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# President Proclaims November Military Family Month

*- Praises Families for Their "Unending Support" of the Service Personnel*

**From American Forces Press Service**  
**WASHINGTON (NNS)** -- President Barack Obama has signed a proclamation designating November 2010 month as Military Family Month.

Here is the text of the president's proclamation:

We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.

During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to



President Barack Obama

these selfless individuals who exemplify the highest principles of our Nation.

Across America, military families inspire us all with their courage, strength, and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life milestones apart; juggle everyday tasks while a spouse, parent, son, or daughter is in harm's way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us

*- (Cont. on Page 4)*

# HT-8 Holds Change of Command Ceremony

*- Sholley Takes the Reins of the Squadron from Fisher*

By Jay Cope, NAS Whiting Field Public Affairs

With a short salute, an exchanging of the squadron colors, and a reading of the orders, Cmdr. Hans Sholley accepted the mantle of Helicopter Training Squadron EIGHT commanding officer. He replaced Cmdr. Michael Fisher during a brief ceremony at Naval Air Station Whiting Field Friday, Oct. 29 in the base atrium.

The time-honored Navy tradition enabled the squadron to recognize Fisher's accomplishments as he moves on to his next command. Capt. James Vandiver, Training Air Wing FIVE commodore served as the presiding officer and guest speaker for the event and he reminded the audience of the accomplishments of HT-8 under Fisher's guidance.

"He and Hans led the Eightballers to make mission this past year. This was no small feat when you start the fiscal year with an hurricane evacuation, a mishap, and the wettest fall in recent history...When I needed help with our



Cmdr. Hans Sholley receives the Helicopter Training Squadron EIGHT colors from Cmdr. Michael Fisher Oct. 29 during their change of command ceremony in the Naval Air Station Whiting Field Atrium Building. U.S. Navy photo by Ensign Carroll Lawson.

*- (Cont. on Page 5)*

# Advisory Issued to Warn Service Members About Abuse of Popular Beverage with Young Adults

Four Loko has gone from college drink du jour to national headline after reports that the caffeinated, malted beverage hospitalized nine freshmen in Washington State this month. The nine students who were hospitalized had blood alcohol levels ranging from 0.12 percent to 0.35 percent. A blood-alcohol concentration of 0.30 percent is considered potentially lethal. Being able to feel the effects of tiredness, loss of coordination and even passing out or vomiting are the body's defenses against consuming doses of alcohol that will kill you. Last week, Ramapo College in Mahwah, New Jersey banned Four Lokos from the campus after 23 students were hospitalized with alcohol poisoning from this drink alone, according to the Associated Press.

Four Loko is a binge-drinker's dream because the caffeine and other

stimulants allow a drinker to ingest larger volumes of alcohol without passing out.

Four Loko's is derived from four main ingredients: caffeine, taurine, guarana and alcohol.

Each 23.5 oz can cost about \$2.50, contains 2.82 ounces of alcohol, or 12 percent. You'd have to drink almost six cans of Bud Light beer, or 67.2 ounces, to get the same amount of alcohol. The brand's nine flavors — ranging from Cranberry Lemonade to Watermelon — often contain more than 60 grams of sugar and around 660 calories.

Some Four Loko fans say they like the "caffeinated malt beverage" because it gives them a paradoxical



alert-but-relaxed feeling. But experts say it can be risky to combine alcohol and caffeine, whether you're mixing Red Bull with booze or buying a ready-made two-in-one cocktail like Four Loko.

The drink became popular with young drinkers over the past decade thanks to the mixture staving off the sleepiness usually attributed to drinking alcoholic beverages. The only problem with counteracting that pesky drowsiness? It stops drinkers from the body's natural shut-off moment, letting people consume far more alcohol than they would without the caffeine supplements.

## This Week in Naval History

### Nov. 1

1841 - "Mosquito Fleet" commanded by Lieutenant Commander J. T. McLaughlin, USN, carries 750 Sailors and Marines into the Everglades to fight the Seminole Indians.

1941 - President Franklin D. Roosevelt places Coast Guard under jurisdiction of Department of the Navy for duration of national emergency.

### Nov. 2

1943 - In Battle in Empress Augusta Bay, U.S. cruisers and destroyers turn back Japanese forces trying to attack transports off Bougainville, Solomons.

1968 - Operation Search Turn began in Mekong Delta.

### Nov. 3

1853 - USS Constitution seizes suspected slaver H. N. Gambrill.

1931 - Dirigible USS Los Angeles (ZR 3) makes 10-hour flight out of NAS Lakehurst, N.J., carrying 207 persons, establishing a new record for the number of passengers carried into the air by a single craft.

1943 - Battleship Oklahoma (BB 37), sunk at Pearl Harbor on 7 December 1941, is refloated.

1956 - USS Chilton (APA 38), USS Thuban (AKA 19), and USS Fort Snelling (LSD 30) evacuate more than 1,500 U.S. and foreign nationals from Egypt and Israel because of the fighting.

1961 - After Hurricane Hattie, helicopters from USS Antietam (CV 36) begin relief operations at British Honduras.

## TRICARE Notes

### BEHAVIORAL HEALTH CARE FOR ACTIVE DUTY SERVICE MEMBERS

It is common for active duty service members (ADSM) to experience feelings of stress, depression and anxiety. There are positive, proven methods for dealing with trauma and grief, and TRICARE ensures that behavioral health is available to you, if and when you need it.

### Getting Started

Take the first step by talking to your primary care manager (PCM). Your PCM can help determine which type of care is best for you.

For more information, visit the Behavioral Health Portal at [www.humana-military.com](http://www.humana-military.com) or call Humana's behavioral health care partner, ValueOptions at 1-800-700-8646.

### Emergency Care

If you have a behavioral health emergency, call 911 or go to the nearest emergency room.

### Nonemergency Care

Always seek nonemergency behavioral health care at an MTF, if possible. If an MTF is not available, your PCM will refer you for civilian care.

# News and Notes

**Flu Vaccines Under TRICARE** - TRICARE will now cover the cost of influenza and pneumococcal vaccines received at participating TRICARE networked retail pharmacies. Claims will be submitted electronically by the pharmacy to Express Scripts and will be covered by the TRICARE pharmacy benefit at no cost. This is available to both Standard and Prime Beneficiaries. Make sure the pharmacy you choose is in your Express Scripts participating pharmacy network. To locate a pharmacy near you that provides this service, click on: <http://www.express-scripts.com/TRICARE/pharmacy> or call 1-877-363-1303.

**Getting Ready for a Party** - NAS Whiting Field will host their annual Christmas Party Dec. 11 at Sikes Hall. Tickets are on sale now and will be sold at a discounted price through Nov. 17. There is a \$5 reduction for each ticket purchased before the cutoff date. The following personnel will be selling tickets: MA1 Pratt (x7709), IT2 Jackson (x6123), AC2 Hodge (x7945), ABH3 Elam (x7220), and ABHC McCrae (x7012). Tickets will also be sold at NAS Whiting Field quarterdeck from 1000-1300 daily. Ticket Prices are as follows: E4 & below - \$15, E5/E6 - \$20, E7 & above - \$25, GS-6 and below - \$20, and GS-7 and above - \$25. Additionally, if you are using the CDC for childcare you will need to pre-register by Dec. 2 with ticket in hand. You will also need to pay a non-refundable deposit for your spot. In the event of late pick-ups a \$1 per minute fee will be added to your bill. The Christmas Party

## THANK YOU ALL FOR YOUR SERVICE!

Many retail and food service outlets are recognizing military service on Veterans' Day, Nov. 11. Here are just a few of the specials available to military veterans.

**Recanati's Italian Restaurant** located on Highway 90 (between Milton and Pace) is offering a 25% discount for active / retired military from 1100-2100, Thurs, 11 Nov 2010. All you have to do is show your military ID!

**Applebee's Restaurant** - Free dinners to veterans throughout Veterans Day November 11th; selections will be from a new Veterans Day menu.

**Outback Steakhouse** - Free Blooming Onion and drink.

**Golden Corral** - Free buffet dinner from 5-9 p.m. on Nov. 16 to anyone who has ever served in the U.S. military Staff.

**Subway** - In celebration of Veterans Day 11 Nov 2010, Subway is showing its thanks with free six inch subs to all Veterans or Active Duty members.

**Krispy Kreme** - One free doughnut of any variety.

**UNO Chicago Grill** - Free entree or individual pizza with an entree or pizza purchase of equal or greater value.

**Lowe's & Home Depot** - Extra 10% off to active-duty military members, National Guard, reserve members, retirees, honorably discharged veterans and immediate family.

**Sam's Club** - Over 25,000 Hugo canes will be given to U.S. veterans in need of mobility assistance. Membership is not required, but supplies are limited, so check with your local store.

**Cabela's Outdoor Store** - Offers their employee discount to all veterans, active-duty military and reserves, law enforcement, fire and EMS personnel Nov. 11-12. Discounts vary from 5% to 50%, depending on the item.

**Dollar General** - 10% discount for all veterans, active-duty military, National Guard and reserve and immediate families.



**Collette Martin, Jennifer Owens and Janeth C. Barnes-Bondurant, the "Bondurant Chicas" entered the Breast Cancer Awareness Walk Saturday, Oct. 30. The team from CNATRA and TRAWING-5 raised \$966 for the cause. The walk took the participants from University Mall to Cordova Mall in Pensacola. Photo courtesy of Janeth C. Barnes-Bondurant.**

Committee will cover half the child care cost less any late fees.

**Ice Flyer Tickets** - Tickets to attend the Pensacola Ice Flyers home games are now available at the ITT office located in the Atrium building. Tickets are \$6 for active duty and \$6.50 for retired and DOD civilian employees. The first home games at the Pensacola Civic Center are: Ice Flyers vs. Louisiana Ice Gators, 7:05 p.m. Saturday, Oct. 23 and the Ice Flyers vs. Fayetteville Fireantz, 7:05 p.m. Saturday Oct. 30. Call Marcy Allen the MWR ITT manager at 623-7032 for details.

**New MWR Holiday Hours** - To better serve fitness center patrons, MWR has changed holiday hours of operation. The new hours, beginning with Veterans Day, Nov. 11, will be from 0900-1500. Hours for non-holiday operation will remain unaffected.

**First Tee** - Morale, Welfare & Recreation is happy to announce that the First Tee Golf Program is coming to NAS Whiting Field. This incredible program is a great opportunity for kids to learn the great game of golf while also learning valuable life lessons. To kick off the program, there will be an orientation meeting at the Whiting Pines Housing Community Center at 9 a.m. on Saturday Nov. 6. The orientation is for children ages 5-14 and their parents. For more information, please contact our program director, PGA Professional John Walker at (850) 723-0697. The First Tee, an initiative of the World Golf Foundation, has as its mission to impact the lives of young people by providing learning facilities and educational programs that promote character-development and life-enhancing values through the game of golf. You can find out more about First Tee at <http://www.thefirsttee.org> and the local chapter at <http://www.thefirstteenwflorida.org>.

**Disney Military Salute** - Disney resumed its Military Salute program Oct. 24 through Oct. 1, 2011. The program is for active duty military personnel, reservists, retirees, National Guardsmen, and other military members with valid identification card. The program entitles approved personnel to purchase six tickets for family members or friends at \$135.00 per four day hopper. Spouses can purchase if Military person is not available. Blackout dates do apply for the following dates: Nov. 24-26, 2010, Dec. 26-31, 2010 and April 14-17, 2011. For further information please feel free to contact Marcy or Theresa at ITT - 623-7032 ITT hours of operation are: 9-5 Monday-Friday.

## Upcoming Events

Nov. 5, 1300 - Winging Ceremony - Base Auditorium  
Nov. 10, 1600 - WEAR-TV Evening News from NASWF  
Nov. 11, 1100 - Veterans Day

Nov. 11, 0915 - Milton Veterans' Day Parade - Milton H.S.  
Nov. 11, 1100 - Veterans' Day Ceremony - Memorial Plaza  
Nov. 11, 1630 - Blue Angel Night Airshow - NAS Pensacola

# Fleet and Family Support Center Classes

**VA Representative (Call for Appointment) - Friday, Nov. 5 & 19 - 8 a.m. to Noon**

**Resume Writing - Monday, Nov. 8 - 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.

**Grief and Loss Support Group - Tuesday, Nov. 9 - 2 to 3 p.m.**

We experience grief and loss for a variety of reasons; death or sickness of a loved one, ending of a relationship, losing a job, experiencing trauma. Our reactions can vary, (e.g., anger, sadness, anxiety, etc). Come gather for support and learn strategies for coping. Call 623-7177 for details.

**Car Buying Strategies - Wednesday, Nov. 10 - 1 to 3 p.m.**

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

**How to Apply for a Federal Job - Monday, Nov. 22 - 8 to 10 a.m**

"Is it worth your time and effort to search and apply for a federal job?" If your answer is "yes," then you need to attend this class to prepare the best application possible. Learn how to read an announcement, analyze core competencies for language, analyze vacancy listings for keywords, and how to apply for jobs. call 623-7177.

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## Proclamation

*- (Cont. from Page 1)*

all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service.

My Administration has taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children, and ensure military spouses have employment and advancement opportunities, despite the relocations and deployment cycles of military life. Our historic investment to build a 21st-century Department of Veterans Affairs is helping to provide our veterans with the benefits and care they have earned.

We are also standing with our service members and their families as they transition back into civilian life, providing counseling as well as job training and placement. And, through the Post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, Government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and veterans, and all sectors of our society are better off when we reach out and work together to support these patriots.

By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse. Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the smallest actions by neighbors and friends send a large message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us -- it is our national challenge and moral obligation to uphold that promise. If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2010 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

# HT-8

- (Cont. from Page 1)



Renee Sholley places the command pin on her husband Cmdr. Hans Sholley as he assumes command of Helicopter Training Squadron EIGHT from Cmdr. Michael Fisher, Oct. 29. U.S. Navy photo by Ensign Carroll Lawson.

ing on the H-46D "Sea Knight" and deployed aboard USS Sacramento (AOE 1), and USS Shasta (AE 33). Since then, he has served as a fleet replacement instructor pilot, deployed in support of Operation Iraqi Freedom as the Detachment FOUR officer-in-charge aboard USNS Arctic (T-AOE 8), and attended the Naval War College and the Joint Forces Staff College. He has accrued 2000 flight hours in the H-46D.

Sholley served as the executive officer for HT-8, before stepping in to the top spot. Prior to his arrival, he most recently worked at the Operational Plans and Force Development Directorate (J-7), on the Joint Staff in Washington D.C. where he participated in the 2008 Quadrennial Roles and Missions review and was a Battle Captain in the National Joint Operations and Intelligence Center. He is also a graduate of the U.S. Naval War College which he completed in 2007. He has over 3000 flight hours in the SH-60B, UH-3H and UC-12B aircraft.

Calling it "a humbling ceremony," Sholley recognized the role of the service members at the squadron in achieving the goal of command.

"I owe you thanks for getting Skipper Fisher and I to this day. Your dedication and service earns our respect daily... We have all been entrusted with the faith and confidence of our nation. We must never forget that. I make this promise to you, the executive officer and I will strive to do the very same. I am humbled and honored to be your command officer."

Cmdr. Paul Bowdich now becomes the new executive officer of HT-8.

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## CNO Releases 2011 Guidance to Address Future Navy Issues

**By Mass Communication Specialist 2nd Class (SW) Kyle P. Malloy, Chief of Naval Operations Public Affairs**

WASHINGTON (NNS) -- The Chief of Naval Operations (CNO) released his Guidance for 2011 to the fleet Oct. 18.

Adm. Gary Roughead's CNO Guidance (CNOG) emphasizes the important issues regarding the future of naval operations.

CNOG reaffirms Roughead's three focus areas: to build the future force, maintain the Navy's warfighting readiness, and develop and support Sailors, Navy civilians, and their families.

In the Guidance, Roughead addresses a multitude of issues including maritime strategy, operational tempo, building and sustaining strong international relationships, maintaining a competency-based and mission-focused force and the importance of science and technology initiatives.

The current CNOG continues to emphasize CNO's

primary recovery plan, I went to see Fish, because the Eightballers had fine-tuned their production machine," Vandiver said.

During his tenure as commanding officer of the squadron Fisher led HT-8 to fly over 24,000 flight hours, 10,000 sorties, and wing 259 Navy, Marine Corps, Coast Guard, and allied combat aviation professionals. His squadron set high standards of professionalism and instruction as evidenced by grades of 'Outstanding' on the Naval Air Training Inspections. Additionally, the squadron contributed more than 400 man-hours to community service projects. Finally, he served as the Naval Helicopter Association President for Region 5 and coordinated all awards and Professional Military Education events during the NHA Gulf Coast Fleet Fly-In.

Fisher earned an appointment to the United States Naval Academy from the enlisted ranks of the U.S. Navy, graduating in 1991 with a Bachelor of Science degree in Marine Engineering. After completion of flight training at HT-8, he was designated a Naval Aviator in January 1994. He completed Fleet Replacement Training

18 intentions with a focus on five specific areas: continue to be the dominant, ready naval force across all maritime missions; build a Navy with appropriate force structure and strategic laydown; maintain decision superiority; align the requirements, resources and acquisition processes; and evolve and establish international relationships.

Roughead also addresses the current challenges the Navy faces due to the resource constrained environment.

"We must look at this time as one of opportunity where boldness and innovation are the path to the future," writes Roughead. "It is up to each of us to do so."

To view CNO's 2011 Guidance, visit <http://www.navy.mil/features/CNOG%202011.pdf>.

For more news from Chief of Naval Operations, visit [www.navy.mil/local/cno/](http://www.navy.mil/local/cno/).