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Husband / wife team earn “Wings” together

By Lt. j.g. Megan Dooner, NAS Whiting Field Public Affairs

During every winging ceremony held at Naval Air Station Whiting Field, mothers, fathers, spouses and other family members all joyfully share in the celebration of a student's transition to pilot. To have a family member pin on the coveted "Wings of Gold" is a special moment for the student and family. The Jan. 14 winging ceremony hosted a rare event with double the excitement for a pair of married flight students joining each other on the stage.

1st Lt. Hyunhak Yim (Sam) and his wife 1st Lt. Sarah Megan Yim (Megan) pinned on each others wings, during Training Air Wing FIVE's first winging ceremony during the Centennial of Naval Aviation. Although the dual winging was not planned, accomplishing the same



1st Lt. Hyunhak Yim and his wife 1st Lt. Sarah M. Yim enjoy their post winging excitement with a family friend and role model. U.S. Navy photo by 2nd Lt. Molly LeBlanc.

goals at the same time seems to be a happy trend in the couple's lives.

Sam hails from Marietta, Ga. and Megan from nearby Alpharetta. The couple met while attending classes at Kennesaw State University in Kennesaw, Ga. They were married on March 5, 2005

in Atlanta, and graduated from KSU in December of 2007.

Sam and Megan received their commissions after completing the 'Platoon Leader Course' on Feb. 2, 2008. After commissioning, they went through 'The Basic School' together at Quantico, Va. Although they went through this training at the same time, Megan and Sam were put into different companies to avoid potential conflicts of interest.

After completing their Marine Corps specific training, they came to Naval Air Station Pensacola and went through 'Aviation Preflight Indoctrination' together. When they finally arrived to Naval Air Station Whiting Field, Sam started his Primary training in the T-34C with VT-3. Megan started her Primary flight training, also in the T-34C with VT-6.

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VT-3 students volunteer for Habitat for Humanity



A VT-3 student hammers the last few nails in the house before the trusses can be installed. Many of the student volunteers join Habitat for Humanity with little construction experience, but learn while helping to build a house. U.S. Navy photo by 2nd Lt. Molly LeBlanc.

By 2nd Lt. Molly LeBlanc, NAS Whiting Field Public Affairs

Prospective flight students may often have to wait a period of time before obtaining a seat to begin flight training. This wait can often be a couple of months, and the students usually use the time studying or are assigned jobs to augment offices throughout Naval Air Station Whiting Field and Training Air Wing FIVE. However, one group of Training Squadron THREE (VT-3) students also chose to dedicate their free time helping others as a part of the Habitat for Humanity program in Pensacola.

Air Force 2nd Lt. Larson is the leader of the group, which consists of 10-15 students that volunteer each week. He estimates the group has reached about 750 man hours of work at various habitat sites since they joined the program.

“We enjoy being able to represent the Air Force

- (Cont. on Page 5)

Sailors have Blue to Green option

- *May be useful for those facing separation*



From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- In a climate where Sailors may face separation due to high year tenure or Perform-to-Serve/Fleet Rating Identification Engine, Navy leadership is reminding Sailors in 2011 that Operation Blue to Green could keep them serving.

"Sailors should be aware of all avenues to stay in the military," said Capt. Hank Roux, head enlisted community management.

According to the Army's Operation Blue to Green website, the program allows highly qualified Sailors the opportunity to continue in military service, maintain benefits and gain new training.

Benefits of transitioning to the Army via Blue to Green include: E-1 through E-5 retain their grade and date of rank, rates that convert into an Army military occupational specialty (MOS) will only need to attend Basic Combat Training, and retraining into another MOS may be possible.

"Of course we want all of our Sailors to stay Navy, whether that is active, full time support or Reserve component, but if a Sailor's facing separation, Blue to Green is a great option for them," Roux said.

In fiscal year 2010, only 43 Sailors took advantage of the program.

To qualify, Sailors must be physically fit, meet the Army's height and weight standards, have a minimum of three years time in service and have an approved Request for Conditional Release (DD Form 368).

For more information, speak with your career counselor, review SECNAVINST 1000.7F, MILPERSMAN 1300-081 and the Army's Operation Blue to Green website at <http://www.goarmy.com/benefits/additional-incentives/blue-to-green.html>.

This Week in Naval History

Jan. 24

1942 - During the World War II Battle of Makassar Strait, U.S. destroyers attack a Japanese convoy in the first naval surface action in the Pacific.

1986 - The Coral Sea (CV 43) and Saratoga (CV 60) carrier battle groups conduct freedom of navigation exercises in and near the Gulf of Sidra, demonstrating the long-standing United States' refusal to recognize Colonel Khaddafi's attempt to include the gulf in Libyan territorial waters,

1991 - Helicopters from USS Leftwich (DD 984) and USS Nicholas (FFG 47) recapture the first Kuwaiti territory from Iraqi forces.

Jan. 25

1922 - Cruiser USS Galveston (CL 19) lands her Marine Corps detachment at Corinto, Nicaragua, to reinforce the Managua legation guard during a period of political tension.

1945 - Navy surface forces bombard Japanese positions at Iwo Jima.

1963 - The 1st Seabee Technical Assistance Team arrives in Vietnam.

Jan. 26

1911 - The first hydroaeroplane flight is witnessed by a naval aviator.

1913 - The body of John Paul Jones is laid in its final resting place in the chapel of the U.S. Naval Academy, Annapolis, Md.

Ec-nomics

Take Advantage of Tax Credits

A host of lucrative tax credits can help homeowners install renewable energy and energy efficiency projects. Various local, state and federal incentives exist to encourage the use of efficient windows and doors, insulation, roofing, HVAC (including geothermal ground source heat pumps) water heaters (including solar water heaters) and alternative energy technologies, like solar power, geothermal heating and cooling, biomass stoves, small wind turbines and even fuel cells.

Choose the Right Contractor

To choose which project to tackle first, it may help to try and perform your own energy audit, or, if some of these improvements prove to be a little ambitious for you, hire an expert. Green building pros are setting up shop all across the country, so they're getting easier to find. The Department of Energy certifies Energy Star home performance contractors, who are trained to improve energy efficiency in residential homes. (Be careful: many state and federal incentives require that the work be done by a certified contractor -- so check the rules before hiring anyone.) Ask potential contractors about their interest in and experience with going green, and find out if they are approved for work that qualifies for a green home label.

Get Creative and Go Alternative

Various local, state and federal incentives exist to encourage the use of alternative energy technologies, like solar panels, geothermal heating and cooling, biomass stoves, small wind turbines and even fuel cells -- all of which require a front-end investment that typically pays itself off in energy savings over a number of years. Whereas most incentives for energy efficiency improvements are capped at \$1,500 -- incentives for most household alternative energies cover fully 30 percent of the cost of, with no cap. Or, you can get creative. Tired of paying to chill food when it's cold outside? Take advantage of natural cool air by rigging up an ambient air refrigerator on the side of your dwelling. The process is more simple than you might think. You just need some wood, insulation and a couple of computer fans. Get all the details for your own super fridge here.

See www.thedailygreen.com for more tips.

News and Notes

Candlelight Tours by the Beach - Gulf Islands National Seashore will present a Candlelight Tour of Fort Barrancas on Saturday, Feb. 12, 5:00 - 7:15 p.m. Superintendent Dan Brown announced today. The free tour highlights Pensacola in the Civil War. In addition, the Fort Barrancas Visitor Center with new museum exhibits, audiovisual programs, and bookstore will be open. Reservations are required and visitors should call (850) 455-5167.

Art classes with Fuller Brown - Learn how to paint at Gulf Breeze United Methodist Church: 4115 Soundside Drive, Gulf Breeze, Fla. For more information, call 916-1660. The classes are held each Wednesday at 9 a.m. for oil painting and at 1 p.m. for water colors. The class is meant for students of all levels of skill. Cost is \$15 per class.

Pre-natal Yoga - The Om Site Yoga Center at Aradia's Closet presents pre-natal yoga at 7 p.m. each Thursday. Aradia's Closet is located at 5055 Highway 90 in Milton Call 850-994-2055 for details.

Ballroom Dance Lessons - Learn beginning Argentine Tango and Salsa with lessons every Wednesday through March 2. Classes are held from 6 to 7:25 p.m.. The sessions are performed in a group format with no partner required. The classes cost \$50 per term or \$10 per night. There are also beginning Bolero and West Coast swing lessons each Wednesday through March 2 following the Tango and Salsa class from 7:35 to 9 p.m. The class will use the same format and cost.

Artists Needed for Arts Festival

The Santa Rosa Arts and Culture Foundation (SRACF), is calling for all artists, entertainers, performers, historic and ethnic cultural groups, vendors and volunteers for the 23rd Riverwalk Arts Festival. The Festival will take place on 26 and 27 March in downtown Milton. Call 850-393-0121 for more information.



Getting the Scoop

Vice Adm. Michael Vitale listens as Lemarian Rasberry and Teri Withee provide some information on the Navy Gateway Inn and Suites facility at Naval Air Station Whiting Field. Vitale was on base for only a short while, Jan. 20. U.S. Navy photo by 2nd Lt. Molly LeBlanc.

Corks 'N Canvases - Corks 'N Canvases, is an annual fundraiser for Big Brothers Big Sisters of Northwest Florida. It is a celebration of both wine and art. The event will take place from 6 to 9 p.m. Jan. 28 at the Pensacola Museum of Art, 407 S. Jefferson St. This year's menu will include wine tastings of hand selected wines; heavy appetizers and complimentary beer, soda and water provided by Lewis Bear Co.; live music by Joe Occhipinti and Kathy Lyons; a live art collaboration by Ashton Howard and Joe Hobbs; and a silent auction including artwork, jewelry and packages from local artists and businesses.

Superbowl Party!

6 February
Doors open 30 min. before
kick-off at Sikes Hall

Contests and Prizes
for active duty

Chili Cookoff

Tickets available at
the Liberty center

POC: 623-7274

Upcoming Events

Jan. 28, 1300 - Winging Ceremony - Base Auditorium

Feb. 4, 1800 - Navy League SOY/IOY Banquet - Sikes Hall

Feb. 11, 1300 - Winging Ceremony - Base Auditorium

Feb. 16, TBD - RADM Olutoyin, Nigerian Navy CSO Visit

Feb. 21, All Day - Presidents' Day Holiday

Feb. 22, 0700 - Exercise Solid Curtain-Citadel Shield Begins

Fleet and Family Support Center Classes

VA Representative (Call for Appointment) - Friday - 8 a.m. to noon, January 28

Money & The Move - Thursday - 1 to 3 p.m., Feb 3 & 17

Relocating due to a permanent change of station assignment is exciting but can be expensive. Even though the government provides relocation allowances, many families find a move puts a definite strain on their budget. This sixty-minute session targets active duty military and their spouses who are relocating due to reassignment or transition. This class will educate participants of these entitlements.

Home Buying Class - Wednesday - 1 to 3 p.m., Feb 23

Are you in the market for a new home? We can help! From finding the best agent, to negotiating price, types of mortgage loans, and how to get the best interest rates, we can help! Find out how to buy a home and maintain your lifestyle! For details, call 623-7177.

Credit Management - Friday - 1 to 3 p.m., Feb 25

Using Credit Wisely is a 60-90 minute program designed to help participants to use credit wisely, establish and maintain a good credit rating, and avoid excessive debt. Used appropriately it can be an excellent tool, but used the wrong way it can bring the financial wheels of your life to a grinding halt for a long, long time. This class will educate attendees on the wise and unwise use of credit, establishing credit history, the cost of credit, and the warning signs of having too much credit.

TRICARE Notes

WHAT IS THE RIGHT OF FIRST REFUSAL?

If you are a TRICARE beneficiary living in a TRICARE Prime Service area (PSA) and a civilian provider submits a referral or authorization request on your behalf, you may be referred to a military treatment facility (MTF). If this has ever happened to you, it may have come as a surprise to you and your family. Knowing why this happens and understanding how the process works can make a world of difference.

How Does the Process Work? When a civilian provider submits a referral or authorization request to Humana Military, if the specialized services required are available at the MTF, the request will be sent to the MTF's point of contact for review. The MTF will notify Humana Military if they are unable to provide the care, usually within one business day for routine requests and within 30 minutes for urgent requests.

If the MTF accepts the referral, Humana Military will complete the referral to the MTF, and the MTF will contact you to schedule an appointment.

If the MTF refuses the referral, Humana Military will complete the referral to a civilian network provider, and you will receive notification so that you may schedule your appointment.

Winging

- (Cont. from Page 1)

Sam began his advanced helicopter training with HT-8 roughly two months before Megan initiated her training with HT-18. The only reason Megan "caught up" to Sam in the program was because he got sick, which prevented him from flying for some time.

At the winging it was announced that Sam will fly the AH-1W and Megan will fly the CH-53E. When asked if flying different platforms would be a source of competition for the couple, Megan responded that they have never been competitive with each other. They much prefer to help one another with their studies and both feel that flying different platforms will help them to learn more because they will be able to share their 'lessons learned'.

"Flying different aircraft will bring balance to the work experience. We know we will glean a lot from each other. We don't see our careers as a competition at all. We would much rather help each other succeed."

The couple has been very lucky so far to have been stationed together. They will continue to be together at MAG-29, New River or Cherry Point, NC. When asked how they feel about the potential of not being stationed together in the future, Megan said they have always known that they would have to be apart at times. They know that it will be difficult, but they will do what it takes to accomplish the mission and to keep their marriage strong.

"We have known all along, even before we got married, that we would have to sacrifice being together in order to support the mission. We accept that and are confident that while being apart is never easy, it is something we will be able to handle."

Make this year's resolution 'SMART'

By Chris Halagarda, Navy fitness and performance enhancement dietitian

FORT LEE, Va. – This is the season when millions of Americans will choose to lose weight as their New Year's resolution. If you are one of those people who vowed to lose weight last year and the year before and the year before that, I ask you, "What will you do differently this year? What will you do this year that you didn't do last year or the year before?"

Weight loss is one of the most difficult challenges one will take on in their life and unfortunately, nine out of 10 people fail to reach their weight loss goals! For many people, it has become a social pastime to talk about their weight loss attempts. "What diet are you on?" "Oh, I can't eat bread on my diet," or "I'm going to drink this solution for three days, then I'll avoid sugar for two weeks, then I'll . . ." Does any of this sound familiar? If so, it's time to strategize and simplify your goals this year, and start living your life at a healthy weight.

The first step is to write down your goal and post it on your refrigerator or computer screen. Writing down your goal and placing it where you will see it will remind you regularly of it and keep you motivated.

Next, write down 5-10 reasons why you want to reach your goal and 1-3 changes that you will make to support your goal. How do you write a good goal? Follow the SMART principle of goal setting: specific, measurable, adjustable, action-oriented, realistic and time-based. For example, a common resolution that I hear is, "I want to lose weight." Although this is a goal, there is no way to measure the status and outcome. Remember, the ultimate goal is to reach a healthy weight and then maintain that weight for your life. An example of a SMART revision of this same goal is: "I want to lose weight. Ultimately, I want to lose 20 pounds by Aug. 1." Small goals on the way to losing 20 pounds could be: "To measure my status on the way to my larger goal, I will lose 10 pounds by April 1 and 15 pounds

by June 1."

By documenting these smaller goals, it allows you to adjust your bigger goal or adjust your behaviors. If on April 1 you have lost only eight pounds, you haven't failed at your ultimate goal, but you now know you need to exercise more or reduce the amount or types of food you are eating.

So, now you have your ultimate goal and your smaller goals, how are you going to reach your goal? By having a realistic, time-based goal you will succeed this year by making small habit changes or "baby steps."

Clients I have worked with have succeeded by applying simple changes that don't require much effort, such as reducing or eliminating sugar from their morning coffee, walking for a couple of minutes every half hour at work, trying a new fruit or vegetable from the commissary every week, lifting weights (any resistance training) once or twice a week for 15 minutes during lunch, eating a fruit or vegetable with every meal, making a "vegetarian food" day every week, packing a brown-bag lunch three days a week, decreasing the number of times you eat out by two trips each week or choosing only whole grains for breakfast.

Finally, it's really important to not take on too much. Despite having witnessed many successful health improvements, I have also seen many people fail at their weight loss attempts. The No. 1 reason for not succeeding was trying to change their lifestyle too drastically. So, this year, try learning from your mistakes and other's mistakes.

Choose one or two habits and follow them for a month. If after four weeks you're still following those two habits, then and only then, should you add another lifestyle change. With these baby steps, maybe next year your New Year's resolution could be to save more money.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today.

Habitat

- (Cont. from Page 1)

and VT-3 in a positive way to the community," said Larson, who attends Habitat for Humanity work sites several times a month.

Habitat for Humanity in Pensacola follows several different single story building plans, and the VT-3 volunteers usually work one of three specific days in the construction process. As a result, the students have become adept at putting walls up, installing trusses and solar board for roofs, and even putting in windows and doors.

When the volunteers arrive on the first day, the lot consists of a concrete foundation and uninstalled prefab walls. However, with just a couple days of work, the slab of

concrete begins to resemble a home.

"It's pretty cool to see the work that can be accomplished in three days, when people just spend a little bit of their time," Larson said.

One special aspect of the program is that the students are able to work side by side with future Habitat home owners. Habitat for Humanity requires that future owners put in hundreds of "sweat equity" hours working on their own house and the houses of others.

"It's a blast, and sometimes you learn a thing or two," he said.

Safety center provides proof of seat belt benefits

Editor's Note: Do Seatbelts Really Make A Difference? The answer would be yes. Reading these two safety center lessons learned reports from actual accidents involving military personnel will give you a good idea as to why.

DON SCENARIO 1: Franklin, GA – Saturday evening, 5 Dec, 2010, near midnight, a 25-year-old E-5 was on leave and driving a car on a rural road. The Petty Officer swerved to avoid hitting a deer that ran across her path. The Sailor lost control of the car and went through a guardrail, flipping the vehicle multiple times. A passer-by called authorities alerting them of the crash. The Sailor was admitted to a local hospital and treated for a mild concussion, cuts and bruises. There was no alcohol or speed involved in the mishap.

Note: This story should be shared with all service members. Had the driver not been properly buckled, this crash may have had a drastic ending. Instead, our Shipmate has recovered from minor injuries and is back to work. Vehicles can be repaired or replaced, people can't.

DON SCENARIO 2: Magdalena, NM – Saturday evening, 18 Dec, 2010, a 22-year-old E-3 was involved in a rollover crash on SR 107, just south of Magdalena. The E-3 was traveling southbound in a 1997 pickup truck and slid off the roadway and subsequently rolled nearly three times. The LCpl was thrown from the vehicle and killed when the vehicle landed on top of him. Alcohol and the failure to wear his seatbelt were the main reasons this individual lost his life.

Note: This tragic death could easily have been prevented had the driver buckled his seatbelt. The National Highway Traffic Safety Administration says that seatbelts reduce the risk of critical injuries by 50%. Seatbelts are designed to keep occupants inside the vehicle – the safest place to be during a crash. They also keep occupant from becoming missiles inside the vehicle.

Seat belts also saved the life of one of our own

Editor's Note: "Seat belts saved my whole family's life." That's a quote that Billy Lawson, our Fleet and Family Services director stressed following a car accident back when he was still an active duty service member in Texas. Here are some excerpts of the letter he wrote from the hospital for the base newspaper at Lackland Air Force Base in 1988.

Greetings fellow workers: I suppose by now all sorts of rumors are circulating as to my disposition. Well, I am alive! On June 6, my family and I were travelling in our rental car from my wife's parents' home to Luke AFB, Ariz. To get my oldest son a routine allergy shot.

We were driving west through suburban Glendale at approximately 45 mph when another vehicle travelling north (at an estimated speed of 60 mph) ran a red light and crashed into our car, directly on the driver's door. It then bounced off and hit a third car in the next lane. Our car rolled twice. All of us were wearing our seatbelts (THEY WORK). My children escaped with minor cuts and bruises and my wife suffered a few cracked ribs. She was treated and released almost immediately. I, on the other hand, was severely injured, since I took most of the impact on my left ribs.

Nine of my ribs broke and my left lung collapsed. At first, the doctors thought that was all that was wrong, but they discovered that my aorta, the largest artery on my heart, had also been damaged.

On June 12, they went back in and repaired my aorta. I am currently recuperating and trying to rest at Wilford Hall. All the major surgery was performed at St. Joseph's hospital in Phoenix, Ariz., but I was aero-evacuated to rest a



The rental car Bill Lawson was driving after it was struck by a vehicle which ran a red light. He believes that wearing seat belts is what saved his and his family's lives. Courtesy photo.

Wilford Hall.

I am quite sore and very weak but in good spirits. I still have my sense of humor. I did lose a great deal of my voice as the left vocal cord nerve was damaged and no longer functions. I can only speak at a whisper for now; however, the doctors tell me they can make it better with surgery, as part of my vocal cord will be replaced by Teflon. I will never put Bon Jovi out of business but at least I will be able to talk with some volume.

This is a "hell of a way" to quit smoking, but quite effective. I have not had a cigarette or the desire for one since the accident.

I would like to thank you all for your prayers, cards, thoughts, money, and deeds. Your support has meant a lot to me and my family.

In closing, though, let me tell you how important seat belts are – THEY SAVED MY WHOLE FAMILY'S LIFE.