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L-3 Vertex pilot passes 10,000 flight hours

By Jay Cope, NAS Whiting Field Public Affairs



Bob Owen (center) receives a framed print of a TH-57 Sea Ranger from Training Air Wing FIVE deputy commodore, Col. James Grace and L-3 Vertex maintenance supervisor, Ken Karr. The photograph was presented upon his return from a flight during which he passed 10,000 flight hours. Photo courtesy of L-3 Vertex.

More than a thousand military aviators are trained at Naval Air Station Whiting Field each year, and the Training Air Wing FIVE instructors who teach them rack up hundreds of flight hours annually. However, it took a maintenance contractor to break a near-mythic 10,000 flight hours for his flying career. And if he has anything to say about it, he isn't done.

Robert (Bob) Owen, a functional check pilot (FCP) for L-3 Vertex Aerospace, surpassed the milestone during a June 8 helicopter recovery flight to Norfolk, Va. While Owen has piloted the SH-3D during his active duty days with Helicopter Anti-Submarine Squadron EIGHT, more than 9,100 of those hours were in the TH-57 Sea Ranger.

The TH-57 is the Navy's primary helicopter trainer. The aircraft is not only in use now at the base, but was the training aircraft when Owen was winged in 1986 as well as when he reported back to NAS Whiting Field as an instructor with Heli-

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Alexander speaks to newest class of wingers

By Jay Cope, NAS Whiting Field Public Affairs

Rear Adm. Tim Alexander joined several hundred shipmates, instructors and family members, July 1, to congratulate the newest class of Naval aviators from Training Air Wing FIVE. The ceremony, held at Naval Air Station Whiting Field's base auditorium, welcomed the 20 new helicopter pilots into a legacy that extends back through nearly 60 years of aviation training.

Alexander, as Commander Navy Region Southeast, is in charge of 17 shore installations from the east coast of Florida through the Gulf Coast of Texas and Guantanamo Bay, Cuba. With NAS Whiting Field, NAS Pensacola, NAS Corpus Christi under his auspices, Alexander understands the importance of Naval aviation training. He praised the students on their success, but cautioned that it is only the first step in their bright careers.

"This is a huge milestone in your lives. You've worked hard to accomplish a lot, and I want you to enjoy the moment. I congratulate you. Now you need to get

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Rear Adm. Tim Alexander presents a set of wings to the father of one of the new Naval aviators. Alexander, Commander Navy Region Southeast, is the guest speaker for the July 1 winging ceremony at Naval Air Station Whiting Field. U.S. Navy photo by Jay Cope.

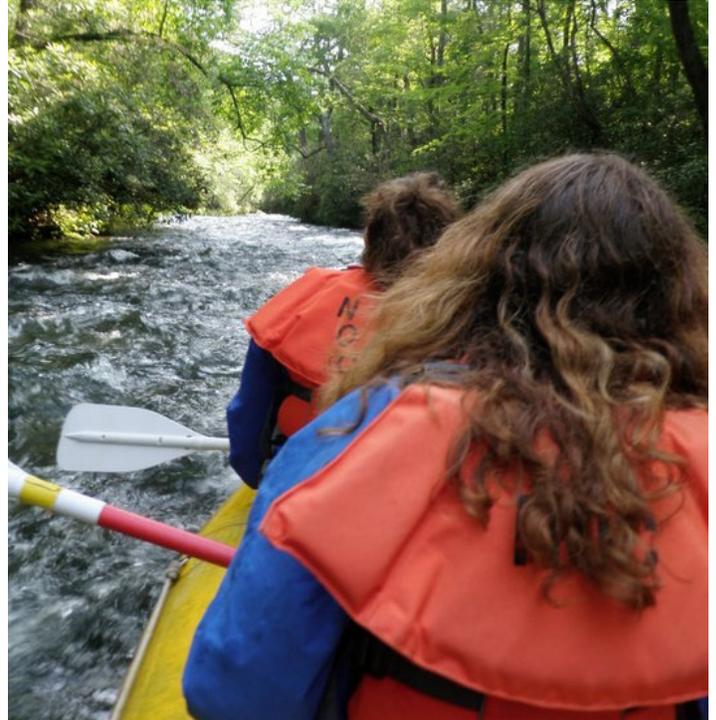
OAP prepares for whitewater rafting trip

By Ensign John Llewellyn, NAS Whiting Field Public Affairs

If you are someone who loves the outdoors and an adventure, then Naval Air Station Whiting Field Outdoor Adventure Program (OAP) has the perfect trip to fulfill your fix.

A whitewater rafting expedition is scheduled for July 8 - 10 to South Carolina's Chattooga River. The latest whitewater rafting trip OAP guided, June 10 - 12, was on the Nantahala River, NC. This more mildly tamed river trip was a huge success. The participants not only had a blast on the river but also got to explore the nature trails that weaved throughout the Nantahala River.

"The trip was excellent, everything was taken care of from the moment we arrived at the OAP facilities. I can't say enough about Adrian. She was an amazing guide and went out of her way to make it a good trip for everyone. This trip was my 10 year old daughter's first rafting experience, and she ate it up! Overall it was a blast and I would



Participants of the Nantahala whitewater rafting expedition look ahead to some of the river fun they will have while whitewater rafting. The trip was planned by the Outdoor Adventures Program June 10-12. Photo courtesy of MWR.

definitely recommend it to all," Opie Carter, one of the trip participants said.

This upcoming trip to the Chattooga River is going to be more of a thrill seeking ride that covers the steepest section of the river, dropping more than 75 feet through the famed Five Falls. This is one of the most beautiful, scenic sections of the river where the 1972 movie "Deliverance" was filmed. If hiking is your thing, then you won't be disappointed. The Chattooga River flows freely through the foothills of the Appalachian Mountains, allowing you to venture out into the surrounding wilderness.

The best thing about the trips is that you don't have to do all the planning and packing. It is done for you by OAP.

"We are cheap, convenient, almost entirely all inclusive, minus food, and we always use the best whitewater rafting companies every trip. Pretty much all you have to do is come in, hop on the bus, and have fun, and we'll take care of the rest," Adrian Dahlberg, the program coordinator said.

At a cost of only \$180 per person, the Adventure Center covers: transportation, tents, camping gear, cooking gear, and just about everything else you will need. There are currently 10 spots available, and it is requested that you be 13 years or older, and able to help paddle.

If you are interested in this get-back-to-nature, exhilarating experience, then don't wait. Call the Outdoor Adventure Program at 850-623-7670, and ask for Adrian.

This Week in Naval History

July 5

1814 - Sloop-of-war Peacock captures British Stranger, Venus, Adiona and Fortitude.

1815 - Commodore Stephen Decatur's squadron arrives at Tripoli to collect reparations for seizure of American merchant ships in violation of Treaty of 1805.

July 6

1747 - Birth of John Paul Jones at Arbigland, Scotland.

1898 - Armed Auxiliary Dixie captures Spanish Three Bells, Pilgrim and Greeman Castle.

1908 - Cmdr. Robert Peary sails in Roosevelt from New York to explore Arctic.

1911 - First naval aviation base established at Annapolis, Md.

1920 - Test and first use of radio compass in aircraft off Norfolk.

1943 - Night Battle of Kula Gulf results in loss of two Japanese destroyers and USS Helena (CL 50).

1976 - First women enter U.S. Naval Academy.

July 7

1846 - Commodore John D. Sloat lands at Monterey and claims California for U.S.

1916 - Thomas A. Edison becomes head of Naval Consulting Board which screens inventions for use by the Navy.

1948 - First six enlisted women sworn into Regular Navy. The Navy WAVES in Naval Reserve, who were the first to transfer to the Regular Navy, were Kay Louise Langdon, Aviation Storekeeper First Class; Wilma Juanita Marchal, Chief Yeoman; Frances Teresa Dovaney, Storekeeper Second Class; Edna Earle Young, Yeoman Second Class; Doris Roberta Robertson, Teleman Second Class; and Ruth Flora, Hospital Corpsman First Class.

News and Notes

Santa Rosa Medical Center Auxiliary - The Santa Rosa Medical Center auxiliary (SRMC) will host a patriotic celebration at the Chumuckla's Farmers Opry Thursday, Sept. 1 beginning at 5:30 p.m. There will be a silent and live auction as well as entertainment provide by "The Sawmill Band." Tickets are \$25 and proceeds benefit the SRMC Health Care Scholarships. Call 626-5113 for more information.

Wildlife Expo - The Annual University of Florida - Wildlife Expo will be held on Saturday, July 30, 2011 (9am – 3pm) at the East Milton Recreational Center (Santa Rosa Fair Grounds) located at 8604 Bobby Brown Road in Milton, FL. The Expo is being hosted by the University of Florida - WFREC, University of Florida IFAS Extension Services, and the Florida Fish and Wildlife Conservation Commission. This year's event will have information and activities for the entire family. We are striving for an outdoor experience through a variety of vendors and topics on wildlife and fisheries. The Santa Rosa County 4-H will provide a complete set of youth outdoor activities, from shooting safety to learning about wildlife and their environment.

ID Card Office Temporary Closings - The ID card office will be closed Tuesday, Aug. 9 and Wednesday, Aug. 10 for a hardware upgrade. We will be unable to assist customers during this time. We will reopen on Thursday August 11 at 0730 hrs. Naval Air Station Pensacola will be open and able to assist customers with any urgent matters that may arise. If you have any questions, please feel free to contact the ID card office at 850-623-7159.



Joining the Big Kids

James Martin, Reilyn Dinsmore, Amaya Mason, Natalie Panganiban, Ziheir Webb, Kotone Turner, Ashley Rodriguez, Ciana Antonio, Leona Turner and Payton Griffin along with Tammy Burch, one of their teachers prepare to graduate from the Child Development Center at Naval Air Station Whiting Field.

The June 23 ceremony included the music of "Pomp and Circumstance," a presentation of the colors, the children reciting the "Pledge of Allegiance" and the singing of "America the Beautiful." CDC Director, Mary Marcoux encouraged parents to bring the children back for a visit, read a poem to the VPK children about graduating and spoke to the pre-school children about taking care of the younger children when they come to the classroom.

CMDCM Rafael E. Rosado congratulated parents and children for their success before the children received their graduation certificates. Photo courtesy of the Child Development Center.



Long May It Wave

The Naval Air Station Whiting Field Navy Exchange celebrated Independence Day by offering to plant flags through the holiday weekend for patrons who purchased them. The flags were draped with a yellow ribbon with the name of the service member the person chose to honor. U.S. Navy photo by Ens. John Llewellyn.

Outdoor Adventure Program Hours Change - Starting today, July 6, the Outdoor Adventures Program will be closed on Wednesdays to allow for admin and maintenance. In cases where reserved equipment needs to be picked up or rented equipment returned, an appointment will be made to accommodate this. For more info on the OAP, please call 623-7670. Normal hours of operation are: Monday, Tuesday, Thursday 8 a.m. to 4 p.m. & Friday 10 a.m. to 6 p.m.

Bring Your Kids to Work - NAS Whiting Field and Naval Facilities Engineering Command Southeast at NAS Whiting Field are sponsoring a "Bring Your Kids/Grandkids to Work Day," Thursday, July 14. The schedule will include a nature trail hike, security finger printing, an ice cream social and bowling. Contact Richelle Armstrong at richelle.armstrong@navy.mil before July 12 to register or for more information.

Red, White, and Blues Week - Through July 9, Pensacola Beach will erupt with the roar of jet engines as the Navy's flight demonstration team, The Blue Angels practice their air show Thursday before returning for a dress rehearsal Friday and the main event Saturday July 9. The event at Casino Beach is free and will include other military and civilian aircraft. The show begins noon Friday and Saturday, with the Thursday practice beginning at 2 p.m. Call Robbie Lofty at 932-2257 for more information.

Love Letters - A.R. Gurney's "Love Letters" is a glimpse into the lifelong relationship of best friends Melissa Gardner and Andrew Makepeace III. The theatrical reading of the letters is presented by the Panhandle Community Theatre at 4636 Woodbine Road in Pace. Doors open at 7 p.m. Friday and Saturday and 2 p.m. on Sunday. Call 221-7599 for ticket prices.

Don't forget to check out the Naval Air Station Whiting Field's Facebook fan page at <http://www.facebook.com/#!/naswhitingfield> and MWR's Facebook fan page at <http://www.facebook.com/#!/WFMWR>.

Upcoming Events

July 12, All Day - Pilot for a Day - HT-18/VT-3 Host
July 15, 1300 - Winging Ceremony - Base Auditorium
July 29, 1300 - Winging Ceremony - Base Auditorium

Aug. 4, 0930 - Senior royal Saudi Naval Forces Officer Visit
Aug. 12, 1300 - Winging Ceremony - Base Auditorium
Aug. 12, TBD - NAWF All Hands Safety Standown

Fleet and Family Support Center Classes

IA Discussion Group - Monday, July 11 - 2 to 3 p.m.

Applying for Federal Jobs - Tuesday, July 12 & Aug. 1 - 11:30 a.m. to 1 p.m.

Is it worth your while to invest your time and effort 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 listings for keywords, and how to apply for jobs. For more information, call 623-7177.

Thrift Savings Plan (TSP) - Thursday, July 14 - 1 to 3 p.m.

Start investing in your future now. The money you save and earn through your TSP account will provide an important source of retirement income. Class will be held in the FFSC conference room. For more information, FFSC at 623-7177.

VA Representative - Friday, July 15 - 9 to 11 a.m.

Resume Writing - Monday, July 18 & 25 - 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 623-7177.

10,000 Flight Hours

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copter Training Squadron EIGHT for Training Air Wing FIVE. It's an aircraft for which he has an obvious affinity.

"I really enjoy flying it. It's a small helo, that's a lot of fun," Owen stated. "The TH-57 is a good dependable airframe."

The enjoyment Owen takes in his job is evident to Ken Karr, the site manager for L-3 Vertex, who cites the 130 long distance trips to Key West, Fla. Owen has flown during his career with the company. Karr estimates those trips account for nearly 2,000 flight hours.

"Bob always is the first one to volunteer for long distance recovery. Trips like the one to Norfolk are normal for him," Karr said. "We are proud to have such an experienced pilot: it reinforces our commitment to safety and professionalism."

Owen's role as a FCP helps ensure that the hundreds of Navy, Marine Corps, Coast Guard and foreign student's earning their Wings of Gold each year, do so in safe, dependable aircraft. His Navy career helped prepare him for the role.

Owen left active service after his tour as an instructor with HT-8 and entered the Navy reserves. He rose to the rank of Navy Captain while serving with Detachment 282 and Training Air Wing FIVE as well as commanding HT-8's Squadron Augmentation Unit. He accumulated about 7,500 hours as a military pilot, and flew the remaining 2,500 flight hours since he joined L-3 Vertex in 2003. Most military pilots, by comparison, retire with only 3,000 or so flight hours to their credit. But 10,000 is certainly not the end for Owen.

"This isn't a job to me. I am going to fly as long as I can."

Eco-nomics

Change Furnace Filters

Yes it's easy to forget, but it's important to replace or clean furnace filters once a month during the heating season. Dirty filters restrict airflow and increase energy demand. Here's a worry-saving tip: mark a monthly check on your calendar. Better, consider switching to a permanent filter, which will reduce waste and hassle. Did you know that disposable fiberglass filters trap a measly 10 to 40% of debris? Electrostatic filters trap around 88%, and are much better at controlling the bacteria, mold, viruses and pollen that cause illness and irritation. They cost \$50 to \$1,000 or more. Another good choice is a genuine HEPA filter (like the one pictured), which can remove at least 99.97% of airborne particles. HEPA filters are based on Department of Energy standards. But avoid "HEPA-like" filters, which can be vastly less effective. If your entire furnace is in need of replacement, it will cost a lot more -- but replacing an inefficient burner for a modern machine will save you every month through the heating season. Be sure to take advantage of federal tax credits for new furnaces, which can cover 30% of the cost, up to \$1,500.

See www.thedailygreen.com for more tips.

United We Serve Offers Sailors One-Stop Resource For Volunteer Opportunities



Capt. Pete Hall helps clear brush during one of Naval Air Station Whiting Field's Adopt a Veteran days. It is one of many volunteer opportunities available to service members, and locating such activities is now easier with the United We Serve program. U.S. Navy file photo.

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- In its ongoing effort to encourage active, reserve and retired Sailors to volunteer in support of their local communities, the Navy announced on June 30 a one-stop, web-based resource that assists in identifying volunteer opportunities.

Alexander

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ready for a truly amazing journey," Alexander stated before reminding them of the responsibilities to follow.

"These wings symbolize a lot of things – courage, leadership, looking after each other and looking after your Sailors. They are gold because they don't tarnish. From now on, everything you are and everything you stand for, cannot tarnish."

A helicopter pilot himself, the event marked a homecoming of sorts for Alexander who winged at NAS Whiting Field in 1981. His career followed with assignments with the Sea Snakes of Helicopter Ant-Submarine Squadron Light (HSL) THIRTY-THREE, the HSL-46 Grandmasters and HSL-40 Air Wolves. He also served as the Air Boss aboard USS Nassau (LHA-4) as well as completing tours at the Naval War College, with the Chief of Naval Operations Staff, the Joint Staff and at Naval Base Coronado, Cal.

His most recent assignments included a tour as the Commander, Navy Region Hawaii and Commander, Naval Surface Group Middle Pacific.

During one of his tours with HSL-46, he was one of the commanding officers for a junior officer who now commands Helicopter Training Squadron-EIGHT, Cmdr. Hans Sholley. Sholley introduced Alexander to the audience.

"He was my third skipper in the fleet, and I definitely

According to NAVADMIN 191/11, United We Serve provides a search engine that enables Navy advocates and supporters looking for volunteer opportunities to enter a city and state location and get a list of organizations that are seeking volunteers.

United We Serve is a nationwide service initiative that helps meet growing social needs resulting from the economic downturn. The website provides volunteers an online resource for not only finding volunteer opportunities in their community, but also posting their own.

The site allows users to narrow searches to match the type of organizations or activities they desire to support.

"Sailors want to volunteer, but they want to make sure the organizations they are supporting are legitimate," said Fleet Master Chief Petty Officer Scott A. Benning with the Chief of Naval Personnel. "United We Serve is a great resource to help our Sailors make a positive impact in their local communities."

The NAVADMIN also advises activities desiring to post volunteer opportunities on the United We Serve site to consult OPNAVINST 5380.1A and seek guidance from their command's or region's legal counsel to ensure the services desired are appropriate for volunteers to perform.

enjoyed my time in the squadron. He was encouraging and helped foster professional growth among the pilots in his wardroom, and it is obvious that his interest still carries through today," Sholley stated after the ceremony.

HT-8 is one of three helicopter training squadrons attached to Training Air Wing FIVE at NAS Whiting Field, and the unit teams with HT-18 and HT-28 to train all helicopter pilots for the Marine Corps, Navy and Coast Guard. NAS Whiting Field supports the fixed wing and helicopter training mission incorporating more than 160,000 flight hours per year and greater than 1.3 million flight operations. The TRAWING-5/NAS Whiting Field team help prepare the next generation of air warriors.

Alexander praised the quality of the aviators that transition to the fleet from the area and reminded the audience that the "world remains a pretty dangerous place." The new aviators will be a vital component in providing for the security of the nation in the future. It is a role he told them to take seriously, but not to miss out on the excitement of the journey.

"Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did," he said, relating the famous Mark Twain quote. "So throw off the bow lines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore! Dream! Discover!"

Congrats TRAWING-5 wingers and scholars



First Row: Cmdr. Hans Sholley, USN; 1st Lt. Kyle Shea, USMC; Lt. j.g. Patrick Leahey, USN; Lt. j.g. Aaron Tanner, USN; Lt. j.g. Christopher Edwardrowland, USN; Ensign Marc Falkner, USN; Lt. j.g. Matthew Rusinak, USN; and Lt. j.g. Samuel Ansel, USN.

Second Row: Lt. Col. Mark Thompson, USMC; 1st Lt. Benjamin Link, USMC; 1st Lt. Brian Hampton, USMC; Lt. j.g. Colby Carrier, USN; Lt. Joseph Hunter, USCG; Lt. j.g. Robert Gaul, USN; Lt. j.g. Jason Aldridge, USN; Lt. j.g. Sam Southerland, USN; and Capt. James Vandiver, USN.

Third Row: Cmdr. Jeffery Debrine, USN; 1st Lt. Michael Holmberg, USMC; 1st Lt. Scott Blyth, USMC; Lt. j.g. Richard Hall, USN; Lt. j.g. Christopher Branning, USCG; Lt. j.g. Kyle Abner, USN; Lt. j.g. Richard Gillis, USN; and Rear Adm. Tim Alexander, USN.



Left Photo: Ensign Michael D. Burnell, USN; Ensign Austin B. Butler, USN; Ensign Elizabeth L. Janca, USN; Ensign Chad A. Henderson, USN; Lt. j.g. Christophe Heudebourg, French Navy; Lt. Matthew J. Meinhold, USCG; 1st Lt. David L. Tuck USMC; Lt. j.g. Andrew J. Galvin, USN; 2nd Lt. Ryan W. Lowenstein, USAF; and Lt. j.g. Anthony M. Duncan, USN receive their Academic Achievement awards at Training Air Wing FIVE headquarters June 24.



Right Photo: 1st Lt. David J. Niles, USMC; 1st Lt. Vincent J. Teixeira, USMC; 1st Lt. Joshua K. Entrekin, USMC; Lt Mark P. Aguilar, USCG; Ensign Paul A. DeLuca, USN; Ensign J. Terence Blake, USN; 1st Lt. Brent L. Kreckman, USMC; 1st Lt. Chip D. Jacoby, USMC; Ensign Cory F. Wienckowski, USN; 1st Lt. Samuel Wright, USAF; 1st Lt. Sean P. Fitzgibbons, USMC; 1st Lt. Jeffrey L. Groom, USMC; Ensign Nicholas J. Engle, USN were recognized July 1 with their Academic Achievement awards.