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NAS Whiting Field Frocks Five New CPOs

By Lt. j.g. Tyler Watters, NAS Whiting Field

Only six percent of the people in the United States Navy have the opportunity to become members of an organization that prides itself of its members' abilities to train and guide junior officers and Sailors. The Sailors, furthermore, are regarded as having superior knowledge and experience of their trade and are frontline ambassadors of good will.

These are Chief Petty Officers, and on Thursday, Sept. 16, five of Naval Air Station Whiting Field's Sailors were pinned with the Chief's fouled anchor.

The group of then Chief selects marched in to NAS Whiting Field's base auditorium singing "Anchors Aweigh" in chorus, sporting their brand-new khaki uniforms.

As they began receiving their combination covers from their sponsors in the CPO community, it was evident that each Chief was extremely proud of what they had accomplished in their career. With some obvious relief that the Chief select transitions were through, Chief Air Traffic Controller Jacqueline Williams felt as though the moment

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Jodi Proffen pins the CPO fouled anchor on her husband, newly frocked Chief Air Traffic Controlman Carl Proffen. Proffen was one of five Chiefs frocked during a ceremony Thursday, Sept. 16 in the base auditorium. The ceremony marked the first time the selected Chief Petty Officers were entitled to wear the uniform they earned. U.S. Navy photo by Lt. j.g. Tyler Watters.

NOLF Barin Sailors Mentor Youths at Alabama School

By Lt. j.g. Tyler Watters, NAS Whiting Field Public Affairs

For Sailors working at Barin Navy Outlying Field (NOLF) in Baldwin County Alabama, the concept of being a good neighbor doesn't end at home. They bring the same volunteer spirit to their work place that they embrace at their homes in Santa Rosa and Escambia Counties in Florida, more than an hour away.



Aviation Boatswain's Mate Third Class Brandon Brownlee, tutors a third-grader on a reading technique to aid in her studies. U.S. Navy photo by Lt. j.g. Tyler Watters.

NOLF Barin is one of thirteen outlying fields attached to Naval Air Station Whiting Field, and one of four located in Baldwin County. Barin is manned by a crew of 18 Aviation Boatswain's Mates who are there to respond if there were to be an emergency during flight operations at the site. Several Sailors from the crew head into Elberta Elementary school in Elberta, Alabama, once a week to help improve reading skills for students who are struggling. The Sailors from Barin NOLF have been actively participating in various civic events around the surrounding communities, and working with the schools in Barin was just one of the things they do.

The volunteer program has been in place for several years now, but was spearheaded by Aviation Boatswain's Mate First Class Philip Watson this school year. The tutoring program targets kindergartners and first graders. Gradually, more of the crew joined in until about half of the Barin crew will enter the classrooms during a given day. The team members rotate their schedules so it doesn't impact

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Safest Summer On Record Concludes for Sailors, Marines

By April Phillips, Naval Safety Center Public Affairs

NORFOLK (NNS) -- Labor Day marked the traditional end of summer for Sailors and Marines and also the end of the Naval Safety Center's (NSC) annual summer safety campaign, "Live to Play, Play to Live."

Although mishap reports for the long weekend are not complete, it appears that both the Navy and Marine Corps enjoyed the safest summer since NSC started keeping these statistics.

However, that still means that 14 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day weekends. Nonetheless, this is a considerable improvement from 2009, when 39 Sailors and Marines lost their lives during the same period.

While that is an achievement to be proud of, NSC is not declaring victory, especially in light of the fact that one Sailor and one Marine died during Labor Day weekend. Mishap reports indicate that both deaths may

be related to alcohol.

"There have been a lot fewer cases of DUI (driving under the influence)," said NSC Command Master Chief (AW/SW) Dominick Torchia. "However, there may be some complacency about the dangers of overconsumption in general. We're seeing cases of Sailors and Marines basically drinking themselves to death."

While most people seem to be getting the message about designated drivers and safe ride programs, leaders need to continue educating their Sailors and Marines about the health risks of alcohol, including alcohol poisoning and reduced inhibitions that may lead to risky behavior, said Torchia.

Although the summer 2010 has ended, Torchia urged renewed focus on risk management, so the positive mishap trends of the summer will continue into the cooler seasons.

"Many of the risks are actually the same," said Torchia. "There are just different conditions. We think of peo-

ple traveling for their summer vacations, but they are also on the road for Thanksgiving and Christmas. The folks who are out there participating in summer sports will probably also take part in winter sports. We ask them to take the same risk management mentality and adapt it to the new conditions."

To that end, Torchia recommends "winterizing" homes and vehicles now, rather than waiting until weather conditions deteriorate. He also encourages everyone to get in shape now for winter sporting activities such as skiing, snowboarding or even football.

"Prepare and train before you go out and try something like that. If you haven't skied before, take a course before you hit the slopes," said Torchia.

While many risks remain consistent through all four seasons, fire dangers do escalate in fall and winter, due to faulty heating systems, unsupervised fireplaces and dangerous space heaters.

This Week in Naval History

Sept. 20
1911 - Navigational instruments first requested for naval aircraft.
1951 - In Operation Summit, the first combat helicopter landing in history, U.S. Marines were landed in Korea.

Sept. 21
1858 - Sloop Niagara departs Charleston, S.C., for Liberia with African slaves rescued from slave ship.
1939 - President Franklin D. Roosevelt asks Congress to repeal the arms embargo provision of the Neutrality Act.
1944 - Aircraft from 12 carriers commence two-day attack against Japanese ships and airfields on Luzon, Philippine Islands.
1984 - Mid-East Force begins escort of U.S.-flagged vessels in Persian Gulf.

Sept. 22
1776 - John Paul Jones sails into Canso Bay, Nova Scotia, and attacks British fishing fleet.
1943 - U.S. destroyers and landing craft land Australian troops at Finschhafen, New Guinea.
1989 - After Hurricane Hugo, Sailors and Marines provide assistance to Charleston, S.C., through October 10.

TRICARE Notes

URGENT OR EMERGENCY? HERE'S THE DIFFERENCE

Every year, millions of dollars are spent on costs in situations where an emergency room visit was not necessary, and a patient's condition could have been treated through urgent care. TRICARE explanation of urgent care and emergency care can help you seek the most appropriate health care services.

Urgent Care

TRICARE defines urgent care as medically necessary treatment for an illness or injury that would not result in further disability or death if not treated immediately but that requires professional attention within 24 hours. Contact Humana Military at 1-800-444-5445 for assistance in obtaining urgent care. To reduce your out-of-pocket costs, you should seek urgent care services from a TRICARE network provider.

Emergency Care

TRICARE defines an emergency as a medical, maternity or psychiatric condition that could lead a "prudent layperson" (someone with average knowledge of health and medicine) to believe that a serious medical condition exists; or that the absence of immediate medical attention would result in a threat to life, limb or eyesite; or with the person has painful symptoms requiring immediate attention to relieve suffering. This includes situations where a person is in severe pain or is at an immediate risk to self or others.

News and Notes

Take Me Out to the Rodeo - The Santa Rosa County Fair in conjunction with the Professional Rodeo Cowboys Association and J. C. Kitaif Ranch will present the Milton Rodeo Sept. 24 and 25. The events will begin at 7:30 p.m. each night at the East Milton Ballpark and Rodeo Arena. Six big events are planned with a \$65 entry fee and \$500 additional prize money for each event. Events include Barrel riding, bronc riding (bareback and saddle), bull riding, team roping and calf roping. Competitors are still being accepted. Call 601-376-6825. Tickets for the event are \$10. Professional rodeo clown "Backflip" Johnny Dudley will be a featured performer. See www.srccfair.com for more information.

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.

Come Get Fit - Come to the MWR Fitness Center and try our afternoon TRX classes. Classes will be held 5:30 - 6:30, beginning Monday Sept. 13, and will be offered every Monday and Wednesday in the basketball court. For additional information, please contact the MWR Fitness Center at 623-7412.

Hispanic Heritage Month - The NAS Whiting Field 1st Class Association will host an Hispanic American Heritage Celebration Luncheon, 1100-1200, Thurs, 23 Sep 2010, in Bldg. 2980 (Base Auditorium). Guest speaker will be Father Dennis O'Brien. Menu includes: Carnitas (Mexican Pork), Pollo Guisado Tostones (Puerto Rican Chicken), Seven Bean Salad and Cake. All base personnel are invited and cost is FREE!

Navy Birthday Ball - The 235th Navy Ball 'New Horizons Preserving Traditions' will be held from 5 p.m. to midnight, Saturday, Oct. 9, in Sikes Hall. Pre-register for Child Care at the CDC no later than Oct. 6 by calling 623-7472. The Navy Ball Committee pays half of the cost. For tickets, contact your division or



A Gift of Thanks

Whiting Field Division of the Naval Sea Cadet Corps Commander Tony Chandler presents a plaque from the division to Capt. Pete Hall, Naval Air Station Whiting Field commanding officer. The plaque thanks the Skipper for the support NAS Whiting Field provides to the unit throughout the year. U.S. Navy photo by Jay Cope.

squadron representatives or call 623-7045/7371.

NASWF Bowling Leagues - The NAS Whiting Field Bowling Center is looking for additional bowlers to join the Tuesday Night Mixed Bowling League. Teams for this mixed bowling league are four players of which one must be of the opposite gender. We need four bowlers to join, one female and three male or female bowlers, to make a full 8 teams. We also have room for two more teams. This would make this league a full 10 teams if this could happen. Tuesday Night Mixed Winter is also a USBC sanctioned league and membership cards for adults are \$14.00. This League started Aug. 31 and will bowl for 32 weeks. League dues are \$12.00 per bowler per league night with \$8.25 of this for lineage; \$3.00 for the prize fund; and \$0.75 for secretarial treasurer fee. To find out more about USBC sanction bowling please click the following link or paste into your browser address bar. <http://www.bowl.com/>. Call Greg Persondek at the bowling center, 623-7313, for details.

Fire Prevention Week - Fire Prevention week will be observed October 3-9. This year's theme is "Smoke Alarms: A sound you can live with." Although this is a weeklong event the Fire Prevention Bureau will be conducting training throughout the month. Please take time to focus on your fire safety training needs and schedule a time for command training. Please contact Shirley Watts at 623-7856 or via email at shirley.watts@navy.mil.

Chaplain DISC Workshop - An "Understanding the Love of Your Life" workshop for married and engaged couples will be conducted by Chaplain Raymond Summerlin Sept. 23. Discover how your relationship can be the ultimate sharing experience in an interactive 3 hour seminar. First you will gain insight into your personal style inventory, then you will develop a greater understanding and appreciation of your mate as you look at how he/she is different in 12 distinct categories. Finally, you will learn how to increase your effectiveness and be more successful in dealing with your mate through practicing versatility based upon each other's personality. We promise you won't be bored and will leave with a renewed appreciation for your partner. The workshop will be held in Rm. 169A in the Atrium Bldg. at 8 a.m. through noon. Call 623-7211 for details or to register for the class.



Retaining Our Best and Brightest

Aviation Boatswain's Mate Second Class Korinne Reese receives her reenlistment certificate from Capt. Lacrosha Merkle, USAF, Sept. 17. U.S. Navy photo by Lt. j.g. Tyler Watters.

Upcoming Events

Sept. 23, 1100 - Hispanic Heritage Luncheon - Auditorium

Sept. 24, 0800 - Navy Ball Golf Tournament - Golf Course

Sept. 24, 1300 - Winging Ceremony - Base Auditorium

Oct. 3-9 Fire Prevention Week

Oct. 5, 1645 - Fire/Crime Prevention Night - Whiting Pines

Oct. 8, 1300 Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

STRESS MANAGEMENT - Thursday - 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.

RESUME WRITING - Tuesday, September 28 - 10:00 a.m. to 12:00 p.m.

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.

HOW TO SURVIVE THE HOLIDAYS FINANCIALLY - September 29 - 2:00 to 4:00 pm

Learn techniques to making smart spending choices that won't "break the bank" this holiday season! For more information, contact a Work and Family Life Specialist at 623-7177.

HEALTH AND FITNESS EXPO - October 8 - 9 a.m. to 3 p.m.

A wide-range of health information for people of all ages will be offered: Dental Health; Asthma Awareness; Breast Health; Colon Cancer Awareness; Immunization Education; Smoking Cessation; Blood Pressure Checks; Free Cholesterol Screening; PSA Screening; Diabetes & Nutrition Education; Physical & Occupational Therapy Management; Retiree Activities; and much more. There will also be a variety of activities and demonstrations throughout the day: 30-Minute Aerobics & Fitness Classes; Martial Arts & Gymnastics Demonstrations; Cross-Fit Challenge; Games; Door Prizes; and Give-Aways. Presented by: Santa Rosa Medical Center, NAS Whiting Field Branch Health Clinic, MWR, FFSC, and DECA. Call 623-7502 for more information.

Navy Announces Updates to Selective Reenlistment Bonus

By Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Changes to selective reenlistment bonus (SRB) award levels were announced in NAVADMIN 300/10 for active duty and Reserve full-time support Sailors, which are scheduled to take effect Oct. 1.

Approximately 17,000 Sailors working in 135 critical skills will be eligible to reenlist with SRB awards up to \$90,000 in 2011.

"While the SRB program continues to be the Navy's primary monetary incentive to encourage Sailors with critical skills and valuable experience to stay Navy, it is incumbent upon the Navy to remain within congressionally authorized funding limits," said Rear Adm. Tony Kurta, director of personnel plans and policy.

SRB is also a force shaping tool to better manage critical skill retention goals.

"As reenlistment goals for particular skills are achieved, SRB award levels for those skills will be removed from the plan," said Kurta.

The key for Sailors is to reenlist early to take advantage of the SRB as soon as eligibility requirements are met. Enlisted ratings selected for SRB have been placed in one of three tiers. Varying award levels and early reenlistment opportunities have been provided for each tier.

Sailors may request to reenlist early for an SRB, as long as their end of active obligated service is within the current fiscal year and is not later than 90 days from the requested date of reenlistment.



ABHC Derrick Kemp, Crash Division's leading Chief at Barin Field, raises his hand to reenlist for three more years with Command Master Chief Hari Singh administering the oath. U.S. Navy file photo.

Sailors serving in tier one skills may reenlist any time within the fiscal year their enlistment contract ends. Sailors receiving early promote in their most recent periodic evaluation report and Sailors with nuclear skills are given greater reenlistment flexibility.

"With the policy changes, it is critical that Navy counselors and command leaders read and understand the governing instructions and NAVADMINs," said Kurta. "The required paperwork must be completed correctly and in a timely manner to be processed so Sailors can take advantage of the bonus."

Barin Volunteers

- (Cont. from Page 1)

their ability to respond to an emergency.

For many of the volunteers, this was their first time volunteering at a school. For Watson, who has been tutoring since the beginning of the school year, the effort reflects a desire to make a positive impact on the children's lives.

"I have kids, and I want to give back to another child what he or she might not receive because of their parents' absence in their lives," Watson said.

Watson is just one of about nine volunteers from the outlying field to help out, and sets an example for the younger Sailors.

Like most of the volunteers from Barin, Aviation Boatswain's Mate Third Class Jacob Campbell is proud to represent the Navy in a positive way and appreciates that the kids can see first-hand how the military can reach out to its surrounding communities.

"This was my first time to do this, and I could immediately see that our uniforms made the students excited," Campbell said. "The students were glad to learn from someone in uniform and I can't wait to come back."



After taking a break from reading "Jill and Gill", ABH1 Philip Watson answers some curious questions about the Navy from his student, Anthony. Watson was one of the first volunteers of the school season. U.S. Navy photo by Lt. j.g. Tyler Watters.

The Sailors at NOLF Barin feel it is important to demonstrate to the nearby towns that their job in the Navy is not just to work at their field. They work with the area residents through car washes, road cleanups, parades and the elementary school morning tutoring sessions they have been doing for the past few years. It is part of being a member of the community.

But the Sailors seem to think that mentoring the students is the most fun! Aviation Boatswain's Mate First Class Ryan Parrish's greatest satisfaction comes when he sees the students he tutors learn new things.

"One of the things I like best about this is the smile on the student's faces when they've figured something out for the first time," Parrish said. "I taught one child how to spell 'mom' and he got so excited about being able to write 'I love mom' on his refrigerator at home."

Even though the Sailors may get as much out of the program as the kids, it is still an effort the school finds valuable. Perhaps the greatest value isn't even in what the children learn in the classroom, but the presence of good people in uniform who are willing to do something out of the goodness of their hearts.

Hope Zeanah, Elberta Elementary School Principal, is appreciative of the volunteers, and hopes the Sailors will continue with their efforts.

"The Sailors are just a great presence for the children; they are great role models and it is good for the students to experience someone of a different nature in uniform helping them with their studies," she said.

Join Us For The
NAS Whiting Field
NAVY BALL
Golf Scramble

\$35.00 per person
Four players per team
\$5.00 for
3 Mulligans and
1 Tee Buster
Prizes TBA
Start time 0800

FRIDAY
SEPTEMBER 24th

Proceeds from the tournament will benefit the 235th Navy Ball. Come out and make this a Great Navy Ball!

Contact information:
ACCS(AW/SW) Rowe - 623-7371 trevor.rowe@navy.mil
AC1 McGroarty evan.mcgroarty@navy.mil
AC3 Egerdahl timothy.egerdahl@navy.mil

Rain date October 1st

Eco-nomics

Install Storm Doors and Windows

The simple act of installing a storm door can increase energy efficiency by 45%, by sealing drafts and reducing air flow. Storm doors also offer greater flexibility for letting light and ventilation enter your home. Look for Energy Star-certified models. Similarly, storm windows can make a huge difference when the cold wind starts blowing. It may be a pain, but it is well worth it to get them out of the shed or attic and install them for the season. Efficient doors, windows and skylights qualify for a federal tax credit covering 30% of the cost, up to \$1,500.

Give Your Heating System a Tune-Up

You probably already know that cars need periodic tune-ups in order to run their best. Well the same is true for heating equipment. Keeping your furnace clean, lubricated and properly adjusted will reduce energy use, saving up to 5% of heating costs. Some furnace manufacturers and dealers also offer free or discounted inspections.

See www.thedailygreen.com for more tips.

EEO ADVISORY COMMITTEE PRESENTS

HISPANIC AMERICAN HERITAGE CELEBRATION



“Heritage, Diversity, Integrity and Honor”
1100-1200 THURSDAY SEPTEMBER 23rd 2010
Auditorium
NAS WHITING FIELD

New CPOs **- (Cont. from Page 1)**



Chief Aviation Boatswain's Mate John Perez receives his anchors from his wife, Ivis, during the CPO pinning ceremony Sept. 16. U.S. Navy photo by Lt. j.g. Tyler Watters.

that she got pinned was surreal.

“Making the rank of Chief was a great moment in my life, and the five year process to make this rank was well worth it,” Williams said. The initiations were tough, but as we got closer to the end we all realized what the process was about.”

Williams was joined by now Chief Air Traffic Controller Carl Proffen, Chief Aviation Boatswain's Mate John Perez, Chief Air Traffic Controller Cecelia Knight-Holton, and Chief Hospital Corpsman Jerald Lapalm.

“Becoming a Chief Petty Officer is a life changing experience,” said Command Master Chief Hari Singh. “These Sailors will no longer assemble for the Navywide advancement exam, be called Petty Officer, or assemble in ranks with the former petty officers. However, they will now be called on to lead, coach and mentor the ranks of Sailors they just departed...because they are the Chief!”

ERAU Registering for Winter Term

The Pensacola Campus of Embry Riddle Aeronautical University is now registering for the winter term through October 18, 2010, 8:00-5:00 Monday through Thursday and 8:00-3:00 Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue, NAS Pensacola and Wednesdays, 9:00am-4:00pm in Bldg, 1417, Room 163 on NAS Whiting Field. Add and drop for a full refund will be held October 18-22, 2010. New Student Orientation will be held Wednesday, October 16, 2010 5:00- 6:00 pm in Bldg. 634, Suite 033. Everyone is encouraged to register early. Classes begin October 18, 2010.

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.center@erau.edu, visit www.embryriddle.edu/pensacola or call 458-1098 for details.