



Naval Air Station Whiting Field, Milton, FL

Forging Wings for the Fleet

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# Sholley passes HT-8 to Bowdich

By Ensign James Hedman, NAS Whiting Field Public Affairs

Helicopter Training Squadron EIGHT held a change of command ceremony in which Cmdr. Hans Sholley passed authority to Cmdr. Paul Bowdich on Friday, Dec. 2 at the Naval Air Station Whiting Field Atrium.

Training Air Wing FIVE Commodore Col. James Grace was on hand to serve as the guest speaker.

As commanding officer of HT-8, Sholley led the "Eightballers" in transforming a 20-day training schedule deficit into a nine day



TRAWING-5 Commodore Col. James Grace presents Cmdr. Hans Sholley with the Meritorious Service Medal for his achievements at HELTRARON-8. U.S. Navy photo by Ensign James Hedman.

lead.

Sholley was so efficient, in fact, that he surpassed fiscal year 2011 targets and produced 23 more pilots than required.

In total, Sholley oversaw more than 20,000 flight hours, 11,000 sorties, and the winging of 193 professional aviators – all this, in the face of numerous challenges.

"We at the wing and higher did our best to try and prevent your success, Hans, as we loaded your Navy students late, cut back your simulator availability and changed the airfield hours," Grace jested.

- (Cont. on Page 2)

# Vilardi hands TW-5 Reservists to Vannice

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs

Capt. Guy O. Vilardi passed command of the Training Air Wing FIVE Reserve Component to Cmdr. Jay R. Vannice in a ceremony aboard Naval Air Station Whiting Field on Tuesday, Nov. 30.

Rear Adm. John Sadler, Commander, Naval Air Force Reserve, Deputy Commander, Naval Air Forces, Deputy Commander, Naval Air Forces Pacific Fleet, acted as presiding officer and guest speaker.

Sadler praised Vilardi as a leader who exemplifies excellence in his performance and inspires a command to follow suit.

"Guy is about leading people, doing the hard



Capt. Guy Vilardi relinquished command of the TRAWING-5 Reserve Component to Cmdr. Jay Vannice on Tuesday, Nov. 29. U.S. Navy photo by Lt. j.g. Tim Mosso.

job, being a role model, and completing the mission," Sadler declared.

Vilardi's seamless transition from direct support of combat efforts in Iraq to the stateside training requirements of TRAWING-5 was evinced by the quality of the reserve component's performance during his tenure. The TRAWING-5 Reservists under Vilardi dominated the Chief of Naval Air Training's 2009 and 2010 awards for outstanding performance.

"TRAWING-5's reserve component is the largest of the four in CNATRA... Guy's people swept every award in CNATRA for 2010 for which

- (Cont. on Page 6)

# Sholley passes command

- (Cont. from Page 1)



Cmdr. Hans Sholley symbolically passes HELTRARON-8's jack to Cmdr. Paul Bowdich. Naval Aircrewman Senior Chief Sage Mathis, the squadron's senior enlisted representative, oversaw the exchange. U.S. Navy photo by Ensign James Hedman.

Grace emphasized Sholley's altruism and humility. In his list of what it takes to be a successful Navy commander, Grace cited Sholley as an exemplar.

"[The ideal is] someone who is humble in all that they do and gives praise where it's due: to those in their squadron," Grace opined.

Sholley graduated from the United States Naval Academy in 1992 and was designated a naval aviator in 1994.

He deployed twice while flying the SH-60B aboard the USS Robert G. Bradley (FFG-49), once aboard the USS Caron (DD-970), and deployed with the USS Bonhomme Richard (LHD-6) as the Aircraft Handling Officer during Operation Enduring Freedom.

After serving with distinction at subsequent duty stations, performing in a range of billets, and graduating from the Naval War College in 2007, Sholley joined the Joint Staff in Washington, D.C., at the Operational Plans and Force Development Directorate.

He joined HT-8 as the executive and eventually commanding officer.

Sholley made sure that both HT-8 and Bowdich had a lot to look forward to.

"HELTRARON-8, I leave you with a new commanding officer who knows where to take this fine ship.

"Paul, congratulations. Not only are you taking command of the Navy's oldest helicopter squadron, but you also are taking the reins of the best helicopter squadron."

Finally, Sholley implored the audience to take to heart the squadron's motto.

"Eightballers always remember: 'the best helicopter pilots in the world are trained here.'"

As executive officer, Bowdich was instrumental in contributing to HT-8's efficiency.

After graduating from the Merchant Marine Academy in 1994, Bowdich flew the UH-3H "Sea King" on two deployments to Manama, Bahrain and made multiple deployments with the USS Mount Whitney (LCC-20), USS Enterprise (CVN-65), and USS Ogden (LPD-5), among other duty stations.

Subsequently, Bowdich graduated from the Naval War College in 2009 and was assigned to the Coalition Coordination Center at U.S. Central Command.

Bowdich joined HT-8 to assume duties as executive officer in 2010.

He opened his address by commending his outgoing commander.

"I could not have asked for a better commanding officer to learn from," Bowdich reflected.

With optimism for the future, Bowdich set his tone for the assembled student aviators.

"You are the ones that will soon be flying those new shiny, lethal helicopters. You are why we are here today. You are the future of naval aviation."



Cmdr. Paul Bowdich is dressed with the U.S. Navy Command Ashore pin by his wife, Karen. As per ceremonial custom, flowers were presented to Mrs. Bowdich, Mrs. Renee Sholley, and other members of their respective families. U.S. Navy photo by Ensign James Hedman.

## News and Notes

**Ring Those Bells** - Santa Rosa's Clean Community System is kicking off the holiday season with a special event for kids to raise money for their new Fireman's Recycling Station. Tickets are \$5, with seating limited to thirty-six at each time. Children five and under must be accompanied by an adult. Each session will last approximately an hour or possibly a little longer. There will be one seating at 11 a.m. and a second at 2 p.m. It will take place in the Clean Community Education building, 6758 Park Avenue in Milton Dec. 10. Children will enjoy refreshments, a hands-on Christmas recycling craft project, favors and will be read the "Firefighter's Night Before Christmas" by special guests, Santa Rosa County Judge, Robert Hilliard at 11 a.m. and Milton Mayor Guy Thompson at 2 p.m. Kathy Marshall of the Santa Rosa County Sheriff's Department will be available to sign during the 11 a.m. seating only. Additionally, City of Milton firemen will be on hand to show children fire equipment and the city's fire engines.

**Santa Fly-In** - come see Santa Claus fly into Milton Airport Saturday, Dec. 17 from 10 a.m. to 2 p.m.. Santa will fly in at noon. This is a free community event sponsored by Aviation Exploring Post #421 and AMS Flight School. All children ages 10 and under will receive a present from Santa. Santa will pose for pictures with the children in front of the airplane as well. There will be bouncy houses; hay rack rides; and hot chocolate, cider and cookies for the kids to enjoy. Call (850) 623-4151 for more information.

**ERAU Registration** - Embry Riddle Aeronautical University is now registering for the Spring 1 term through January 9, 2012. Hours on board NAS Pensacola are 8 a.m. - 5 p.m. Monday through Thursday and 8 a.m. - 4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m. - 4 p.m. in Bldg, 1417, Room 163. Late registration and add/drop a course for a full refund will be held January 9-13. Everyone is encouraged to register early. Classes begin January 9. New Student Orientation will be held Wednesday, January 4, 2012 5 - 6 p.m. on board NAS Pensacola in Bldg. 634, Suite 033. Embry Riddle Aeronautical University's Pensacola campus offers certificate programs, associate and bachelors degree programs with various specializations in Professional Aeronautics and Technical Management and the Master of Aeronautical Science degree. Email pensacola@erau.edu, visit www.embryriddle.edu/pensacola or call 458-1098 for more information.

**Looking for a Few Good Men** - Did you play baseball in high school or college? If so, the NAS Whiting Field Warriors might be looking for you. The Warriors are looking to add players to their roster for the upcoming USSSA Military Intramural Softball Tournament Series that leads to the Military World Tournament in Panama City Florida. The Warriors have finished third in the World Tournament the last two years in a row. Please call Todd at (850) 665-6102 or email him at (todd.mooneyham@navy.mil) to get your information on try-outs for this year's team.

**Pensacola Ice Flyers Tickets** - Naval Air Station Whiting Field's Information, Tickets and Travel office has Pensacola Ice Flyers home game tickets available now in Bldg. 1417 (next to Pen Air Federal Credit Union). The discounted tickets are only \$8.50 per ticket and the seats are in section 112. Similar seats cost \$16 at the gate. There are a limited number of tickets available per game. The upcoming schedule includes:

Friday, Dec. 9 - Mississippi Surge @ 7:05



### Allied Forces

Col. Anir Sankar, Head of Air Training of the Republic of Singapore Air Force, presents Training Air Wing FIVE Commodore Col. James Grace with a plaque of salutation, Dec. 5. Sankar was briefed on pilot training at TRAWING-5 and took a scheduled tour of NAS Whiting Field, including academic and T-6B simulator facilities and the T-6Bs themselves. Sankar enlisted in the Singapore Air Force in 1984 and has held numerous pilot and instructor billets. He is fluent in English, French, and Malay. U.S. Navy photo by Ensign James Hedman.

Friday, Dec. 16 - Columbus Cottonmouths @ 7:05

Friday, Dec. 23 - Columbus Cottonmouths @ 7:05

Tuesday, Dec. 27 - Louisiana Ice Gators @ 7:05

Thursday, Dec. 29 - Mississippi Riverkings @ 7:05

Friday, Dec. 30 - Mississippi Surge @ 7:05

Saturday, Dec. 31 - Mississippi Surge @ 6:05 (one hour earlier)

**Bagdad Music Gala** - The Bagdad Village Preservation Association recently received a 19th century, beautiful, square grand piano. To raise funds for the restoration and maintenance, BVPA will be hosting an evening of 19th Century concert music featuring distinguished pianist Dr. Heidi Salanki-Rubardt, Director of the Piano Program and Chamber Music at the University of West Florida. Salanki-Rubardt studied at the Franz Liszt Academy of Music and the Bartok Conservatory in Budapest, as well as Rutgers University, and earned her doctorate in harpsichord performance at the Julliard School. She will be joined by acclaimed vocalist Michael Cowley, who will perform holiday music in honor of the season. Cowley has performed with the Pensacola Opera, Phoenix Star Productions and the Pensacola Oratorio Society, among others. The performance will be held in the Bagdad Village Museum on the evening of Saturday, Dec. 17 beginning at 7:00 p.m. The event will be limited to fifty guests and includes a reception with hor d'oeuvres and beverages typical of the era. Tickets for this black tie optional event are \$30 per person with proceeds going to the restoration fund. For details call Richard Lewis at 983-7918.

**Let's Go Bowling** - Liberty will have LIMITED number of FREE tickets to the R&L Carriers Bowl on Dec 17 in New Orleans. Louisiana-Lafayette will face-off against San Diego State in the Superdome! Ticket reservations may be made through Liberty - x7274 and tickets will be distributed on the day of the game in New Orleans. Must travel to New Orleans to receive the tickets.

## Upcoming Events

Dec. 9, 1000 - Santa Claus Arrives to CDC

Dec. 9, 1300 - Winging Ceremony - Base Auditorium

Dec. 10, 1800 - NASWF Christmas Party - Sikes Hall

Dec. 24 - Christmas Eve

Dec. 25 - Christmas Day

Dec. 31 - New Year's Eve

# Fleet and Family Support Center Items

**IA Discussion Group - Monday, Dec. 12, from 1 to 2 p.m.**

**Time Management - Monday, Dec. 12, from 2 to 3 p.m.**

At the end of the day, do you ask yourself, "Where did the day go?" Then feel as though you have accomplished little on your list of things to do? The information provided in this class will provide you with tools to help you make the most of your busy and demanding days. Class will be held in the FFSC conference room. Call 623-7177 for details.

**VA Representative - Friday, Dec. 16, from 8 a.m. to noon.**

**Consumer Awareness - Wednesday, Dec. 21, from 1 to 3 p.m.**

According to the U.S. Office of Consumer Affairs, fraud cost consumers over \$40 billion every year. We are constantly approached by people trying to take our money. Some offers are truly fraudulent and illegal, most, however, are simply rip-offs and misrepresentations. Don't be a victim! Class will be held in the FFSC conference room. For more information contact a work and family life specialist at 623-7177.

For the 13th consecutive year, Naval Air Station Whiting Field Fleet and Family Support Center will hold their Elf Tree program to support children of military families and help ensure all children of NAS Whiting Field have joyful and happy holidays. Fleet and Family Support Center (FFSC) will put up a holiday display in their lobby for hanging the tags. Parents who need assistance in providing holiday gifts for their children can come into the FFSC and request sponsorship from Nov. 14 to Dec. 2. Confidentiality is strictly maintained throughout OPERATION E.L.F. Tags with "wish lists," age, gender, sizes, etc. will be placed on the tree for sponsors to select. Anyone may be a sponsor, and a \$25 limit per child is advised.

**Eco-nomics**

### *Pump it Up*

You may have heard the oft-repeated (and occasionally ridiculed) suggestion to "inflate your tires" in order to decrease rolling resistance and increase fuel economy on the road.

In fact, it's sometimes said that if everyone in the U.S. kept their tires inflated to the recommended pressure, we'd save 200,000 barrels of oil a day. Let's see how it might break down for you. The average amount of under-inflation, 7.5 pounds, causes a loss of 2.8% in fuel efficiency.

Since the average American driver logs 15,000 miles per year, and the average efficiency for a passenger car is 23 miles per gallon, that's an average of 642 gallons of gas a year (more for those who drive SUVs). If we take 2.8% of 642 we get 18 gallons.

See [www.thedailygreen.com](http://www.thedailygreen.com) for more tips.



### **"A Day That Will Live in Infamy"**

Rescue crews work on the upturned hull of the 29,000-ton battleship USS Oklahoma (BB 37) Dec. 8, 1941. The ship capsized after being struck by Japanese warplanes during the attack on Pearl Harbor Dec. 7, 1941. Holes were burned through the hull to permit the rescue of some of the men trapped below. In honor of the 70th anniversary of Pearl Harbor, stories, photos and videos are available at <http://www.navy.mil/ph70>. U.S. Navy photo courtesy of the Library of Congress Archives.

# Better Business Bureau charity advisory

Your BBB Foundation Serving Northwest Florida released its Charity Giving Guide to help donors make educated giving decisions this holiday season.

“During the holiday season, donors – businesses and individuals alike – are often overwhelmed with requests for assistance,” said Norman Wright, President/CEO of your BBB|Northwest Florida.

“We hope that as donors are deciding which charities to support, they will use the Charity Giving Guide as a resource to help them make wise giving decisions and that charities will use the Standards for Charitable Accountability as a guide for ‘best practices’ in operating their organizations.”

BBB has issued Wise Giving Reports on charities locally and has made them available free-of-charge for several years; however, the Charity Giving Guide is a summary of the detailed reports of evaluations of all the charities in your BBB’s local database.



BBB reviews local charities against BBB’s 20 Standards for Charity Accountability.

The Standards, developed over a three-year period with input from nonprofit representatives, IRS officials, foundation executives, donors and other stakeholder groups, provide an objective means to evaluate a charity’s governance and oversight, measurement of effectiveness, finances and fundraising and informational materials, all evaluations that surveys have shown that donors are interested in knowing before making a donation.

The 2011 Charity Giving Guide is available on BBB|Northwest Florida’s website at [www.nwfl.bbb.org](http://www.nwfl.bbb.org) <<http://www.nwfl.bbb.org>> .

org/CGG> .

If you represent a local nonprofit or charity organization and would like to be evaluated by your BBB against the Standards for Charity Accountability, contact your BBB at (850) 429-0002, (800) 729-9226 or e-mail [info@nwfl.bbb.org](mailto:info@nwfl.bbb.org) <<mailto:info@nwfl.bbb.org>> .

## Weekly Spotlight - Nathan Antonio

### Branch of service:

USN, retired (Dental Technician First Class)

### Hometown:

Bacolod City, Philippines

### Job title:

Admin Clerk

### Command:

Training Squadron TWO

### Years in service:

20

### What do you enjoy most about your job?

I live in the area, don’t need to drive farther ...learn the aviation world- and interaction with students and staff.

### What is the best part of working for/with the Navy?

As a retiree, it makes me proud to be working with “shipmates,” knowing that these student aviators will move on to become better pilots in defending this nation. I get to know a lot of people doing different jobs, and it makes me realize the importance of their part in contributing to mission accomplishment of the Navy.

### What do you envision yourself doing in 5 years?

I would like to go back in the medical/dental environment, maybe as a department supervisor.



# Vilardi cedes to Vannice

- (Cont. from Page 1)

they were eligible,” Sadler noted.

During the course of Vilardi’s 24 month tour as the commanding officer of TRAWING-5’s reserve unit, its contribution to naval aviation was voluminous and stellar.

The wing’s reserve instructors flew over 52,000 flight hours and contributed 18 percent of TRAWING-5’s total airborne training time during the two-year timeframe.

Vilardi was awarded the Meritorious Service Medal for his service to TRAWING-5. The value of the reserve component’s contribution to CNATRA was cited as indispensable and the standard set by Vilardi was hailed as exemplary.

“The cream rises to the top... [Capt. Guy Vilardi], you make things happen,” Sadler remarked.

Vilardi reflected on his experience at the air station with equal measures of satisfaction and gratitude. In the presence of fellow service members and family, the emotion of the moment inspired Vilardi to express the sentimental attachment to this command that he and his family felt.

“It’s bittersweet for us, but we get to do it in the presence of our Whiting Field and TRAWING-5 family,” he noted.

Moreover, Vilardi offered an emphatic testament to the value of military families who support service members through times of hardship and uncertainty.

“In my house, my wife Leslie is the sun around which we orbit; I’m grateful for the support and sacrifice of my wife, my children and the support and sacrifice of our military families,” Vilardi emphasized.

He used the occasion to thank key contributors to the wing’s success and the reserve unit’s performance.

TRAWING-5 Reservists, many of whom travel hours from their homes of record to support the active unit, face unique challenges and hardships in the course of their service.

Many of the Officers split their time between the demands of commercial and military aviation.

Vilardi, himself a Captain for Delta Airlines, was effusive in his praise of the resilience and resolve exhibited by all contributors to his unit’s success.

He recognized and lauded the sacrifices of aviators,



**Cmdr. Jay Vannice addresses members of the TRAWING-5 Reserve Component as commanding officer of the unit. U.S. Navy photo by Lt. j.g. Tim Mosso.**

supporting Officers, enlisted Sailors, and his active duty counterparts within the wing. While Vilardi’s speech was characterized by an engaging, erudite, and emotive style, the recurring themes of satisfaction and gratitude stood salient in his concluding remarks as component commander.

“Each one of those 52,000 flight hours is a silent, successful, prodigious sacrifice... I’m grateful to serve,” Vilardi concluded.

Vilardi’s next tour will be conducted in support of the U.S. Central Command. He has been named Prospective Deputy Commander for Maritime Expeditionary Squadron EIGHT based in Newport, R.I.

Following a formal exchange of authority, Vannice

thanked his predecessor and introduced his unequivocal vision for sustained high performance.

In his opening remarks as commanding officer, Vannice stressed the importance of constant self improvement, teamwork, and leadership at every level.

“Grow and develop yourself as leaders; I urge you to lead by example.

“I have been thoroughly impressed with all of the Officers I’ve met and our small but excellent cadre of enlisted professionals...we will continue to assist the [TRAWING-5] commodore to train warriors and develop leaders,” he declared.

Vannice expressed his total commitment to empower all TRAWING-5 reserve personnel to accomplish this mission.

“I will do everything in my power to ensure you have what you need,” he vowed.

## This Week in Naval History

### Dec. 7

1941 - Japanese carrier aircraft attack U.S. Pacific Fleet based in Pearl Harbor, Hawaii.

### Dec. 8

1941 - U.S. declares war on Japan.

# Training squadrons surging on sunshine

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs  
Naval Air Station Whiting Field marked another step on its path toward energy independence on Tuesday, Nov. 29.

Base Commanding Officer Capt. Matthew Coughlin and Public Works Officer Lt. Cmdr. Jason Kranz were on hand to inaugurate the air station's first large-scale photovoltaic power systems.

Following a formal ribbon-cutting ceremony, Coughlin engaged personnel from the base's Public Works Department and contractors from Atlantic Contingency Constructors in a discussion of the system's potential.

At the time of the ceremony, the power system was generating sufficient energy to reduce the host structure's electrical consumption to "net zero" according to Public Works representatives.

This achievement represents a landmark event in the base's drive toward energy self-sufficiency.

"The goal is to reduce energy purchased, to increase our independence from outside sources," Ensign Cory McLaughlin of Public Works explained.

The new solar array is designed to provide primary power to base building 2981, which houses Training Air Wing FIVE's fixed-wing Training Squadron TWO and Training Squadron SIX.

A more extensive variant of the photovoltaic system has been installed to service a similar facility containing two of the air station's three South Field-based helicopter training squadrons.

The second system, which boasts even greater output potential than the North Field generator, was activated in concert with the proceedings at the fixed-wing squadrons. Combined output of the two power plants would be sufficient to supply approximately 45 average American homes.

According to Kranz, the newly-commissioned system was undergoing initial evaluation at half of its potential, and a second set of electric inverters is scheduled to double the output of the plant.

Beyond the operational certainty and security that the system affords the base, economic incentives loom on the near horizon. While reflecting on the peripheral advantages of on-site renewable power, Kranz was unequivocal about the immediate payoff.

"We look forward to saving money," he noted with a smile.

The self-contained power units can induce the base's power consumption meters to "run backward" and further diminish energy expenses for the command. The net economic windfall is projected to approach \$60,000 per year at current utility rates with the potential for greater gains if energy costs rise.

Both power plants are fully integrated with the air station's power grid.

In the event that one solar unit produces power in excess of the needs of its host building, the surplus can be channeled to other facilities on the base.

The base's newly-activated solar generators are the culmination of a Navy-wide initiative to expand the energy independence of its stateside installations.

The project has been funded by the American Recovery and Reinvestment



NAS Whiting Field Commanding Officer Capt. Matthew Coughlin, Public Works Officer Lt. Cmdr. Jason Kranz, and personnel from contract partner Atlantic Contingency Constructors, LLC celebrate the commissioning of the air station's first large-scale photovoltaic power plant. U.S. Navy photo by Lt. j.g. Tim Mosso.

Act of 2009.

NAS Whiting Field has been a consistent leader in the early adoption and innovative application of alternative energy technologies.

The base has engaged solar energy units to meet a broad spectrum of operational requirements. Since 2009, the air station has installed solar-powered parking and traffic lights as well as tested a solar-powered water heating plant at the former Wings Club facility.

Exploratory plans are underway to re-commission the solar heater, which is in storage, and expand the use of photovoltaic generators.

The Public Works Department is engaged with its local electric utility partner, Gulf Power, to evaluate the technical feasibility and economic benefits of a solar power farm aboard the air station.

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# Phillips to lead air station SAPR effort

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's Fleet and Family Support Center welcomed its first dedicated Sexual Assault Prevention Response (SAPR) representative last month with the arrival of Rachel Phillips to the FFSC team.

As the sexual assault response coordinator, Phillips will try to energize the education and prevention efforts of a program that had previously been managed as a collateral duty.

Formerly known as SAVI (Sexual Assault Victim Intervention), the SAPR program is designed to reduce the number of sexual assaults as well as help victims cope in the aftermath of such attacks.

NAS Whiting Field fortunately has received few reports of sexual assault, but it remains a matter of utmost concern.

Command leadership, individuals Sailors, and civilians need to be capable of taking the right actions in case someone is assaulted.

"People need to be knowledgeable about sexual assaults and the fact that it isn't going away.

Even with the program in place, commands are seeing the same numbers now as in 2005 and 2006," Phillips stated. "We need to educate young leaders as to what they do and who to call in the event of a sexual assault."

Phillips may be leading the charge, but SAPR is not a one-person show. All command programs rely on a core of victim advocates to help victims through the medical, investigative and legal process; make referrals for assistance; explain the reporting options available; and help them deal with the overwhelming feelings following the attack.

The victim advocates are trained responders who volunteer to serve on a rotating, on-call, watchbill. More volunteers are constantly being sought out.

"One of our challenges at Whiting is to maintain enough advocates to keep the 24-hour response watchbill intact," said Jeannine Decuir, the Chief of Clinical Counseling at the Fleet and Family Support Center. "Hopefully, we can educate people about the program and encourage them to serve as advocates."

The statistics are frightening. One in every four females and one in every seven males are expected to experience some kind of sexual assault by the time they are 18.

High-profile sexual assault allegations currently in the news from The Pennsylvania State University and Syracuse University only serve as poignant reminders of the devastation caused by such acts and the importance of proper response.

"There is a strong correlation between how a command responds to a sexual assault and to how the victim

heals afterwards," Decuir emphasized.

That's why she fought hard to gain approval for a dedicated SARC at the command. Phillips had both the educational background and the familiarity with the military that fit the bill for what DeCuir was seeking.

Phillips separated from the Air Force in 2010 after seven years of active duty when she served as a SARC in addition to various administrative, protocol and instructor duties. She holds a Psychology degree from Baylor University and earned her masters' degree in Professional Counseling from Liberty University.

The SAPR position has been open for about eight months. Considering that she is also the first non-collateral duty coordinator for the program, Phillips has her hands full, but is looking forward to the challenge.

"I really enjoyed my interaction with the people involved with the programs in the past," she said.

"The staffs are always professional and knowledgeable. Working with them to help teach new officers about how to respond will be a privilege."

Anyone with concerns or questions about the SAPR program or to report an assault should call Phillips at (850) 623-7177.

<b>NAS Whiting Field MWR Outdoor Adventure Program                      January 2012 - September 2012                      Adventure Trip Schedule</b>	
<b>Blackwater Backpacking/Camping</b> January 14-16 (MLK day) \$60.00	<b>Chattooga Whitewater Rafting III-V</b> May 26-28 (Memorial Day) \$180.00
<b>Florida Caverns Tour Day Trip</b> February 4 \$20.00	<b>Nantahala Whitewater Rafting I-II+</b> June 29-July 1 (Families Welcome) \$110.00
<b>Oak Mountain Mt. Bike/ Hike/Camp</b> February 18-20 (President's Day) \$70.00	<b>Stand-up Paddle Board Day Trip</b> July 14 \$20.00
<b>UWF Mountain Biking Day Trip</b> March 10 \$15.00	<b>Ocoee Whitewater Rafting III-IV+</b> July 27-29 \$160.00
<b>Fort Pickens Camping</b> March 24-25 \$50.00	<b>Adventures Unlimited Tubing Trip</b> August TBA \$15.00
<b>Fort Pickens Day Kayaking Trip</b> April 14 \$15.00	<b>Cheoah Whitewater Rafting (experienced rafters only)</b> September 1-3 (Labor Day) \$200.00
<b>Ocoee Whitewater Rafting III-IV+</b> April 27-29 \$160.00	<b>Blackwater Canoeing Day Trip</b> September 15 \$10.00
<b>Tallulah Gorge Full Moon Hike</b> May 5-6 \$70.00	<p style="text-align: center;"><b>For more information please contact us at 850-623-7670 or email us at <a href="mailto:outdooradventure.wf@gmail.com">outdooradventure.wf@gmail.com</a></b></p>
<b>Stand-up Paddle Board Day Trip</b> May 12 \$20.00	

# DEFY participants enjoy Red Ribbon Week activities

By Air Traffic Controller 3rd Class Darrah Crow

The Milton Fire Station welcomed Naval Air Station Whiting Field Drug Education for Youth participants recently, to help celebrate the group's Red Ribbon Week. The day-long activity featured educational briefs, a display of fire fighting equipment, and a tour of the fire house.

The day started off with a short 30 minute lesson on Conflict Resolution taught by Air Traffic Controller 2nd Class Brittane Brooks, senior mentor and Assistant Program Coordinator. Senior Chief Air Traffic Controller Trevor Rowe helped out by getting the children involved in several scenario driven conflicts and by having the youths volunteer to role play through the various scenarios. Many of the program participants seemed to enjoy the interactive and hands-on lessons.

"It's a good way to get the youth to interact with each other," Rowe said.

Once the DEFY lessons were complete, the fire fighters took over, providing a tour of the fire house. The youths saw the assorted equipment the firemen use and learned some cool facts along the way – for example, that a fire truck holds more than 1,000 gallons of water. The guide allowed the kids to see the inside of a fire truck as well. For many of the kids, the best part of the tour was getting to see the inside of the fire truck. The guide also allowed the children to see the administrative side of the firehouse, as well as the dummies that fire fighters practice on to become CPR qualified.

Following the tour, the fire department supplied lunches and snacks for the children: hotdogs, popcorn, and soda pop along with Fire House Subs' brownies and cookies. After lunch, the fire fighters had activities set up for the youths. There was a simulated house fire for the kids to practice dropping below the smoke and crawling to the exit. A puppet show promoting fire awareness entertained the younger children, and a few individuals got a chance to put on the fire fighting equipment and fight a small, controlled blaze with an extinguisher.

Red Ribbon Week reinforces the DEFY mantra of "Just say NO to drugs." To promote the activity, the youths handed out free items with the "Just say NO!" slogan. The items included dog tags, bracelets, rulers and many other items. The dog tags were a big hit and not only did DEFY youth enjoy them but many of the other children at the event did too. Each of the DEFY participants chose three things off of the table and walked around with a buddy to hand them out. Everyone explained what the items represented and how they related to Red Ribbon Week.

Last but certainly not least, Smokey the Bear made his appearance at the fire house, emphasizing his "Only you can prevent wildfires" slogan.

"We are really grateful to the Milton Fire Department for allowing us to join them on their special day to celebrate Red Ribbon Week in conjunction with their open house. With their help, the October event was a great success." Rowe said.



Drug Education for Youth participants and youth counselors pass out literature about the program during Red Ribbon Week. Photo courtesy of NAS Whiting Field DEFY.

## Sailor involvement key in negotiating orders

MILLINGTON, Tenn. (NNS) -- More than 16,000 Sailors up for orders will have an opportunity to apply for their next duty assignment during the Career Management System/Interactive Detailing (CMS/ID) active duty/full time support application phase Dec. 7-19.

An application phase opens each month allowing enlisted Sailors in their permanent change-of-station (PCS) orders negotiation window to review and research jobs advertised in CMS/ID and consider available career and training options. CMS/ID provides Sailors an opportunity to have a say in selecting their next assignment.

Proven sustained superior performance in difficult and challenging joint and in-service assignments is traditionally a selection factor in enlisted selection boards, ac-

ording to Senior Chief Navy Counselor Kelly Strickland, Navy Personnel Command force career counselor.

Sailors may apply for up to five jobs each application phase, either directly using CMS/ID or through a command career counselor (CCC). Sailors interested in billets advertised as special programs job should work with their CCC to ensure all prerequisites and requirements are met.

"Proactive Sailors know their projected rotation date (PRD) and their negotiating window," said Strickland. The PRD is used to determine when Sailors can negotiate for PCS orders and can also determine when Sailors must submit Perform to Serve (PTS) applications. Sailors may typically negotiate for PCS orders beginning nine months prior to their PRD.