

Memorial ceremony held for Chief Roy

By Jay Cope, NAS Whiting Field Public Affairs

After losing one of their own in a tragic car accident, Naval Air Station Whiting Field began the healing process with an emotional memorial service at the base auditorium Thursday, May 2.

Chief Aviation Boatswain's Mate Robert Roy died during a hit and run accident early, April 28, and more than 300 people gathered to bid him a fond farewell. Although only with the command for a little over three months, he had already made his mark as community member, hard worker, loving family man, and solid shipmate.

"Within the first five minutes of meeting Bobby Roy, you knew he got 'IT'. Bobby had balance in his life. He had strong faith, family and friends. Bobby was an achiever. He achieved whatever he set his sights on," said Master Chief Master-at-Arms Pete Cady, who was gave one of the testimonials during the service. He also thanked the Roy family for allowing Roy to pursue his Naval career. "Thank you for sharing Bobby with us. The world could use a lot more

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A photograph of Chief Aviation Boatswain's Mate Robert "Bobby" Roy and his wife, Jessica, sits on a table near a donated wreath of flowers. Many photographs and mementoes were placed across the steps of the stage before the memorial service to relate to the guests what Roy held dear. U.S. Navy photo by Jay Cope.

NAS Whiting Field selects Sailors of the Quarter

By Ensign Joelle Olson, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field recently announced its Sailors of the Quarter for the second quarter for fiscal year 2013. The program is designed to recognize the top performing Sailors from



ABH1 Carlos Peralta

Aviation Boatswain's Mate 1st Class Carlos Peralta, Aviation Boatswain's Mate 2nd Class Matthew Ashurst, and Air Traffic Controller 3rd Class Keesha Page were respectively named the Sailor, Junior Sailor



ABH2 Matthew Ashurst

John Coger, Peralta's leading chief petty officer, his duties include: NOLF Harold senior site petty officer, command petty officer indoctrination coordinator, NOLF Harold's career counselor and safety petty officer and command duty officer. These efforts have helped to ensure

various levels of enlisted service. The Sailor of the Quarter is the top first class petty officer. The Junior Sailor of the Quarter is the best performing second class petty officer while the Bluejacket of the Quarter is the most impressive up-and-coming Sailor from the junior ranks.

and Blue Jacket of the Quarter. All three Sailors were recognized for their outstanding performance while on duty and within the community.

Peralta is the Fire and Emergency Service Division's aircraft rescue fire fighting chief. According to his Senior Chief Aviation Boatswain's Mate

the safety of the Navy's busiest Training Air Station.

"Petty Officer Peralta is an exceptional deck plate leader, dedicated mentor and technical expert of aircraft firefighting" Coger stated. "His rigorous training methods and devotion to

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HT-18 helps students soar as “Elite Eagles”

By Ensign Joelle Olson, NAS Whiting Field Public Affairs

Fifth grade students from Pea Ridge Elementary School recently visited NAS Whiting Field in celebration of their “Elite Eagle” status. Helicopter Training Squadron EIGHTEEN established the Elite Eagle program to recognize and reward high performing students at the unit’s adopted school.

Three times a year, the HT-18 “Vigilant Eagles” host a field trip for the top five percent of the school’s fifth grade class. The day’s activities included ‘flight time’ in the TH-57 simulator, a tour of the aircraft control tower and static displays, and a promotion party with Lt. Col. Robert White, Commanding Officer, HT-18.

To achieve Elite Eagles status, fifth-graders must achieve an overall 95 percent grade average over seven subjects during a nine-week period. Each student pre-selected a branch of the military they desired to be affiliated with and wore corresponding rank to annotate how long they’ve been



Two members of the Elite Eagles gear up during their helicopter briefing. The students learned the basics of the TH-57 Sea Ranger helicopter and were able to sit in the pilots chair for a short time. U.S. Navy photo by Ensign Joelle Olson.

in the program.

In attendance were: One Navy Ensign and four combined Marine Corps and Air Force 2nd Lieutenants (O-1 rank insignia was utilized for first period achievement); one Air Force 1st Lieutenant (O-2 for second period); and two Marine Corps Captains and six Navy Lieutenants (O-3 for third period). All promotions were presented by HT-18’s Commanding Officer.

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TRICARE Notes

UNDERSTANDING MENTAL HEALTH

There are so many aspects of life to consider every day, including family, work and finances, to name a few. All of these elements affect our moods and even our mental health. Our mental health involves how we think, feel and act as we deal with both positive and stressful situations in life. May is Mental Health Month, and it’s the perfect time to remind you that TRICARE is here to help.

Behavioral health conditions may be caused by something physical, such as a chemical imbalance in the brain. Additionally, stress or problems with family, work or school can be triggers. While the causes of behavioral health conditions may vary, a key to emotional health is the ability to cope with stress and problems. Many treatments focus on developing and practicing coping skills and using them to improve daily functioning.

The stress of military life can take a toll on the mental health of military families. However, the social stigma associated with behavioral health conditions often prevents people from seeking help. Finding information and getting help through TRICARE is now easier than ever. TRICARE covers mental and behavioral health care that is medically or psychologically necessary for treatment of behavioral health disorders. There are many organizations and programs to contact for help with everyday issues and behavioral health concerns. If you are looking for help, visit www.tricare.mil/mentalhealth to find news articles, self-assessment programs, behavioral health flyers and brochures, and other resources.

If you or someone you care about needs help, don’t wait until the situation worsens. Seek help now.

This Week in Naval History

May 14

- 1801 - Tripoli declares war against the United States.
- 1845 - First U.S. warship visits Vietnam.
- 1975 - Marines recapture Mayaguez, go ashore on Koh Tang Island and release the crew.

May 15

- 1800 - CAPT Preble in Essex arrives in Batavia, Java, to escort U.S. merchant ships.
- 1942 - First Naval Air Transport Service flight across Pacific.
- 1991 - Amphibious Task Force arrives at Chittagong, Bangladesh, for relief operations after Cyclone Marian.

May 16

- 1820 - Congress becomes first U.S. warship to visit China.
- 1919 - Three Navy flying boats begin 1st trans-Atlantic flight from Newfoundland.

May 17

- 1973 - First woman to hold a major Navy command, Capt. Robin Lindsay Quigley assumes command of Navy Service School, San Diego.
- 1987 - USS Stark (FFG 31) struck by Iraqi Exocet missile in Persian Gulf, killing 37 Sailors; 21 were wounded.

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

News and Notes

Color Guard - The NASWF Color Guard is looking to fill their ranks with highly motivated and professional Petty Officer Second Classes and below. The organization acts on behalf of the Navy and NASWF to project the honor and pride inherent in military service. Anyone wishing to be a part of this fast growing team should contact Air Traffic Controller 1st Class Michael Scott via email at michael.p.scott@navy.mil This is a great command collateral duty and experience is not required. Participants will be taught everything needed to look sharp and perform well.

Kids Fun Run - The annual America's Kids Fun Run will be held May 18, at 9 a.m. at the Naval Air Station Whiting Field Sports Complex. The event is designed to introduce running as a fun and healthy activity for children. There will be three different lengths to match different age groups: Ages 9-13 will run 2 miles; Ages 7-8 will run 1 mile; and Ages 5-6 will run a 1/2 mile. Every participant will receive a "Fun Run" T-Shirt and a coupon for a free game of bowling at the NAS Whiting Field Bowling Alley. In addition, there will be a drawing for a free Kayak/Canoe rental for all three age groups. To register, simply go to www.americaskids-run.org. Select Register and then select NAS Whiting Field. Registrations the day of the event will not be possible.

Golf Outing - VFW Post 4833 will host its 5th Annual "Honor Your Vet" golf tournament Saturday, May 18 at Tanglewood Golf Club. Cost is \$50 per person / \$200 per team. The format is a four-man scramble with prizes awarded for the top finishers as well as for a hole-in-one, closest to the pin, and longest drive. Entry fee includes green fees, cart, free drinks during play, and an awards dinner at the VFW with door prizes following the tournament. Call Jackie Johnson at 850-776-6275 to sign up for the event.

ITT Opportunity - Very exciting news released from LEGOLAND Florida! Through the end of the year, LEGOLAND Florida will be offering active Military one free LEGOLAND Florida Admission ticket. Now until October 27, it will be a LEGOLAND Florida Water Park Combo ticket and from October 28 until the end of the year, it will be a LEGOLAND Florida ticket. This offer will be available at LEGOLAND Florida's front gate. All dependents, family and friends can continue to purchase discounted tickets at ITT for the best price. If you have further questions, please contact ITT at 850-665-6250.



Onward and Upward
 Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin pins the lieutenant bars on newly promoted Lt. Kenyatto Mayes in the NAS Whiting Field conference room May 2. U.S. Navy photo by Jay Cope.

Get in Free Card - The National Park Service is offering active duty military and their families free passes to America's national parks. Visit www.nps.gov for more information about the pass and national parks across the country.

Energy Savers - Public Works recognizes the efforts of the Fire Station, Bldg. 3086, the NASWF Headquarters, Bldg. 1401 and HT-28/AMO, Bldg. 2945 for their energy reduction efforts. Those three buildings realized the largest savings in March as compared to 2012 energy consumption.

Blood Drives - The Northwest Florida Blood Services has a blood drive scheduled at Naval Air Station Whiting Field May 17 from 3 to 7 p.m. at the sports complex during the Military Appreciation Picnic. All donors at this event will receive a special military T-shirt for donating. At all events, photo identification is required and all donors must be at least 16 years old and weigh a minimum of 110 pounds. There is currently a shortage of 0 negative blood, but ALL types are welcome and greatly needed! If you would like to make an appointment online, go to www.nfbsdonor.org and use Sponsor Code: WSW01.

Consumer Handbook - The 2013 Consumer Action Handbook has finally arrived, this great guide has information on but not limited to: banking, car buying, credit, employment, health care, home buying, insurance, investing, protecting your privacy, and much, much, more. Pick up your free copy at the NAS Whiting Field Fleet & Family Support Center Supplies are limited so hurry!

Car Wash - The SITES program will host a car wash at their facility on Naval Air Station Whiting Field from 10 a.m. to 2 p.m. May 24.

Fun Run - The 4th annual Blueberry Bash 5K Fun Run will be held June 22 at 7:30 a.m. at ARC Santa Rosa. The ARC facility on Dixie road will serve as the beginning and ending point of the race. Register by May 31 to ensure receiving a tee-shirt for the event. Registration is \$25 until May 31 and \$30 after. Registration will close June 20.

Usage Information			
Total Used			
1,848,045 kWh			
	1 Year Ago	Last Month	This Month
Total kWh Used	2,040,082	1,786,364	1,848,045
Average Daily kWh	68,003	57,826	61,601
Days in Billing Period	30	31	30

Energy Conservation
 Conserving energy remain an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. As can be seen in the above graphic from the April power bill, NAS Whiting Field saved 192,037 kilowatts of power from last year's bill. However, the power bill was still more than \$150,000 for the month. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Upcoming Events

May 15-24 - HURREX

May 17, 1500 - Military Appreciation Picnic - Sports Fields

May 24, 1300 - Winging Ceremony - Auditorium

May 27 - Memorial Day Holiday

May 28 - CDR Gray becomes NASWF XO

June 14, 1300 - Winging Ceremony - Auditorium

Fleet and Family Support Center Classes

VA Representative - Friday, May 17 & 31 from 8 a.m. to Noon. (Call 850-623-7177 for appointment)

Resume Writing - Monday, May 20 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.

Money and the Move - Wednesday, May 22 from 1 to 3 p.m.

A Permanent change of Station (PCS) move can be one of the most exciting adventures of your career as well as one of the best benefits. However, a PCS move can also become a financial disaster that can take months to recover from if not properly prepared for. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Surviving Financially When Funds Are Down - Thursday, May 23 from 1 to 3 p.m.

This class will give you the tips and strategies you need to survive periods of unemployment and/or underemployment. Maintaining your credit rating and how to deal with creditors during this period will be focused on as well. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Baseball helps keep father and six kids close



Lt. Christopher Manor and his kids Joaquin and Elijah prepare for a little league baseball game Thursday, May 9 at Gospel Projects. Manor is the head coach for the team, while Elijah pitches and catches for the team and Joaquin plays outfield and second base. U.S. Navy photo by Jay Cope.

By Jay Cope, NAS Whiting Field Public Affairs

Editor's Note: The April 26 edition of the Whiting Tower featured a story on the Pesile family and their two kids efforts on the dance floor with a local dance program. Much as they were passionate about dance and gymnastics, the Manor family is fervent about baseball. This story continues the theme of recognizing the children of military families and how participation in local programs helps

them engage and strengthen the military family.

Dressed in olive drab and tan camouflage baseball uniforms, Lt. Christopher Manor, a Training Squadron TWO instructor pilot, and his kids, Elijah, 12, and Joaquin, 11, look nearly as ready to run a military obstacle course as to run out on the baseball fields at the gospel projects behind Grace Baptist School. Their similarity in appearance exemplifies a physical togetherness that has not always been present throughout his Navy career.

A prior enlisted Sailor, Manor spent 17 years in active service before switching over to a Full-Time Support (FTS) role. Working on submarines, he did nine deployments on submarines before gaining a commission and becoming a P-3 pilot. The separations were difficult for his wife Sheri and him as they raised their family.

"Christmas was always the hardest part," he emphasized. "Submarines are always hard on the family - with no communications. It was pretty much 'See ya later. Be back in three months.'"

The family numbers eight members with oldest son Chase, 16, Autumn, 9, Grace, 5, and Ireland, 3, joining Elijah and Joaquin. Except for Ireland, who is still too young, all the children play organized baseball or softball. Manor has been coaching little league for five years now. Starting with Chase and now with the next two oldest, he has always had at least one of his kids on the team. He started out as an assistant coach, and this is the first year he has served as the head coach. It is a role he relishes, not just because of a

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CPPD courses recommended for college credit

By Chief Mass Communication Specialist Jayme Pastoric, Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH, Va. (NNS) – The Center for Personal and Professional Development (CPPD) announced April 30 that the American Council on Education (ACE) now recommends college credits for four CPPD courses.

A team of academic experts evaluated the following CPPD activities and granted ACE recommended credits for: Task-Based Curriculum Development Course; and the Personal Development Instructor Skills Training, which grants Navy Enlisted Classification (NEC) 9518. Both Navy Instructor Training Course, which grants NEC 9502 for Navy Instructor; and Master Training Specialist, were reaccredited.

According to the ACE website, the purpose of an installation site visit is to review and evaluate military training (courses) and experiences (occupations). The evaluation team analyzes materials, identifies learning outcomes, and recommends postsecondary credit based on its findings.

CPPD Evaluations Manager Swanson Brown hosted and coordinated the team's visit to CPPD in February.

“An ACE credit review is a thorough process,” said Brown. “Courses and examinations are reviewed by carefully selected teams of faculty evaluators from

relevant academic disciplines. If the content, scope and rigor of the course or examination are equivalent to a college-level course, the teams recommend appropriate college credit.”

According to the ACE website, ACE military reviews bridge the gap between professional military education and postsecondary curricula and provide parallels for the transfer of the service member’s acquired learning to current college curricula. This facilitates access to academic degrees.

“Students can use these credit recommendations to satisfy general education or degree requirements or to demonstrate knowledge and proficiency in a particular subject,” said Brown. “ACE credit recommendations are used as guidelines by colleges and universities, which make their own decisions about awarding credit. The minimum requirement is that the course we want evaluated must be at least 45 hours in length.”

The benefits of ACE academic reviews for military training organizations are that they validate the quality of training, create an align-

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National Park Service
U.S. Department of the Interior



Active Duty Military Free Entry to Your National Parks!



Active duty military members and their dependents can pick up a free annual pass at any national park that charges an entry fee.

**Thank you for your service.
Please come celebrate America!**

The annual military pass also provides free entry to 2,000 additional Federal recreation sites across the country. Visit www.nps.gov for information about the military pass and to plan your visit to one of America's 398 national parks.

Check out nearby national parks with a smartphone app at <https://www.nps.gov/napa>

EXPERIENCE YOUR AMERICA™
The National Park Service cares for special places loved by the American people so that all may experience our heritage.

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

Memorial

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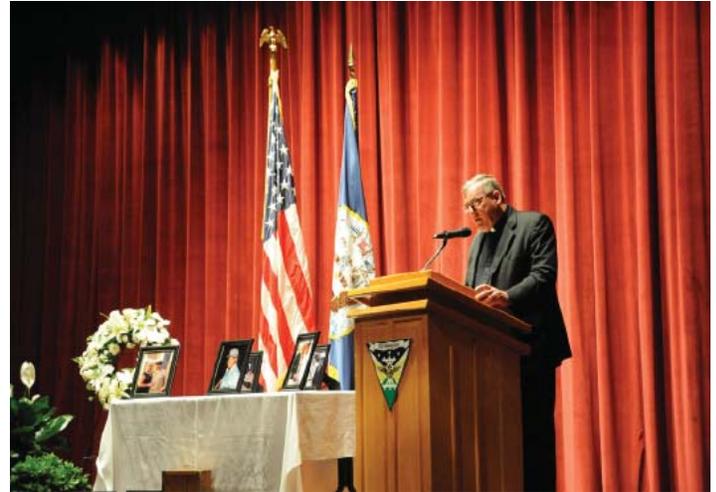
Bobby's, and I am proud to have called him a friend."

The testimonials formed the core of the ceremony and at least seven people stepped up to the lectern to share their memories. Supervisors lauded his drive and dedication, friends remembered his joking and light-hearted attitude, and a Sailor who worked for him recalled how he helped keep him on the right path. To all his death was a painful loss, however, none of them were as poignant as Ann Joy Richards-Ruley, who related what it was like to work side-by-side with him during a deployment on the USS Carl Vinson (CVN-70).

For her, Roy was a brother-figure who was as aggravating as he was lovable. She told how she shared a desk with him in their office, and eventually had to kick him out of the desk because he started a fad diet which consisted of eating a large amount of peanuts. Roy kept peanuts in and around the desk, and was eating them constantly. Normally, this wouldn't be too much of a problem, but Richards-Ruley can't stomach the smell of peanuts, and at sea, the aroma would make her sick. In a touching farewell gesture, she gulped down a handful of the snack, and left the remainder of the can sitting with the family photos, ball glove, darts and other memories from his life.

In between the heartfelt remembrances, the solemn prayers, the message of hope, and yes, a few chuckles amidst the humorous stories; there was a reminder that the ceremony was about honoring the man, his career, and the life he chose to lead. The life of a Sailor is a life of service to country, not only for the Sailor, but also for the family. Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin emphasized that Roy lived a Sailor's life for a decade and a half, and for Robby, that meant being at sea.

"Before I was going to speak today I really wanted to try to grasp what had been Chief Roy's fleet reputation. I really didn't have to go very far. One only has to take a cursory look at Chief Roy's record to realize that during a 15 year Naval career, not to include his high school Sea Cadet days, Chief spent almost 80 percent of those 15 years on sea duty - on sea duty. That sea duty was spread out between four of the ten greatest strategic, warfighting vessels known on this planet - the U.S.



Above: Reverend Monsignor Stephen Bosso, from St. Rose of Lima Church, delivers the memorial message. The Roy family has attended St. Rose of Lima Parish since they arrived to the area. U.S. Navy photo by Jay Cope.

Below Left: Chief Aviation Boatswain's Mate Robert Roy's body arivis transported to his home town in Maine. Photo courtesy of Chief Air Traffic Controller Jacqueline Williams.

nuclear powered aircraft carrier," Coughlin stated emphatically. "He spent 12 years kicking butt on four capital ships that no other country could possibly ever produce - even if they wanted to. And in that time, Jessica, Christian and Brady also sacrificed for her husband, their father, and their country."

NAS Whiting Field was only Roy's second shore duty assignment. He met Jessica during his stint at Naval Air Station Brunswick, Maine. The rest of his career was spent serving on USS Harry S. Truman (CVN-75), USS Dwight D. Eisenhower (CVN-69), USS George H. W. Bush (CVN-77) and finally, USS Carl Vinson (CVN-70). He embraced the idea of sea service early as he participated in the Sea Cadet program for five years before enlisting.

His children were born while he was stationed on two different carriers. By all accounts, he loved them fiercely. According to Jessica, "[they] were his world." While on the Carl Vinson, he was even able to surprise them upon his return from a seven-month deployment. The kids were in little league, and before the start of the game, the kids were requested to turn around and hand the ball to the pitcher. Roy had snuck up behind them in uniform, and when they turned around they were engulfed in a big hug. As he coached Brady and Christian in little league while stationed on the Vinson, coaching them in Santa Rosa County was certainly one appeal of shore duty for Roy.

Coughlin stressed in his remarks that such memories, help everyone understand how lucky it was that he entered their lives; and be grateful for the time they had.

"At the end of the day, it's the memories we hold, and the testimonials that we share, that make us better people. Our shipmate was a gift from god. Our goal today is to recognize how fortunate - how very fortunate - we were to have known him."

Congrats to TRAWING-5 wingers and scholars



First Row: Cmdr. Christopher Pesile, USN, CO HT-28; 1st Lt. Sara Gauck, USMC; Ensign Baileigh Kimball, USN; Ensign Andrew Gregory, USN; Ensign Demetrius Johnson, USN; Ensign Blake Smith, USN; Ensign Margaret Gates-George, USN; Lt. j.g. Ryan Hammond, USCG; 1st Lt. Alexandra Gass, USMC; and Capt. Timothy McGuire, USCG.

Second Row: Lt. Col. Robert White, USMC, CO HT-18; Ensign Landon Goodell, USN; 1st Lt. Jacob Ries, USMC; Ensign Daniel Rheame, USN; 1st Lt. Andrew Baity, USMC; Ensign John McSorley III, USN; 1st Lt. Adam Orsucci, USMC; Ensign Jacob Hopper, USN; 1st Lt. Elliott Joses, USMC; and Ensign Jordan Baum, USN.

Third Row: Cmdr. Matthew Bowen, USN, CO HT-8; Ensign Matthew Arnsberger, USN; Lt. j.g. Ian Campbell, USCG; Ensign Mark Nicholson, USN; Ensign Clarence Lambert, USN; Ensign Alex Clark, USN; Ensign George Meszaros, USN; Ensign Colin Looby, USN; Ensign Fred Darlington IV, USN; 1st Lt. Jason Lebahn, USMC; and Capt. James Fisher, USN, Commodore TW5.



Left Photo: 2nd Lt. Benjamin M. Price, USMC (left); and 2nd Lt. Vinton K. Ulrich III, USMC receive their Academic Achievement Awards May 3 at the Training Air Wing FIVE headquarters building..



Right Photo: Training Air Wing FIVE also recognized Ensign Dustin Oftedal, USN; Ensign Mark Trunzo, USN; Ensign Brett Hicks, USN; and Ensign Jonathan Alvirde, USN on their academic achievements May 10 at the command headquarters.

CPPD

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ment and consistency in documenting training across the services and reduce Department of Defense tuition assistance funds.

“Having ACE recommend college credits for CPPD courses and curriculum development is a direct reflection of the hard work and dedication of the CPPD active duty and civilian team,” said CPPD Command Master Chief Kenneth Schmidt. “Our team spends long hours refining each module of each course to ensure the information is provided to the fleet is accurate and up to date. Sailors who pass these courses are not only receiving college credits, they take with them solid foundational teaching skills to implement at their command.”

To take advantage of ACE recommended credits for a specific rating, Sailors should visit the nearest Navy College Office or Educational Service Officer to review their Joint Services Transcript (JST).

CPPD is responsible for providing a wide range of personal and professional development courses and materials, including General Military Training, Navy instructor training, alcohol and drug awareness program training, suicide and sexual assault prevention, bystander intervention, and personal responsibility classes. CPPD’s required leadership training is delivered multiple times throughout a Sailor’s career via command-delivered enlisted leadership training material and officer leadership courses in a schoolhouse setting. CPPD also administers the Navy’s voluntary education program, which provides Sailors with the opportunity to earn college degrees. CPPD additionally manages the United Services Military Apprenticeship Program (USMAP), which offers Sailors the opportunity to earn civilian apprenticeship certifications.

For more information about the Center for Personal and Professional Development (CPPD), visit: <https://www.netc.navy.mil/centers/cppd/>. For more news from the Center for Personal and Professional Development, visit: www.navy.mil/local/voledpao/. Find CPPD on Facebook at <https://www.facebook.com/pages/Center-for-Personal-and-Professional-Development/100056459206> and on Twitter @CENPERSPROFDEV.



Official Visit

Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin greets The Honorable Roger M. Natsuhara, the Acting Assistant Secretary of the Navy (Energy, Installations & Environment) (ASN[EI&E]) a position he accepted in July 2012. In this position, Natsuhara develops department-wide policies, procedures, advocacy and strategic plans. He also oversees all Department of Navy functions and programs related to installations, safety, energy, and environment. A retired Navy officer with 25 years serving as a surface warfare and civil engineering corps officer, Natsuhara visited the base to receive a briefing about the mission, capabilities, and concerns during a gulf coast tour of installations. U.S. Navy photo by Jay Cope.

SECURITY CHECKPOINT Driver Distractions



As per NASWFINST 5560.5A – All motor vehicle operators on a Navy installation and operators of government owned/leased vehicles, (including rental cars while on Temporary Assigned Duty) on/off

Navy installations shall not use cell phones unless the vehicle is safely parked or unless they are using a hands free device. (1) This applies to all Navy personnel, civilian employees, family members, contractors, tenants, and visitors, except for fire, emergency, or law enforcement/security personnel operating government owned/leased vehicles using an official communication device on Navy installations.

Elite Eagles

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The “Vigilant Eagles” have worked along-side Pea Ridge Elementary School teachers for over 20 years since the program’s inception. One such teacher, Elaine Brandt, Elite Eagle Liaison at Pea Ridge Elementary, attended. She encourages all students to challenge themselves to join this prestigious organization. In fact, select fourth grade students regularly accompany the tours to be groomed for the ‘officer ranks’ upon successful completion of their first period in fifth grade.

“Honor students from the fourth grade come to wet their appetite from the program.” Brandt said.

Her dedication to her students is matched by her patriotism and navy pride. Brandt’s husband, father in-law, brother and sister in-law, uncle, are all veterans.

“I have Navy all around me!” She proclaimed.

Brandt’s uncle, Paul Simmons, is a current TH-57 maintainer and her daughter helped pioneered the Elite Eagles program. She recounted her personal involvement in the program’s progression.

“When my daughter was in the fifth grade, they called them ‘Saturday Scholars’ - she’s now 35. Ya’ll been helping us out a long time!” Brandt graciously noted.

She proudly pointed out a few students from her own class as they learned to don their flight gear. All ‘Eagles’ were individually fitted with a survival vest and helmet and afforded the opportunity to sit in and manipulate the controls of a deactivated TH-57 in the hangar.

“Helicopters are awesome!” Elite Eagle 2nd Lt. Nya “Wall-E” Arce, exclaimed. “I’m going to live in one!” In keeping with aviation tradition, the students assigned call signs to each other. Brandt shared how Eagles carefully deliberate over each member’s interests to generate appropriate call signs for them. An anonymous pilot that volunteered at Pea Ridge shared the secret of how fleet call signs come to be.

“He said they [call signs] come from when you do something you might not have wanted to do, they certainly don’t pick their own!” Brandt summarized with a chuckle.

In support of the Elite Eagles program, HT-18 pilots Lt. Forrest French and Lt. Will Jones along with Air Crewman Romeo Chief Steven Bean volunteer at Pea Ridge Elementary School. Once a month they visit the school house to discuss their individual areas of expertise.

“They focus on subjects that correspond with what the students are doing in school.” Brandt said. “They give lessons about aerodynamics, science, geography and their jobs in the navy. They’ve given briefs on the different members of the flight deck, coast guard rescue swimmers, and really just any interesting part of their jobs.”

While emphasis is placed largely on each topic’s application to flying, the Elite Eagles program prepares students for leadership roles in any career field, not just aviation. In fact, when questioned what the students wanted to do when they grow up, responses ranged from pilot to veterinarian to obstetrician to plainly “no clue”.

“It’d be pretty cool to be a pilot.” Elite Eagle Lt. Lorenzo “Nolo” Nolasco, said. This sentiment was shared by his fellow Elite Eagle Lt., Ashlynn “Grape” Welch.

“I’d rather fly than go to sixth grade.” Welch said.

Welch explained that while she’s not afraid of heights, she is scared of falling from them. In fact if it wasn’t for the threats of falling, entering sixth grade, and encountering snakes, she’d be fearless!

“I guess I’d rather go to sixth grade then fall out of a helo into a pile of snakes!” Welch concluded.

Welch and Nolasco are two of the eight students that will be awarded their ‘wings’ in recognition of three consecutive periods as academic stand-outs. All prospective ‘wingers’ have maintained a 95 percent grade average over the entire school year.

The winging ceremony will take place at Pea Ridge Elementary in Pace, Fla. today to reward the elite of the Elite Eagles.

A FREE 2 ½ hour professional lecture for officers and senior enlisted who plan to leave the service in the near future. Spouses are cordially invited.

Marketing Yourself for a Second Career

Make plans to attend this “must see” lecture.

Date: 6 June 2013 **Time:** 9:00 am
Place: Atrium Building, Training Room 169A
Speaker: Captain Jim O’Keefe, USN (RET)
Deputy Director Career Transition Center
Military Officers Association of America

- Served 26+ years on active duty including command at sea and ashore.
- Extensive experience with networking and job searching
- Worked in industry, large corporation and small high tech company

Gain valuable insights that will help you make a successful career transition.

You’ll learn to:

- Understand your competition in the job hunt
- Overcome civilian employers’ perceptions about military personnel
- Develop the right plan for your job search
- Craft powerful résumés, cover letters, and broadcast letters
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Spouses of Student Aviators (SOSA) to Sponsor Expo



By Ensign Joelle Olson, NAS Whiting Field Public Affairs

The life of a Navy spouse can be a difficult one, full of separations, maintaining a household by one's self, and frequent moves. Military spouses discovered long ago that banding together as a group eased the problems associated with the transient nature of Naval life. Spouses of student aviators inherit many of the same issues due to the long hours of study and chaotic schedules their significant others maintain throughout flight training. They, too, have discovered the benefits of banding together to help one another, and formed the Spouses of Student Aviators (SOSA).

"SOSA is a student-spouse support group whose membership is open to men, women, spouses, fiancée's, and significant others whose spouse or significant other

Members of the Spouses of Student Aviators gather around the table for a group photograph before one of their regular meetings. The organization helps partners of student military aviators deal with the stresses of flight training and military life. U.S. Navy photo by Ensign Joelle Olson.

is involved in all phases of flight training." Shaunte McGee, former SOSA President and individual Thirty-One consultant, said.

Knowing that their significant others will be entrenched in careers that inhibit pursuing full-time careers of their own, many of the SOSA members have taken to starting businesses that they can take with them when they move from location to location. These entrepreneurs regularly collaborate to promote and support each other's success.

"We want to be there for one another no matter what," Elizabeth Seabolt, the current SOSA president, confirmed.

SOSA will sponsor a community-wide vendor exposition at the Santa Rosa County Auditorium from 10 a.m. to 3 p.m. on **Friday, October 10, 2014**.
- (Cont. on Page 11)

Sailors

- (Cont. from Page 1)

duty were key in the selection of OLF Harold Field receiving the Navy Outlying Landing Field (NOLF) of the Quarter nomination for the first quarter of 2013."

Ashurst is the site petty officer for OLF Choctaw, hazmat, safety petty officer and T-1500 trainer as well as NOLF Harold's aircraft rescue fire fighter (ARFF) chief and training petty officer. He is directly responsible for the training and safety of nine aircraft fire fighters.

Coger emphasized that Ashurst is often sought out by others for his technical expertise. His leadership and professional influence is evident by the fact that 90 percent of his team are qualified ARFF Chief.

"ABH2 Ashurst promotes



AC3 Keesha Page

teamwork and is instrumental to the cohesiveness of the Crash Division Training throughout Outlying Fields" he added.

His training is not limited to work, however, as Ashurst also successfully completed 12 college credit hours this quarter, while pursuing a degree in fire science.

"Ashurst is proven as a top quality leader, worker and Sailor." Lt. Kenyatto Mayes, Crash and Fire and Emergency Services division officer, said. "His crash crew provided fire and rescue support at NOLF Harold in support of 300,000 TRAWING FIVE and SIX flight operations."

Air Traffic Controller 3rd Class, Keesha Page serves as a Choctaw facility watch supervisor, local controller, flight planning supervisor

and radar final controller. Her flawless military bearing is on ready display through her role on the NASWF color guard team. She has honored and shown final respects for five fallen shipmates as well as exemplified pride in military service at several military related community events.

"She exudes the spark of leadership, creative ability, and self-confidence to excel at any task given," said her division leading chief petty officer, Senior Chief Air Traffic Controller Johnny Hill.

Page has successfully completed over 2,000 mishap-free flight operations helping to produce more than 50 new fleet aviators.

Each of these Sailors received a formal Letter of Commendation in their service records and are in the running for the annual Sailor of the Quarter awards.

NAS Whiting Field prepares for HURREX 2013



By Joelle Olson, NAS Whiting Field Public Affairs

As hurricane season encroaches upon the southeast, so does the Navy's need to prepare its people to respond. Commander, Navy Installations Command (CNIC) began the Navy-wide joint Hurricane Preparedness Exercise (HURREX) May 13 to help reinforce the established routines and personnel accountability needed in case a major hurricane heads toward the Northwest Florida area.

According to NAS Whiting Field's Installation Training Officer, Rudy Mendiola, it will be largely administrative in nature and two weeks in length. Each department and tenant will be provided a checklist of the five Conditions of Readiness (COR) to be drilled on and subsequently graded.

"Our objectives in conducting this exercise are to plan, brief, conduct, and evaluate an effective training evolution." Mendiola said. "By involving multiple functional areas and disciplines, we can conduct as realistic training as possible."

All training team members are provided a package defining each tenant's specific role in both this HURREX and an actual hurricane. COR-specific check lists outline the progression of these responsibilities and will literally change with the weather. Standardized grading sheets will be utilized to gauge each department's proficiency in responding to natural disaster and provide feedback in order to maximize their improvement.

SOSA

- (Cont. from Page 10)

p.m. The event will feature more than 30 local businesses and direct sale companies with products lines extending from cosmetics, Tupperware, and jewelry to home services such as vinyl work and glass etching. The event is open to the public, both for attendance and for presenting. About half of the local vendors signed up so far are military affiliated.

With the expo, SOSA hopes to accomplish three things; increase interaction with the local community, enhance the visibility of the organization, and provide a productive venue for their member owned businesses.

"With this vendor expo, we want the community, who supports the base and our student aviators, to know we're thankful and so appreciative. We value their interaction with us." Seabolt concluded. "The military is such a large part of the community and we want them to know who we are."

The June 1 event is just one of many opportunities available to SOSA members. According to McGee, SOSA offers a variety of small group outings, a running group, book club, bake sale fundraiser events and night-out events. These activities foster a welcoming and engaging environment for significant others to socialize and support each other through their one great commonality – military flight training.

"Our goal is to support the future of aviation every step of the way. From IFS to API, through selection and PCS and that's on both sides of the fence too-military and dependent." Seabolt said. "We want our significant others to know they aren't alone in what can be a really stressful time and there's always someone close by for coffee, to vent to, or to boast and brag!"

Those interested in becoming a part of SOSA may contact the association president, Elizabeth Seabolt: sosawf@gmail.com or "Like" SOSA Whiting Field on Facebook. For more information on the vendor expo, contact Shaunte McGee: Mrs_McGee@hotmail.com.

Baseball

- (Cont. from Page 4)

joy in the game, but as an opportunity to have a greater role in his kids' lives.

"It is a blessing that I have been able to be on shore duty and spend time with my family. You never know when the next set of orders will come along and say IA (Individual Augmentee)," he said. "I know it isn't always a good mix [for a father to coach], but it is a chance to teach discipline on the field. It isn't all about baseball, but about teaching lessons in life."

Manor hasn't deployed heavily for more than six years, so the worst of his military related absences were before Elijah and Joahquim were playing. He still missed a few games due to Navy requirements, but only the oldest son, Chase, really remembers him not being around much.

"He missed a little bit," Chase said as he talked about his Little League playing days. "He usually tried to get here during baseball season. He probably got on me a lot more as coach."

Elijah, who pitches and catches, and Joahquim, who plays outfield and second base, agree that their dad "encourages" them a little more strongly than the other players. Even Manor admits that he probably expects more from his kids than the others. But neither kid would trade less yelling for having their dad at home.

"It's just fun, having him as coach. He always gets to see my games now," Elijah said.

- (Cont. on Page 15)

And a fun time was had by all!



The Naval Air Station Whiting Field Child Development Center hosted their annual Family Appreciation Festival Friday, April 26 to cap off the Month of the Military Child. The event gives the parents and the kids a chance to interact and have fun together at the facility. Train rides, face painting, a bouncy house with a slide, and a special playground for the younger kids were just some of the activities available. Lunch was served on site, and parents were invited to join their children for the feast. U.S. Navy photos by Jay Cope.



NASWF releases annual water quality report

- Review emphasizes that water is safe and in acceptable limits



Editors Note: This is the introductory brief from the opening of the report. Additional details are available from the NAS Whiting Field Public Works Department.

This report will be mailed to customers only upon request from the Naval Air Station (NAS) Whiting

Field's Public Works Department at Building 1416. This report will be emailed to "all-hands" at NASWF and will be posted at the Public Works Department, the Pass/Tag office and the Bachelors Quarters.

We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is ground water from three (3) wells, which draw from the Sand and Gravel Aquifer. Because of the excellent quality of our water, the only treatments required are chlorine for disinfection purposes, fluoride for dental health purposes, and phosphate to inhibit corrosion in piping.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

If you have any questions about this report or concerning your water utility, please contact Mike Pattison, Environmental Engineer, NASWF Public Works Department (850) 623-7017. We encourage our valued customers to be informed about their water utility.

NAS Whiting Field routinely monitors for contaminants in your drinking water according to Federal and State laws, rules, and regulations. Except where indicated otherwise, this report is based on the results of our monitoring for the period of January 1 to December 31, 2012. Data obtained before January 1, 2012 and presented in this report are from the most recent testing done in accordance with the laws, rules, and regulations.

Military Appreciation Day Picnic

May 17th 1500 - 1900 Sports Complex Pavilion
SANTA ROSA COUNTY SALUTES OUR MILITARY
EVERYTHING IS FREE!

Activities for all include: various vendor displays, hamburgers, hotdogs, drinks, popcorn, and sno-cones. The first 350 active duty military will receive a special gift. All active duty and retired military will be eligible for one of the more than 50 door prizes donated by local and regional businesses. There will also be several GRAND PRIZES from premiere leisure establishments.

KIDS ZONE ACTIVITIES
Face painting * Inflatable playhouse * Inflatable giant slide
Sand art * Games * Spin the wheel * Craft projects
Horse rides * Plinko * and More

The event will include a special concert by the local CrossTown Band, who will provide a military friendly classic rock concert to accompany the festivities.

SPONSORS: SANTA ROSA MEDICAL CENTER, PEN AIR FCU, HENRY COMPANY HOMES INC, L-3, PRI/DJI, OKALOOSA GAS, GREYSTONE CONSULTING, MILTON CHEVROLET, D.R. HORTON, AT&T, FIRST COMMAND FINANCIAL, SANTA ROSA COUNTY ECONOMIC DEVELOPMENT, THE LOCAL YOKEL, CHICKFIL-A, HOLIDAY INN RESORT, OFFICE DEPOT, WIND CREEK CASINO, RONNIE'S CAR WASH, WALMARTGULF POWER, ADAMS HOMES, SANTA ROSA COUNTY HEALTH DEPT., WHAT-A-BURGER, SOUL WARRIORS, IP CASINO RESORT & SPA, BEAU RIVAGE RESORT & CASINO, HILTON PENSACOLA BEACH, HAMPTON INN NEW ORLEANS, DAY'S INN, LOWES, BAE, MOSIER'S FRAMING, DREAM PLAYERS THEATRE, MLR JEWELERS, FUSION SPA, GRAND MARLIN, BLACKWATER BISTRO, HEMINGWAY'S RESTAURANT AND MANY MORE.

Hagel announces fewer furlough days for DoD

By Nick Simeone and Karen Parrish, American Forces Press Service

WASHINGTON (NNS) -- After weeks of review, Defense Secretary Chuck Hagel has concluded budget cuts will require most of the department's civilian employees to be furloughed beginning in July, but that because of other efforts to deal with the shortfall, only half of the 22 days originally envisioned as temporary layoffs will now be necessary.

During a town hall meeting today at the Mark Center in Alexandria, Va., Hagel told Defense Department employees that most will be required to take 11 furlough days beginning July 8, one per pay period, through the end of the fiscal year, Sept. 30.

Hagel noted that when he took the oath of office less than three months ago, post-sequester plans called for 22 furlough days. Congress allowed the department to shift or reprogram some funds in March that cut that number to 14. Now, he said, as maintenance, training, flying hours and ship deployments are increasingly affected, he had no choice but to authorize the furloughs.

"We kept going back. And finally, we got to a point where I could not responsibly go any deeper into cutting or jeopardizing our formations, our readiness and training," he said.

In a memo to senior department leaders, Hagel said he had "very reluctantly" concluded that major budgetary shortfalls triggered by a \$37 billion cut in defense spending for fiscal year 2013 forced a decision he said he deeply regrets, and one that he acknowledged will disrupt lives and impact DOD operations.

However, he credited congressional passage of a defense appropriation bill in March in part for helping to reduce from the number of days civilians would be temporarily laid off by half.

It may be possible later in the year to "knock that back" to an even lower number, the secretary said, but he emphasized that he could not promise such an outcome.

"I won't promise that," Hagel said. "You deserve fair, honest, direct conversation about this, and I'm not going to be cute with you at all. This is where we are. We'll continue to look at it, [and] we'll continue to do everything we can."

Hagel said the furloughs will affect every military department and almost every agency, with limited exceptions. "We will except civilians deployed to combat zones and civilians necessary



Secretary of Defense
Chuck Hagel

to protect life and property," he wrote in his memo, adding that others will be excepted if forcing them to stay off the job would not free up money for other needs.

Employees set to be furloughed will begin receiving written notification June 5.

In March, defense officials had told civilian employees to expect as many as 22 furlough days during the current fiscal year, part of departmentwide efforts to slash spending in response to across-the-board budget cuts known as sequestration. In the time since, Hagel has been working to avoid or reduce the temporary layoffs, saying he had sought advice from department leaders and agencies, both civilian and military, but found no other way to help in closing the budget gap.

In his memo today, Hagel said if the budget situation eases, he would strongly prefer to end the furloughs early. "That is a decision I will make later in the year," he added.

A colorful advertisement for the "RED BRICK ROAD THOMAS CAMERON 5K AVIATOR MEMORIAL 5K" race. The race is scheduled for Saturday, June 1, 2013, at 8 AM in Milton, FL. The central image features a smiling man in a white pilot's uniform with a blue cap and a gold eagle emblem. The background is a vibrant sunburst pattern in shades of blue and orange. At the top, the text "RED BRICK ROAD" is written in white on a red brick background. Below that, the race name "THOMAS CAMERON 5K AVIATOR MEMORIAL 5K" is prominently displayed in black and white. The date and time "SATURDAY JUNE 1, 2013 MILTON, FL 8AM" are also included. The website "www.RunLiveHonor.com" is listed in green. Various sponsor logos are shown at the bottom, including Blackwater Bistro, Walmart, Conytime Fitness Milton FL, Natural Gas of Milton, and others. At the very bottom, a red banner reads "CASH PRIZES FOR FASTEST MAN AND WOMAN \$250 EACH".

Baseball

- (Cont. from Page 11)

While “absence makes the heart grow fonder,” is a truism for married military families, Sheri much prefers the stability, routine, and structure that his presence brings to the family dynamic. She remembers times when he was absent that the children would resist doing things because “dad was the boss.”

“Having both parents helps establish a routine and structure for the kids, but the [deployments] definitely helped us appreciate him when he was home,” Sheri said. “I think it is better for the kids to have the routine, but we adapt to whatever is required.”

Baseball being part of the routine and Manor being intimately involved in the game with the kids is a positive in their lives. Even when they can’t really articulate why they like it beyond saying “it’s fun.” After all, what kid doesn’t want to have a catch with their dad? Sheri believes that the shared experience between him and the children is the key to the experience.

“Baseball gives them something to talk about. It gives them that one thing in common,” she said. “I think it is neat for them to be able to tell their friends that ‘dad’ is the coach.



Elijah Manor pitches during a recent game as Lt. Christopher Manor observes from the dugout. One of the advantages of shore duty has been the chance for him to coach his kids. Photo courtesy of Lt. Christopher Manor.

HURREX

- (Cont. from Page 11)

Watch standers will pre-select work spaces to be designated as their headquarters. The HURREX is expected to bring attention to the fact that not all buildings can withstand hurricane force winds. If weather predictions under-sell the storm, back up plans will need to be implemented in a timely fashion.

“Everyone is expected to communicate their intended location to their respective chain of commands; we need to know where everybody’s at.” Mendiola said.

This navy-wide HURREX will commence with the report of a storm or tropical depression of interest from 96 hours out to moment of impact. This year’s fictitious hurricanes: Xena Zinha, Kirk, and Lay will all originate in the Caribbean Sea but are projected to impact three different areas of responsibility. Lady ‘Lay’ is expected to wreak her havoc on NAS Pensacola and to a lesser extent, NAS Whiting Field.

As Hurricane Lay develops, department specific checklists of objectives will need to be accomplished up to the point of impact then the focus will immediately shift to recovery efforts. Evacuation of personnel and aircraft will not actually be executed but squadrons are encouraged to update their “bug-out” plans and be prepared to implement hurricane evacuation (HURRIVAC) procedures as necessary.

Despite all efforts of preparedness, the storm will cause great damage to critical entities. Effected departments will be forced to use creative solutions to overcome collateral damage and power outages.

One particular item of note is the changes to the base communications office. Due to budget restraints all local dispatching has merged with regional dispatch at Jacksonville, Fla. As a result, slower response times can be expected and revised phone trees shall be dispersed.

“Now all you have to do is call 911.” Mendiola plainly stated. “Do not rely on dated literature to locate important phone numbers. Santa Rosa County has assumed responsibility of NAS Whiting Field and is prepared to provide immediate assistance.”

Among the Joint Fleet Exercise’s priority standards, is the goal to ‘Enhance Survivability’.

“Fleet and Family Support Center is an especially important element for the recovery side.” Mendiola said. “If your house gets wiped out, you lose your belongings, require special assistance such as a generator or care of an exceptional family member, FFSC is the ‘belly button to push’ to coordinate with outside medical care.”