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Shaffer Claims Gold in Canadian Rowing Nationals

By Jay Cope, NAS Whiting Field Public Affairs

The wife of a Training Air Wing FIVE flight student shocked some of Canada's best rowers, earning top honors during the country's national rowing competition Sept. 24-26 in British Columbia. Training extensively at Naval Air Station Whiting Field, where her husband is stationed, Kerry Shaffer took the first step to what she hopes could be an Olympic dream.

Competing against other Olympic hopefuls, Shaffer placed first in the two kilometer individual sprint rowing competition at Canada's National Rowing Championships. While the victory won't get Shaffer placed on Canada's national team this year, it does provide her a "step in the door" for additional training and coaching at Canada's national training center.

Shaffer may have entered this round of competitions as a bit of a "dark horse," but rowing isn't anything new to her. Growing up in Welland, Ontario near Niagara Falls, she picked up rowing in high school after she saw some competitions on television.

"I wasn't terribly great at ball sports, and I wanted to find something I would be good at," Shaffer said.

She was good enough that a rowing coach from another high school, who was also a junior nationals coach, spotted her and encouraged her continued im-

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Kerry Shaffer (center) stands on the podium with the second and third place finishers after winning the Canadian Rowing National Championship in the two kilometer sprint. Photo courtesy of Patti Holmes.

NAS Families Enjoy 13th Annual Fire and Crime Prevention Night at Whiting Pines

By Jay Cope, NAS Whiting Field Public Affairs

Whiting Pines Housing Complex residents stepped out for an evening of fun and education Oct. 5, at the 13th annual Fire and Crime Prevention Fair hosted by Naval Air Station (NAS) Whiting Field. The annual event promotes safety with a kid-friendly message and serves as the centerpiece of the base's National Fire Safety Week observance which ran Oct. 3-9.

Featuring a fire safety puppet show, K-9 police demonstration, fire truck displays and a slew of educational booths, the event reached out to hundreds of participants. The free hot dogs, hamburgers, chips and drinks, sponsored by Santa Rosa Medical, helped make the evening a nice social occasion as well

"Getting the educational information out to the people, both kids and adults is the key," said event coordinator Steve Robertson from Fire and Emergency Services Gulf Coast Station One Whiting Field. "We touch on a lot of different educational areas and try to ensure it is an event everyone can benefit from. If only one person gains something that can save their life, the event is worth it."



Nolan, 5, enjoys a little stick time in a TH-57 helicopter at the Fire/Crime Prevention Fair Oct. 5. The Training Air Wing FIVE aircraft was one of many static displays on hand. U.S. Navy photo by Jay Cope.

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MCPON Sends Birthday Message to Troops



Master Chief Petty Officer of the Navy (MCPON) Rick West talks with Sailors aboard the guided-missile destroyer USS Stethem (DDG 63) during his visit to Fleet Activities Yokosuka. U.S. Navy photo by Mass Communication Specialist 1st Class Jennifer A. Villalovos.

Special from Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Navy Birthday message to the fleet Oct. 5:

"Shipmates and Navy Families,

On this wonderful occasion of our Navy's 235th birthday, I would like to express my heartfelt gratitude for your outstanding dedication and commitment to our great Navy.

As you know, our Navy is the best it has ever been; we're operating on land, on, above and below the world's oceans, with the most advanced equipment and technology, but, at the end of the day, we are only as good as our people. It takes Sailors like you to ensure we continually meet the demands of our expanded Navy environment and increased mission requirements.

I would like to thank each and every one of you for your service to our nation and our Navy, and for truly making our

great Navy a global force for good.

As we celebrate our anniversary, take a moment to remember those currently on watch around the world and those who have gone before us and laid the foundation to which you build upon.

I also want to say "thank you" and express my sincere appreciation and gratitude to our Navy families. Your role in your Sailor's life and the Navy is vitally important.

Happy birthday Shipmates! I am really proud of who you are and the outstanding job you do every day.

Happy 235th birthday Navy and HOOYAH!"

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon/.

To watch the CNO's birthday message, visit <http://www.navy.mil/navydata/featurePlay.asp?id=107>.

TRICARE Notes

HUMANA MILITARY OPENS TRIWORLD TO BENEFICIARIES

In partnership with Second Life® - a three dimensional virtual world created by Linden Lab – Humana Military is excited to introduce TRIWORLD to beneficiaries in the TRICARE South Region. TRIWORLD is an online virtual community that allows military families to stay connected when separated due to deployment or active duty obligations.

TRIWORLD is free for active duty service members and their families, as well as retirees and their families. Using TRIWORLD will allow you to create and control your very own online, personalized character called an "avatar." Once your avatar has been created, you'll be able to interact with your loved ones and do many everyday "realworld activities" such as talking, hugging, walking and dancing.

To learn more, visit www.humana-military.com and click on TRIWORLD today!

This Week in Naval History

Oct. 12

1914 - USS Jupiter (AC 3) is first Navy ship to complete transit of the Panama Canal.

1965 - Project Sealab II, a project where teams of naval divers and scientists spent 15 days in Sealab, moored 205 feet below surface near La Jolla, Calif, comes to an end.

1965 - First group of men commissioned into the Navy Nurse Corps reports for a one-month indoctrination to naval service.

1980 - USS Guadalcanal (LPH 7) and other ships of Amphibious Forces 6th Fleet begin assisting earthquake victims in Al Asnam, Algeria.

2000 - Terrorists in a boat make a suicide attack on USS Cole (DDG 67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.

Oct. 13

1775 - The Continental Congress establishes a Continental Navy, later known as the U.S. Navy.

1943 - The Destroyer Bristol (DD 453) is sunk, with the loss of 52 lives, by the U-317 off the coast of Algeria.

1954 - USS Saipan (CVL 48) begins relief and humanitarian aid operations for Haitians who were victims of Hurricane Hazel. The operation ended Oct. 19.

News and Notes

Spouses Night Out / Date Change- The Santa Rosa County Council of the Navy League and the Naval Air Station Whiting Field Fleet and Family Support Center will host their 2nd annual Spouse/Ombudsman Appreciation Dinner and Dance Saturday, Oct. 15 from 6 p.m. until midnight at the base's Sikes Hall. The event is free for all active duty military spouses with a \$25 ticket cost for additional guests. Reservations are required and are requested to be made to the Santa Rosa County Chamber of Commerce at 623-2339. The event is semi-formal and military dress is requested to be Service Dress Blue or better.

NHA Fly-In Golf Outing - The 2010 National Helicopter Association (NHA) Golf Tournament will be held on Wednesday, Oct. 20, at the Naval Air Station Whiting Field Golf Course. This will be a four-man scramble, with a noon-time kick-off. The \$30 per person fee includes green fee, cart and lunch. Mulligans can be purchased for \$5.00. Fees (cash or checks made payable to 'NHA Region 5') will be collected the day of the tournament. Prizes will be awarded for the 1st, 2nd, and 3rd place teams, along with longest drive and closest to the pin. Reserve your team by signing up in the Helicopter Training Squadron-8 Duty Office or emailing Lt. Ronald Dillard at ronald.dillard@navy.mil.

CFC 5K Run - Naval Operational Medicine Institute (NOMI) is sponsoring a Combined Federal Campaign 5K run Oct. 15 at Naval Air Station Pensacola. Registration fee is \$15 in advance and \$20 day of the race. Medals will be presented to the first three males, first three females, and first three walkers to cross the finish line. T-shirts will be provided to the first 200 registrants the morning of the run. Race begins at 8:15 a.m. for walkers and 8:30 for runners. Pre-registration is required by Oct. 8. Call 452-2355 or email justin.todd@med.navy.mil for more information.

Haystacular - S.S. Dixon Primary is hosting an Haystacular celebration Oct. 1-29 at the physical education field across from the school. The event, presented by the Parent Teacher Organization, features a hay maze constructed with 4,000 bales of hay. Admission is \$5 which includes a trip through the maze, a loop on the hayride, and entrance to the corn trough. For details call 982-8499.

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.

Santa Rosa County Honors Veterans - Santa Rosa County residents are encouraged to honor those that have served our country in the armed forces by participating in local Veterans Day activities. The annual Veterans Day Parade sponsored by the Community/Veterans Coordinating Committee and the city of Milton will kick-off the festivities on Thursday, November 11 with Colonel Joseph Richardson serving as both the parade grand marshal and ceremony guest speaker. The parade will begin at 9:30 a.m. at Milton High School and ends at the Santa Rosa County Veterans Plaza located at 5178 Willing Street, Milton. The ceremony



Master of Ceremonies

NAS Whiting Field Command Master Chief Hari Singh signs his reenlistment contract Oct. 12 in the Bldg. 1401 conference room. Capt. Pete Hall reenlisted Singh for what will be his final reenlistment. U.S. Navy photo by Jay Cope.

will follow the parade in front of the Santa Rosa County Veterans Plaza. A special seating area for all WWII veterans in attendance will be available, allowing them to take part in the ceremony. A Veterans Day Picnic hosted by Santa Rosa County 4-H will follow the ceremony.

Veterans Thunder Ride 2010 - Kick-stands up beginning at 10:30 a.m., Sunday, November 7. This year's ride starts at the Santa Rosa County Veterans Plaza located at 5178 Willing Street in Milton - \$10 per rider and \$5 for additional riders.

Make Friends and Influence People - A "Sharpening Your People Skills" workshop will be conducted by Chaplain Raymond Summerlin tomorrow, Oct. 14. Through the use of a personality inventory you will gain insight into your strengths, weaknesses and ideal work environment. You will also develop a greater appreciation of others as you look at how people are different in 12 distinct categories. Come in civilian clothes for some great training. Class will be held from 8 a.m. until noon in room 169A in the Atrium. Call 623-7211 to register. Registration is open until 3:30 today.

Statewide Septic Tank Inspections - Residents can follow the developments of this new inspection program by the Technical Review and Advisory Panel or TRAP, by visiting the link on the Department of Health's Bureau of Onsite Sewage Programs online at www.doh.state.fl.us/ENVIRONMENT/ostds/trap/index.htm <<http://www.doh.state.fl.us/ENVIRONMENT/ostds/trap/index.htm>>, or attend a TRAP public workshop. Currently there are no workshops scheduled in our area, however the commission is requesting a meeting to be held in Santa Rosa County. The next workshop scheduled close to here is: October 18, 9 a.m. - noon, Eastern Time; Betty Easley Conference Center; 4075 Esplanade Way, Conference Room 152; Tallahassee, Florida 32399.

Influenza Vaccines - For all eligible TRICARE beneficiaries, except active duty personnel, 2010 flu shots may be taken at local TRICARE Network pharmacies. This includes CVS, Walgreens, Walmart, etc.. Just show your military, retired or dependent ID card and the pharmacy will file the claim with TRICARE for you. Contact the Branch Health Clinic for additional details.

Upcoming Events

Oct. 15, 1800 - Spouse Appreciation Dinner - Sikes Hall

Oct. 28, 1000 - HT-8 Change of Command - Atrium

Oct. 19-22 - NHA Fleet Fly-In - South Field and Sikes Hall

Oct. 29, 0900 - CDC Halloween Party - Sikes Hall

Oct. 22, 1300 - Winging Ceremony - Base Auditorium

Oct. 31 - All Day - Halloween

Fleet and Family Support Center Classes

STRESS MANAGEMENT - Thursdays - 10:00 to 11:00 am

Are you constantly thinking about work and flight school? Are you having trouble sleeping? Are you having trouble staying focused on studies? The Fleet and Family Support Center has solutions – Study Skills, Self-Care and Relaxation Techniques, The Power of Positive Thinking and Attitudes for Success. For more information, call 623-7177.

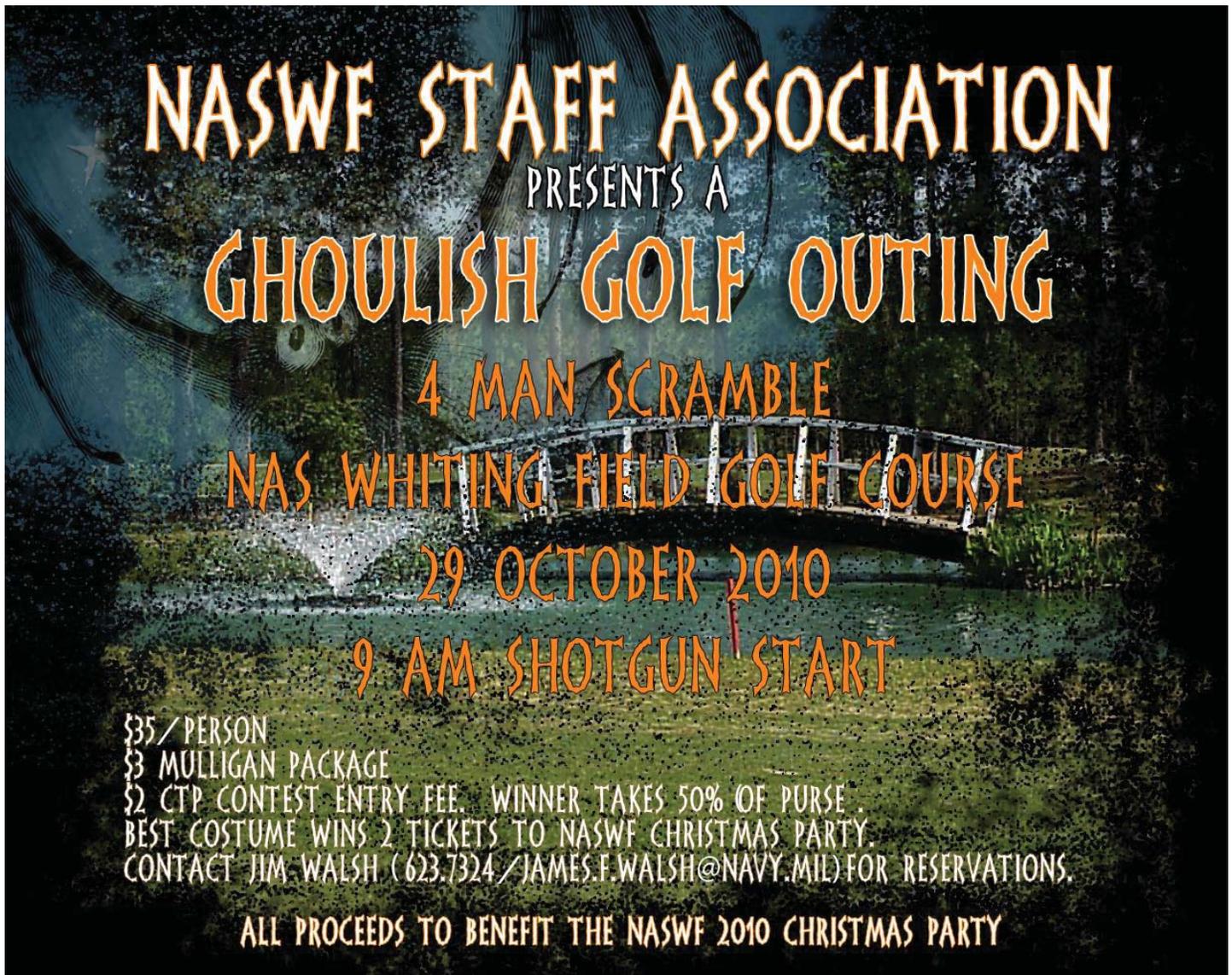
DEVELOP A SPENDING PLAN - Wednesday, October 13 - 2:00 - 4:00 p.m.

This class is not designed to tell you what to do with your money; this class will challenge you to think before you spend. There is no patent on the “right” way to handle your money, but there are better ways to get your dollar’s worth. Class will be held in the FFSC conference room. Please contact a Work and Family Life specialist at 623-7177.

VA REPRESENTATIVE - Friday, October 22 - 8:00 a.m. to Noon (Call for an appointment)

TIME MANAGEMENT - Wednesday, October 27 - 1:00 - 2:00 p.m.

At the end of the day, do you ask yourself “Where did the day go?” and feel like you have accomplished very little on your list of things to do? If you answered “yes” to this question, this class is for you. The information provided in this class will provide you with the tools to help you make the most of your busy and demanding days. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.



NASWF STAFF ASSOCIATION
PRESENTS A
GHOULISH GOLF OUTING
4 MAN SCRAMBLE
NAS WHITING FIELD GOLF COURSE
29 OCTOBER 2010
9 AM SHOTGUN START

\$35 / PERSON
\$3 MULLIGAN PACKAGE
\$2 CTP CONTEST ENTRY FEE. WINNER TAKES 50% OF PURSE.
BEST COSTUME WINS 2 TICKETS TO NASWF CHRISTMAS PARTY.
CONTACT JIM WALSH (623.7324 / JAMES.F.WALSH@NAVY.MIL) FOR RESERVATIONS.

ALL PROCEEDS TO BENEFIT THE NASWF 2010 CHRISTMAS PARTY

Shaffer

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provement. She barely missed out on qualifying for the junior nationals in her last year of eligibility, but didn't give up. Shaffer took advantage of a Canadian program to allow students to take a 13th year of secondary education. With the added year of competition, her resume improved and she received multiple scholarship options.

Shaffer accepted a scholarship to rowing powerhouse, University of Virginia, where she competed in the NCAA championships three of four years. As a member of the four person boat, she was a champion as a freshman. During that time, she also competed on the Canadian under 23 team, racing internationally in Amsterdam and Belgium.

Unfortunately, her rowing career was cut short with leg injuries that doctors were not able to fully diagnose. She gutted it out during her senior season, but called it quits afterwards. The decision was a difficult and painful one for Shaffer, who not only loved rowing, but had achieved a level of success that put her on the short list for subsidized training for potential Olympians.

"I had to keep telling myself, 'Stop thinking about rowing. Forget It. You are done!' But it was hard, because I knew I was right there," she said.

After a two-year break from competition, she missed it terribly. Now though, she had a husband in flight training and was more than 1,500 miles away from her train-



Shaffer brings her boat in from the water after her victory in the semi-finals in British Columbia. Shaffer went on to win the finals by three seconds. Photo courtesy of Patti Holmes.



Kerry Shaffer works out on the rowing machine in the base gymnasium at NAS Whiting Field. She is attempting to meet timed requirements on the machine set by the training center in Canada used by national level competitors. U.S. Navy photo by Jay Cope.

ing lifeline. She was, however, still immensely fit through her triathlete training, constant running, and weight training in the base gymnasium. She wasn't in rowing shape though, and began using the rowing machines in the gymnasium to see how she would respond.

With some positive results, she sat down with her husband, Lt. Matt Shaffer, to gauge how he felt about her competing again. He gave her the thumbs up.

"There was just a sense that if I didn't do it now, I would regret it," she said about the training. "Matt has been great. He's been incred-

ibly supportive."

Early in 2010, her training began in earnest. The couple purchased a Hudson Great White competition quality boat that she stores in Naval Air Station Whiting Field's marina on the Blackwater River. Shaffer also contacted the London Training Center in Ontario, and the staff there began sending her some recommended workouts. Alternating rowing on the river, with rowing machine training in the gym, and strength training, she began seeing even more positive results.

With no competition, no formal support, and a lack of objective input, it was a difficult process.

"Being out there by yourself - there is little concept of speed or of a comparison with other people to gauge speed. And with no coaching, it was really hard," she said.

The Rowing Canada Aviron (RCA), the major rowing oversight body in Canada, mandates a series of qualifying requirements that have to be met before the athletes can compete in any of the provincial or national contests. Shaffer went home to Welland a few weeks in advance of the Ontario rowing competition to complete the battery of tests including a two kilometer, a six kilometer, a 500 meter and a 100 meter rows on the machine, a one-minute machine row, and a time trial on the water.

Passing the tests, she entered the Ontario race held the last weekend in August. Thinking she would be lucky not to finish last, she finished fourth. Although still not eligible for funding, the race did qualify her for the national championships in British Columbia the following month.

Shaffer stayed in Canada with her family trained in the local canals, and finally had access to other athletes and coaches to help refine her technique.

"Without them, I would not have made the huge leap

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Shaffer

- (Cont. from Page 5)

between competitions," Shaffer emphasized. "It wasn't until a week before going that I stopped worrying about how I would perform."

During the competition, Shaffer would have to row four races in three days against athletes who had been rowing and training much longer than she had - many of whom had been at the various training centers in the country. This included the girls she had lost to in the previous race in Ontario.

She was incredibly nervous.

"You just have to turn your brain off and do what someone [coaches] tells you to, and trust yourself to run your race," she said. "Rockman [one of her coaches] told me I would win the heat, so I figured I had better win the heat."

She did, and then decisively won each of her next two races as well to qualify for the finals. Coming into the finals, though, Shaffer was now competing against the fastest girls and was nervous about fatigue after three races in two days. She kept telling herself that she couldn't be disappointed if she ran her race. But at the first stroke of the finals, her boat fin hit an object under the water.

Forgetting that she could have called for a restart, Shaffer kept rowing. Mentally shouting at herself that she would not finish for second, she kept repeating "Keep rowing, keep rowing."

She made up the ground quickly and by the 1000 meter mark, the top three rowers were defined. Shaffer and

Audrey Vair, who had pushed her closely in an earlier race, slowly pulled away from the third rower. And just as she had in the semi-finals, Shaffer edged out in front and maintained the lead by concentrating on her own race. She won in seven minutes and 37 seconds, and claimed the gold medal - beating Vair by less than three seconds.

"It is hard to believe this is happening. I can barely remember the race, but it is very exciting. God gave me back rowing. I don't know why yet, but he gave it back to me for a reason."

With many of the best rowers already on the national team for next month's world championships, Shaffer knows she didn't face all the top competition. She hopes that is still to come. Currently, she is back in Florida, continuing to work her training regimen of 20 kilometers in the boat followed by several hours in the gym with the weights, doing PiYo and running. That will keep her in shape until she heads up north again to work in the London Training Center in November for a month.

She equates the time apart as the opposite of a traditional military marriage with her being gone instead of Matt. But it is a sacrifice they are willing to make to give her a chance of being ready to face international competition.

"Making the Olympics is a big goal, but there are still a lot of little goals in the way," she said. "It's a tight squeeze, but if that is where I am meant to be, then the right means will be put in my path. There is no point in worrying about it. I just have to go and do it."

You are cordially invited to attend the 2nd Annual Spouse/Ombudsman Appreciation Dinner and Dance

Hosted by:

Navy League, Santa Rosa County Council &

NAS Whiting Field Fleet and Family Support Center

Guest speaker Dr. Diane Scott, Associate Professor, UWF

SRC School Board Member

door prizes, DJ, and much more!

Friday, 15 October 2010

6:00 pm until Midnight

NAS Whiting Field Sikes Hall



Free for all Active Duty Military Spouses. \$25 per additional guest.

RSVP by 8 October to reserve your seat by calling

The Santa Rosa County Chamber of Commerce at 850-623-2339.

Dress: Coat and Tie or Service Dress (optional)

*Let's make this a special and memorable event for those who stand
alongside our brave men and women of the United States military!*

The Navy League is a 501(c)(3) tax exempt organization.
Contributions are tax deductible in accordance with federal law.

Thank you for your support!

Fire/Crime

- (Cont. from Page 1)

The festival kicked off with a parade of various emergency vehicles, fire trucks, police cars, and even a rescue boat. One of Training Air Wing FIVE's helicopters was also on hand for the children to sit in and see what many of the parents do. Safety seat inspections were offered to families to ensure seats were installed properly.

Many agencies from the base and local community teamed up to make the event a success: Fire & Emergency Services Gulf Coast, Milton Fire Dept., Skyline Fire Dept., Pace Fire Dept., Santa Rosa Sheriff's Dept., Pen Air Federal Credit Union, Balfour Beatty Communities, Santa Rosa Medical Center, Fleet and Family Support Center, Santa Rosa Coast Guard Auxiliary Flotilla, NASWF Chaplin's Office, NASWF Morale Welfare and Recreation, the Navy Exchange, NASWF



A young girl high-five's McGruff the Crime Dog at the Fire/Crime Prevention Fair at Whiting Pines. McGruff stayed through most of the Oct. 5 event. U.S. Navy photo by Jay Cope.

Commissary and the base Security.

"It takes a lot of support from so many people to put this event on and for it to be successful," Robertson said. "From set up to tear down, people come out and get everything ready so we can show up and put the event on."

The event staff are already considering how to put on next year's event, and the coordination will start next summer. It is an effort appreciated by the festival attendees.

"They really liked everything," said Paul Gilliard, a Milton fire fighter attending the event with his family, including two children Nolan, 5 and Colton, 2. "The puppet show might have been Colton's favorite. He hasn't seen one before. But I don't know, they liked the helicopter a lot too."



OCTOBER IS ENERGY AWARENESS MONTH



"Bring Lunch to Work"

Bag your lunch and save a bunch! Every Tuesday, bring your lunch to work to reduce fuel consumption.

"Lunch Lights Out"

Add atmosphere to your Lunch! Every Thursday, turn off lights and office equipment to the extent feasible during lunch to reduce electrical consumption.



Let's all do our part and knock the lights out during Energy Awareness Month!

Eco-nomics

Put on a Sweater

Make like Jimmy Carter and dress warmer for winter, even inside. Gone are the days (for most of us at least) when we can afford to lounge around in our underwear while it's frosty outside. Remember what we said about each degree on the thermostat costing you money? Roughly speaking, a light long-sleeved sweater is worth about 2 degrees in added warmth, while a heavy sweater (even the ugliest of ugly sweaters) adds about 4 degrees. So cozy up and start saving.

Boost Insulation

It may not seem sexy, but insulation is one of the best ways to save energy and money at home. It can make a big difference to add more insulation between walls, and make sure your attic floor and basement ceiling are well covered. The federal government will reimburse you for 30% of the cost, up to \$1,500 for highly efficient insulation. Additionally, low-income households can qualify for an average of \$6,500 worth of weatherization improvements to their homes through government programs administered by each state. Find out about your state's program by contacting local energy agencies.

See www.thedailygreen.com for more tips.