AFTER
THE LAST PARADE

BIRTHPLACE OF MARDI GRAS IN THE USA
MOBILE ALABAMA

Contact info: mwrteam@gmail.com / 623-7274

Liberty trips are limited to single sailor or unaccompanied active-duty members. After Feb 1, any available spots for the trip will be open to all active-duty members.