



Whiting Tower

Seventy Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 7

Forging Wings for the Fleet
Wednesday, April 30, 2014

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SAPR team prepares to provide future programs



Runners take off at the start of the Apr. 17 Sexual Assault Awareness Month run at NAS Whiting Field. U.S. Navy photo by Ensign Lindsay Grover.

By **Jay Cope, NAS Whiting Field Public Affairs**

Naval Air Station Whiting Field's Sexual Assault Prevention and Response (SAPR) team worked diligently

to raise awareness of the problems associated with sexual assault in the military and the resources available to victims. Now with Sexual Assault Awareness Month in the rear view mirror, one might think that the emphasis that was placed on the program throughout April would fade away until next year – one would be wrong.

Reducing and perhaps preventing sexual assaults in the military will require a concerted leadership and deck-plate engagement that remains consistent and steady. The program relies on adherence to the core of military values and behavioral standards – integrity, trust respect, fidelity, and courage. Kristen Klein, NAS Whiting Field's Sexual Assault Response Coordinator, and Jennifer Walker, the installation's Civilian Victims' Advocate, are geared up to continue the push to remind everyone that sexual assault is contrary to those beliefs.

“We are beginning to gain prominence within the
- (Cont. on Page 4)

Cover Photo: Participants take off as the SAAM Fun Run commences. Apr. 17. U.S. Navy Photo by Ensign Lindsay Grover

The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Ensign Lindsay Grover

- Ensign Josh Lamb

The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

Winter Detachment Meets the Mark

By **Ensign Lindsay Grover, NAS Whiting Field Public Affairs**

Training Air Wing FIVE's (TRAWING-5) detachment to New Mexico successfully completed winter training, returning all Student Naval Aviators and Instructor Pilots home safely by the middle of this past March. Taking advantage of significantly better weather, the Wing completed over 2100 student advancing events, improving training consistency and reducing Primary Phase Time to Train than would have been possible during the same time period at Naval Air Station Whiting Field. This was TRAWING-5's first attempt at remote training and a catalyst for future detachments based on its success.

TRAWING-5 organized this detachment to increase productivity during the winter months, taking advantage of the more ideal flying weather of New Mexico. This remote training allowed students to accelerate through primary flight training and focused primarily on students who needed good visibility to conduct their flights.

Weather is often the most prevalent factor contributing to an individual's delay in flight school. When a student is able to fly more frequently, they not only become more proficient aviators but they also minimize costs by eliminating the need for mandatory warm-ups flights. Mandatory warm-ups - (Cont. on Page 10)

SECNAV Holds Global All Hands Call

Mabus answered questions about the budget, deployment schedules and pay and allowances among other things during the broadcast held at the Defense Media Activity.

Mabus emphasized the Navy's unique presence, citing that the Navy is where it needs to be, when it needs to be there, not just at the right time, but all the time.

"We do this by focusing on four things," said Ma-

those gathered at DMA, from around the fleet via e-mail, from those tuned in to a live chat on the Internet, and pre-recorded video. Popular topics ranged from deployment lengths and budget requirements to female hair regulations and equipment.

One Sailor asked about weapon systems currently being tested, and when the Navy and Marine Corps may see those systems.

Mabus said the Navy and Marine Corps are already seeing these weapon systems out in the fleet. The Navy is putting a laser weapon on board USS Ponce (LPD 15) to see how it does in a maritime environment. They are also testing rail guns on high speed vessels and USS Zumwalt has a brand new gun system that is very long range and amazingly accurate.

"We're going to get out the most advanced things we've got as quickly as we can," added Mabus.

Mabus also fielded questions regarding retirement policy in regards to pay. Mabus said that the notion is that whatever policy was in place when a service member enlisted will be the policy they retire under, regardless of changes that occur while they are serving.

When asked about incentives to keep those with special certifications and clearances from exiting the Navy, Mabus talked about Selective Reenlistment Bonuses, but also focused on the service aspect and the good Sailors and Marines do for their country by choosing to stay in the military. He added that although some do move on to pursue a career outside of the military, there are currently record recruiting and retention rates in the Navy. Unanswered ques-

tions in regard to providing the same housing and allowances for single Sailors and Marines as is provided to married Sailors and Marines, and the warrant officer program being opened to additional ratings will be researched and answered later in an article for All Hands Magazine online (www.ah.mil).

The call will be available for viewing at the "Every



FORT MEADE, Md (April 29, 2014) Secretary of the Navy Ray Mabus conducts a live worldwide all hands call at Defense Media Activity Fort Meade, Md. The secretary answered questions from the fleet on subjects ranging from pay and benefits to Navy and Marine Corps regulations via live video feeds, social media, and other sources. (U.S. Navy photo by Mass Communication Specialist 1st Class Mark Logico/Released)

bus. "People, Platforms, Power and Partnerships."

During the broadcast, Mabus took questions from

This Day in Naval History

May 2 1945 - Hospital Apprentice Robert E. Bush administers aid to a wounded Marine officer and fires back at the Japanese at the same time during a battle at Okinawa. For this, he earns a Medal of Honor.

May 4 1942 - Battle of Coral Sea, first carrier vs. carrier battle, begins

May 5 1948 - VF-17A becomes first carrier qualified jet squadron (USS Saipan)

May 7 1934 - USS Constitution completes tour of principal U.S. ports

May 8 1911 - Navy ordered its first airplane, Curtiss A-1, Birthday of Naval Aviation

May 9 1926 - LCDR Richard Byrd and Chief Machinist Mate Floyd Bennett make first flight over North Pole; both receive Congressional Medal of Honor.

May 10 1862 - Confederates destroy Norfolk and Pensacola Navy Yards.

May 11 1965 - U.S. destroyers deliver first shore bombardment of Vietnam War.

May 12 1846 - U.S. declares war against Mexico



A U.S. Navy VF-17A Phantom Fighters taxis to the catapult during carrier qualifications on the light aircraft carrier Saipan, in May 1948

SAPR

- (Cont. from Page 2)

command and people are aware of us and the services we offer,” Klein stated. “Things are going well now, but we want to continue to increase awareness of the program and its ability to respond to aid a victim.”

After bringing in a nationally known speaker about dating roles, hosting a “Step Up to Stop Sexual Assault” info-run, setting up seven outreach booths, and training nine new Victims’ Advocates, the goal now is to keep the initiatives coming. Klein and Walker are already: planning another edutainment event from CNIC, working to introduce more interactive discussions based training in new student indoctrination, initiating bystander intervention training, scheduling a sexual assault response drill, and setting up another round of VA training to increase the pool of available candidates for NAS Whiting Field.

All of the initiatives are important, but keeping a steady watchbill of VAs is a priority for Klein due to the frequent rotation of Sailors from the command and easing the rotation of service members performing the duties. They also form a very visible core of Sailors who have the prominence and knowledge to prevent attacks from ever happen-

ing.

“We don’t want the watchbill to be arduous for the Sailors, so we want to keep comfortable with the numbers of VAs we have,” she said about performing more VA qualification training. “We’ve started training locally, and that’s good. People know who their VAs are and it helps to have them in the workplace and in other spots where Sailors gather.”

This is consistent with the Navy’s concept that bystander intervention is vital in stopping this unwanted behavior. The chain of command is responsible for cultivating a climate wherein behaviors that lead to sexual assaults are not tolerated, but the VAs are the first responders in the event of an incident and the peers of Sailors and in a position to intervene.

April was the first SAAM for both Klein and Walker and they were excited about the progress the program made during their short tenures, but they are also looking forward to their future successes.

“Everything is coming along really well,” Walker said. “We just want to continue to grow the program and make



Memorial Day
2 MILE
FUN RUN

Wednesday
May 21st

1130 am
Fitness Center

call 623-7412 for more information

The poster features a background of an American flag. In the center, a silhouette of a runner with arms raised in triumph is superimposed over a red ribbon that stretches across the width of the poster. Below the ribbon, a group of silhouettes of various runners is shown in motion. The text is overlaid on the image in a bold, sans-serif font.

Bowen to Turn Over Command of HT-8

By Ensign Lindsay Grover, NAS Whiting Field Public Affairs



Cmdr. Matthew Bown
Commanding Officer HT-8

Cmdr. Robert G. Sinram will relieve Cmdr. Matthew J. Bowen of duty as Commanding Officer of Helicopter Training Squadron EIGHT during a Change-of-Command ceremony Friday, May 9 at 1300 in the Naval Air Station Whiting Field Atrium building. Commander Pacific Fleet Adm. Harry Harris will serve as the guest speaker for the occasion.

Under the command of Bowen HT-8 flew over 22,000 class

'A' mishap free flight hours; executed approximately 12,000 sorties, resulting in the completion of over 10,500 syllabus events; and achieved over 82 percent of fiscal year 2013 Integrated Pilot Production requirements despite numerous external challenges and limited resources. HT-8 is also well on the way to attaining the goals of fiscal year 2014.

Bowen's guidance forged 156 Navy, Marine, Coast Guard, and Allied Naval Aviators meeting CNA-TRA mandated production goals. He also personally met with each graduating class to discuss end of course critiques, drawing from student feedback in an effort to improve HT-8's training approach and customizing extracurricular training plans for students who struggled throughout the syllabus.

HT-8 received an "Outstanding" from the Chief of Naval Air Training Flight Instructor Standardization Training (FIST) Team, under the leadership of Bowen; the only Squadron in Training Air Wing FIVE to do so. The squadron was also described as maintaining the finest safety programs in the wing and having some of the best programs in CNATRA: achieving a discrepancy-free ground safety inspection; having the best BASH program of all TRAWING-5 squadrons; and receiving a grade of "Outstanding" on the 2013 NATOPS

Evaluation with zero discrepancies. HT-8 has also been recommended by TRAWING-5 for the Admiral Towers Flight Safety Award.

Bowen began his career in June 1995 as a graduate of the Merchant Marine Academy where he reported to the USS WHIDBEY ISLAND (LSD-41) as the M Division Officer, Legal Officer and Training Officer. Following his transition into Naval Aviation, Bowen completed primary flight training at VT-6 before earning his "Wings of Gold" with HT-18 at NAS Whiting Field.

Throughout his career, Bowen helped to transition HC-6 to HSC-26 as part of the navy's helicopter re-organization serving two tours with HSC-26 "Chargers." He was part of the MH60R/S Fleet Introduction Team while assigned to HSC-3 "Merlins" then transitioned to the SH-60F/HH-60H with HS-10 "Warhawks."

Playing a pivotal role in the transition of HS-8 to HSC-8 and made the first ever MH-60R/S deployment as part of Carrier Air Wing NINE onboard the

Ec-nomics

Next time you go to purchase lights if you don't already, buy compact fluorescent lights (CFL's). These bulbs are three to four times more efficient at converting energy than incandescent lights and last ten times as long. To get a full life out of these bulbs remember to reduce the use of artificial light as much as possible. Some ways to do this, are by getting lamps with light colored lamp shades allowing more light to be admitted; decorating with light colors helps prevent the absorption of as much light, making the room seem brighter with the same amount of light being used; using motion sensors to turn lights off and on.

A common example of how people can cut back on using artificial light is by using natural light. Mid-day when people often leave the office for lunch is a great example of where there is often plenty of natural light and artificial light is not needed. If 300,000 Navy personnel turned off their office lights during the lunch hour (four fluorescent tubes per person for 250 hours per year), annually the Navy could save \$1.2 million and reduce emissions by 51.6 million pounds of nitrogen dioxide, 124.8 million pounds of sulfur dioxide and 13,656 million pounds of carbon dioxide.

News and Notes

Leave Donation Program - Mr. Clarence C. Lowery of NAVSUBASE Kings Bay and Mr. James E. Brown of NAS Meridian have been approved for the Voluntary Leave Transfer Program. Those of you who have Use or Lose or just want to help out are encouraged to donate hours of annual leave.

Energy Savers - The Naval Air Station Whiting Field Public Works Department recognizes the following buildings for their efforts in energy conservation as compared to 2013 costs for the same time frame. Bldg. 1415 BCO at 5.4; Bldg. 1423 VT-3 at 5.3, and Bldg. 1417 MWR at 4.3.

Military Appreciation Picnic - Santa Rosa County will once again show their love of the military through the annual Military Appreciation Day Picnic May 16 from 3 to 6 p.m. at the NAS Whiting Field Sports complex Pavilion. Music will be provided by the Crosstown Band, and hamburgers, hotdogs and other food and refreshments will be provided to all attendees. The first 500 active duty military will receive a gift and the first 200 will receive a bonus gift. There will also be door prizes, activities for children, vendors, games, and much more. See flyer for more details.

Recycling Halted Until Further Notice

Recycling programs at NAS Whiting Field have been halted temporarily due to the issues Santa Rosa County is having with West Florida Recycling. Items which would normally be placed in recycling bins throughout the base (such as cardboard, paper, cans, bottles, plastic) should now be placed in general trash receptacles until further notice. This does not affect Hazardous Material recycling on the installation.

National Day of Prayer



Vegas Act

Instructor Pilot Lt. Chelsea Brunoehler meets George Strait while in Las Vegas to tape the American Country Music "All-Star Salute to the Troops." Brunoehler was one of two Sailors selected to participate in the show which is due to air May 20. See the story in the next Whiting Tower. Photo Courtesy of Lt. Chelsea Brunoehler.

The NAS Whiting Field Chapel will host a prayer service in observance of National Day of Prayer. All are invited to come and participate.

Blood Drive - One Blood will bring the bloodmobile to NAS Whiting Field for the Military Appreciation Picnic May 16 from 3 to 6:30 p.m. at the sports complex. Donate two times between May 1 and Aug. 31 2014, and you will receive a free lunch offer courtesy of Outback Steakhouse and be entered to win "Outback for a Year". Additionally, all donors will receive a Military Appreciation T-shirt and a wellness checkup (blood pressure, temperature, iron count, and cholesterol screening). Make an appointment online at www.oneblooddonor.org and use sponsor code #WSW01.

ITT Special - With the purchase of an adult admission for Legoland at ITT, receive a Kids Go Free ticket (1 kid per full-paying adult).

- Kids three and under are free
 - Kid ticket is for ages 3-12 years of age
 - Bring the coupon and the adult ticket purchased from ITT to the Legoland ticket window
- Active Duty with ID, one free ticket for 2014

Energy Savers - Public Works would like to recognize the following buildings for March's highest energy reductions as compared to March 2013:

Bldg. 1423 - VT-3 - 36.8%

Bldg. 3005 - T-6 Sims - 30.6%

Bldg. 2981 - VT-2/VT-6 - 21.7%

Congratulations and keep up the great work!

Usage Information			
Total Used			
1,649,285 kWh			
	1 Year Ago	Last Month	This Month
Total kWh Used	1,853,040	1,912,710	1,649,285
Average Daily kWh	59,037	61,700	58,903
Days In Billing Period	28	31	28

Energy Conservation
Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Family Assistance

NAS Whiting Field



MAY 2014

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat				1 Chall of FS & Marriage 9:00 - 11:00 am Thrift Savings Plan (TSP) 1:00 - 3:00 pm	2 VA Representative 8:00 am - 12:00 pm	3
4	5 Resume Writing 10:00 am - 12:00 pm Stress Management 1:00 - 2:00 pm	6 Communication 101 1:00 - 2:00 pm	7 Smooth Move 1:00 - 3:00 pm	8 Chall of FS & Marriage 9:00 - 11:00 am Time Management 1:00 - 2:00 pm	9	10
11	12 Federal Jobs 10:00 am - 12:00 pm Communication 101 1:00 - 2:00 pm	13 Stress Management 11:00 am - 12:00 pm Anger Management 1:00 - 2:00 pm	14 Conflict Management 11:00 am - 12:00 pm Time Management 1:00 - 2:00 pm	15 Chall of FS & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	16 VA Representative 8:00 am - 12:00 pm	17
18	19	20	21 Money & The Move 1:00 - 3:00 pm	22	23	24
25	26 MEMORIAL DAY	27 Anger Management 11:00 am - 12:00 pm Stress Management 1:00 - 2:00 pm	28 Communication 101 11:00 am - 12:00 pm Conflict Management 1:00 - 2:00 pm	29 Chall of FS & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	30	31

7511 USS Enterprise St., Milton, FL 32570
(850) 623-7177 (comm.) / 868-7177 (DSN) / (850) 623-7735 (fax)
<https://www.cnic.navy.mil/WhitingField/>

Join us @

www.facebook.com/NASWF.FleetandFamily

Return of Security Deposit by State

By LN1(SW)Sharlissa Barefield

Moving out of a residence can be a very stressful or happy time for most, but one thing most tenants look for after the lease has ended, is their security deposit. Every state has different laws about the landlord's obligation to return the security deposit or justify any amount withheld. Understanding your state's laws will assist you in asserting your rights in a timely fashion. Your local Legal Assistance office can help!

Texas

The landlord must refund the security deposit to the tenant within 30 days after move out. If the landlord withholds any portion of the deposit, he must provide a refund of the balance of the security deposit, if any, together with a written description and itemized list of all deductions within 30 days of the move out. It is the tenant's obligation to provide a forwarding address to the landlord. If the landlord fails to meet his obligations

within 30 days of the tenant's move out, the tenant may sue the landlord for \$100, three (3) times the withheld security deposit and attorney's fees and court costs.

Florida

Upon vacating the residence, if the landlord does not intend to impose a claim on the security deposit, he must return the security deposit together with interest within 15 days of the lease termination. Otherwise, the landlord has 30 days to give the tenant written notice by certified mail to the tenant's last known mailing address of his intention to impose a claim on the deposit and the reason for imposing the claim. If the landlord fails to meet his obligations within 30 days, he loses the right to impose a claim on the security deposit. The tenant may sue the landlord for the security deposit, court costs and attorney's fees.

Mississippi

- (Cont. on Page 13)

How FDCPA Helps with Debt Collectors

By: LT Kym Murphy, JAGC

Legal Assistance Attorney

Pensacola Legal Assistance Office, RLSO SE

If you have debt, you should be aware of your rights and the rules that debt collectors have to follow when trying to collect a debt from you under the Fair Debt Collection Practices Act (“FDCPA”). The FDCPA was mainly designed to eliminate abusive, deceptive, and unfair collection practices by debt collectors. Under the FDCPA, a debt collector is someone who regularly collects debts owed to others. This includes collection agencies, lawyers who collect debts on a regular basis, and companies that buy delinquent debts and then try to collect them.

What Types of Debts are Covered? The FDCPA specifically covers debt you incurred for personal, family, or household purposes. This means things like a personal credit card account, an auto loan, a medical bill, and your mortgage, but it doesn’t cover debts you incurred to run a business.

What Are My Protections? Once you’ve figured out that your debt qualifies under the FDCPA, and that the person/company trying to collect from you is regulated by the FDCPA, then you know that that person/company has to play by the following rules: **Communications.** A debt collector may not communicate with you or your spouse at any unusual time (before 0800 or after 2100 in your time zone) or at any place that is inconvenient to you. This includes your place of employment. Furthermore, if the debt collector knows you have hired an attorney, then all contact has to be with your attorney and not you. If you refuse to pay a debt or request that the debt collector stops contacting you in writing, then the debt collector must cease all further communication; **Validation of Debts.** A debt collector must provide you with certain basic information within 5 days of first contacting you. This information specifically includes the amount of the debt, the name of the creditor you owe, that you have 30 days to dispute the debt before it is assumed valid, that if you dispute in writing they will send you a verification of the debt, and that if the original creditor is different from the current creditor (i.e. your debt was sold), then you can request in writing to know the identity of the original creditor; **Prohibited Practices.** A debt collector may not harass, oppress, or abuse any person. This specifically includes using obscene or profane language, threatening violence, repeatedly calling your phone, or not identify-

ing themselves. Also, a debt collector may not use any false, deceptive, or misleading representations. This includes claiming to work for the government, claiming to be an attorney, using a fake name, or an inaccurate representation of what you owe. Last, a debt collector may not use unfair means to collect a debt from you. This means that a debt collector cannot collect any additional interest not permitted by law, ask for a postdated check, call you collect, or use a postcard to contact you.

Where Do I Report a Debt Collected for a Violation? You can submit a complaint with the Consumer Financial Protection Bureau at <http://www.consumerfinance.gov/complaint/> or with the Better Business Bureau at <http://www.bbb.org/>. You can also report any problems to your state Attorney General’s Office, or you can sue them in court.

If you would like more information or would like to find the legal assistance office closest to you, please contact legal_services/rlso/rlso_southeast.htm.

TRICARE Notes

TIPS FOR USING THE EXPRESS SCRIPTS CALL CENTER AND WEBSITE

When do I call? Typically, Monday is the busiest day of the week for the Express Scripts call centers. Call Express Scripts at 1-877-363-1303.

What do I need? Be sure to have your sponsor identification number of the person you are calling for available when you call.

What can I do online? From the Express Scripts website, www.express-scripts.com/TRICARE, you can:

- View your prescriptions, sign up for home delivery and request refills
- DEBT COLLECTORS ARE CALLING! HOW DOES THE FDCPA HELP ME?
- Check on the status of an order or a claim
- Find a network pharmacy, including those that offer specialty medications or vaccines
- Find out a medication’s cost
- Request an explanation of benefits (EOB) for your prescription history
- Find out which medications are preferred under the TRICARE pharmacy benefit
- Click the “Contact Us” link to access toll-free numbers to reach Express Scripts in the United States and overseas, the Express Scripts mailing address and the Fraud Tip Hot Line.

The TRICARE website, www.tricare.mil, contains information about all TRICARE benefits. The pharmacy section of the website provides information about the TRICARE Pharmacy Program, whether your medication is covered and the different options for getting your prescriptions filled

Around the Base

HT-8 COC

- (Cont. from Page 5)



Cmdr. Robert Sinram
Prospective Commanding Officer
HT-8

USS JOHN C. STEN-
NIS (CVN-74). He also
worked as the Flag Lieu-
tenant to the Command-
er, Operational Test and
Evaluation Force; Di-
rector of Personnel for
the Commander, Com-
bined Joint Special Op-
erations Air Component
in Balad Iraq; Deputy
Executive Assistant to
the Deputy Chief of
Naval Operations; and
Special Assistant and
Speechwriter to the Vice
Chief of Naval Opera-
tions; and is a graduate

of the U.S. Naval War College with a Masters of Arts
Degree in National Security and Strategic Studies.

Sinram takes command of HT-8 after 17 Years
of Naval Service. As a graduate of the U.S. Naval Acad-
emy, Sinram earned his aviator wings after completing
primary flight training with VT-6 and advanced rotary
wing with HT-18 at NAS Whiting Field in 1999.

Following the initial CH/HH-46D “Sea
Knight” fleet replacement pilot training, Sinram was as-
signed to HC-11 “Gunbearers”. Sinram deployed twice
to the Persian Gulf in support of Operation Iraqi Free-
dom where he served as Schedules Officer, Detachment
Operations Officer, and Aviation Safety Officer.

After transitioning to the MH-60S, Sinram re-

ported to Commander
Helicopter Tactical
Wing, U.S.

Pacific Fleet (COM-
HELTACWINGPAC)
where he was a Fleet
Replacement Squad-
ron Instructor at HSC-3
“Merlins.” He was in-
strumental in the for-
mation of Commander
Helicopter Sea Combat
Wing, U.S. Pacific Fleet
(COMHSCWINGPAC)
during the navy’s heli-
copter re-organization.

Assigned to the
USS PELELIU (LHA-

5), Sinram served as the V-3 Division Officer and Air-
craft Handling Officer during Operation Iraqi Freedom,
Operation Enduring Freedom, and Peleliu Pacific Part-
nership 2007 where he earned his qualifications as Offi-
cer of the Deck (Underway) and Command Duty Officer.
Joining HSC-21 “Blackjacks” in 2008 as Department
Head, Sinram deployed as Detachment Four Officer-in-
Command supporting Operation Enduring Freedom.
Sinram also served as Assistant Deputy Director of Op-
erations for the Joint Staff; Senior Emergency Actions
Officer; and Presidential Strike Advisor on Operations
Team Four, National Military Command Center.

Cmdr. John D. McBryde will replace Sinram as
Executive Officer for the squadron.



Cmdr. John McBryde
Prospective Executive Officer HT-8

SECURITY CHECKPOINT

Posted speed limit signs – Due to the high number of traffic citations for speeding approaching and departing NAS
Whiting Field gates, speed bumps have been placed right outside and inside both gates.



The posted speed limit for both gates are 15mph or slower and put in place for the
safety of the personnel that are posted at the gates. Be aware of personnel and vehicles
that are crossing the road at the West Gate. There’s a residential area on the right ap-
proaching the West gate. This area on Langley Street is also a school bus loading zone.
It’s illegal to pass a school bus with it lights flashing and stop sign deployed. When
departing NASWF, pay attention to where the 45mph speed limit signs are posted. You
should gradually increase your speed while approaching the signs to 45mph, not going
45mph before you reach it.

Congratulations to TRAWING-5 Wingers



First Row: Lt.Col. Jeffery Pavelko, USMC, CO HT-28, Ensign Nicole K. Leonard, USN, Ensign Lee, V. Dam USN, Ensign Natalie K. Nguyen, USN, Ensign Holle C. Schryer, USN, Ensign Brandon T. Tinkham, USN, Lt j.g. Sarah E. Bradley, USCG, Ensign Ian R. Romano, USN
Second Row: Ensign George R. Guagenti, USN, Ensign Ned J. Davis, USN, Lt j.g. Joshua P. Scritchfield, USCG, Ensign Ji H. Hong, USN, Ensign Lewis J.H. Chaloner, USN, Ensign Brett A. Kruhoeffer, USN, Ensign Andrew J. Faulk, USN, Capt. James J. Fisher, USN, Commodore TW-5

Third Row Cmdr. Matthew J Bowen, USN, CO HT-8, Ensign Eric J. Reno, USN, Ensign Isay A. Rapoport, USN, Ensign Austin R. Petersen, USN, 1stLt Erik J. Cragerud, USMC, Ensign Nicholas H. Williams, USN, Ensign Bray D. Dunaway, USN, Vice ADM. David A. Dunaway, USN Commander Naval Air Systems Command.

Congratulations to TRAWING-5 Scholars



Ensign Philip T. Dodson, USCG; Ensign Nathan D. Dermody, USN; Ensign Gregory M. Adkins, USN; Ensign Pablo A. DeJesus, USN; 1stLt Michael J. Inzeo USMC; Ensign Sarah R. Pritchard, USN; Ensign Thomas A. Petrilak, USN; LTJG Lisa M. Davis, USCG; Ensign Andrew D. Hardman, USN received their Academic Achievement Award Apr. 11 in the Training Air Wing FIVE headquarters building.

Around the Base

Roswell Detachment

- (Cont. from Page 2)

are due to being out of the aircraft for a period of 14 days or more. The detachment provided a more consistent training experience, capitalizing on frequency and repetition. The upfront costs of the training helped to minimize expenses overall with the expedition of student pilots through primary flight training.

“The detachment to New Mexico was enormously successful, [which] resulted in an event completion rate nearly 15 percent greater than would have been possible flying those aircraft out of Whiting Field during the same period,” explained Detachment Officer-in-Charge, Lt. Col. J. Scott Payne, II, USMC.

The training demonstrated the ability of TRAWING-5 to construct an effective detachment mechanism thus allowing the corporate knowledge gained in this endeavor to be utilized in future detachments. The Wing also successfully created a durable and mutually beneficial relationship with the city of Roswell, NM allowing for other potential detachments in the future.

Based on the success of this evolution it is likely this type of training will continue in the near future. In order



Two T-6 Texan IIs practice formation flying in the skies over New Mexico during a winter detachment there from January through March. The detachment helped maintain flying hours for Training Air Wing FIVE during some poor winter weather in Northwest Florida. Photo courtesy of Training Air Wing FIVE.

to meet the mission of TRAWING-5 it is necessary to utilize opportunities to increase productivity. Weather, maintenance and a limited defense budget will always be a factor in the aviation community but the use of detachments are highly advantageous to accomplishing the goal of mission readiness.

The Roswell detachment also provided an opportunity to increase public relations between Naval Aviation and New Mexico. Cadets from the New Mexico Military

Institute received aircraft tours and were able to participate in meet-and-greet sessions with instructors and students. Lt. Col. Pete Blades, Detachment Officer-in-Charge gave an address to the Artesia, NM Rotary Club and before the training exercise terminated community leaders from Carlsbad and Roswell hosted dinners honoring the Instructor Pilots, students, and support staff of the winter detachment.

Payne reiterated the importance of future detachments stating that, “the goodwill produced from deployments like this is an asset that benefits both guest and host, and leaves an enduring, positive image of our Navy, Marine Corps, and Coast Guard with a part of the country that seldom gets to see them in action.”

Changes to Retirement of Medical Records

By Lt. James Lager, Division Officer, Outpatient Records, Naval Hospital Pensacola

In January, the process to officially retire medical service treatment records (STR) for servicemembers who are retiring or separating from the military changed dramatically.

In an effort to both streamline communications with the Department of Veterans Affairs and ultimately improve VA claim processing times, a fleet wide message mandated that a servicemember’s entire paper-based medical and dental health record will now be electronically scanned and uploaded into the Health Artifact and Image

Management Solution (HAIMS) to create a fully electronic STR accessible by the VA. Naval Hospital Pensacola and its branch clinics are working hard to implement this process to better serve its beneficiaries.

This change is critically important for servicemembers who are stationed with operational units that maintain medical or dental records within their respective units. The medical point of contact at each unit should ensure that a process is in place to ensure STR documentation is provided to NHP or one of its branch clinic’s Medical Records Departments for official scanning to the VA. Additionally,

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Easter egg hunt at Naval Air Station Whiting



The First Class Petty Officer's Association teamed up with the Chief Petty Officer's Association to provide an Easter Extravaganza on Saturday, Apr. 26. Over 50 children and their families attended, and participated in Easter Egg Hunts and bounce house activities. The children also got their picture taken with the Easter Bunny who gave out Easter treats and candy. Top left With the help of Capt. David Brandon, Jonathan (2) continues his search for more eggs Top Center Andrew (7) hustles to gather as many Easter eggs as he can. Top Right The Easter Bunny is so excited to see Cmdr. Gregory Gray, Executive Officer of NAS Whiting Field, at the Easter Egg Hunt. Bottom Left Charmane Leftwich and Mikaden (2) find a pink Easter egg and hurry to collect more. Bottom Right Finding that a low profile running technique is optimal, Jayden (6) stays low and fast during the hunt.



Security Deposit

- (Cont. from Page 8)

After the tenant terminates the lease, the landlord must return any remaining portion of the security deposit or provide a written, itemized statement for the amounts claimed no later than 45 days after move out. If the landlord fails to meet his obligations within 45 days, the tenant may sue the landlord for the original security deposit, court costs and attorney's fees, plus punitive damages of up to \$200.

Georgia

After the tenant terminates the lease, the landlord must return the security deposit or provide the tenant a notice within 30 days. That written notice must identify the damage and the estimated dollar amount of the damage, and include a refund of the difference between the security deposit and the amount withheld for damages. If the landlord fails to meet his obligations within 30 days, the tenant can bring suit against the landlord for the security deposit plus any interest it earned while it was wrongfully withheld, attorney's fees, and the cost of filing the legal action.

Louisiana

The landlord is required to return the security deposit within one month after the end of the lease, provided that the tenant fulfilled the lease obligations and left a forwarding address. If any part of the deposit is kept, the landlord must send the tenant an itemized list of deductions and any remaining balance of the deposit within one month. If the landlord fails to return the deposit or to send the itemized list within one month, the tenant can sue in Small Claims Court to recover the deposit. If the landlord fails to account for the deposit within 30 days of the tenant's written request for a refund, then the tenant can recover the actual amount for the damages made or \$200, whichever is greater.

As you can see, these laws vary from state to state. Consult with your local Legal Assistance attorney if your landlord withholds your security deposit. Please visit us at http://www.jag.navy.mil/legal_services/rloso/rloso_southeast.htm for more information or to find out the location of the legal assistance office near you.

Medical Records

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if servicemembers have obtained their original medical record by mistake and have it in their possession they need to return it to their local records department to have it properly retired electronically to the VA. The VA is no longer accepting paper medical records to process veteran claims, so it is critical that those documents are retired properly.

With these changes, servicemembers who are departing the armed services are strongly encouraged to request a complete personal copy of their STR for their records. A copy can be obtained at the Medical Records Office or Department of the Military Treatment Facility that provides their care.

Servicemembers with questions can contact Medical Records Department, Naval Branch Health Clinic, NAS Whiting Field at (850) 665-6376.



**NAVY TEEN
SUMMER 2014
CAMP SCHOLARSHIP PROGRAM**

How to apply for a scholarship

- Be 13-17 years old by May 14, 2014
- Be a dependent of Navy active-duty or active-duty Navy Reserve personnel
- Complete enclosed application
- Email to brent.a.edwards@navy.mil
- Additional eligibility info enclosed

NAVY CYP

**APPLICATION DEADLINE:
MAY 14, 2014**

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CNIC
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Navy Child and Youth Programs -
a CNIC Quality of Life Program

Around the Base

Summer Camp Scholarships are now Available for Teen's

Navy Child and Youth Programs (CYP) is now accepting applications for the 2014 Navy Teen Summer Camp Scholarship Program. CNIC will fund all expenses for the Navy teens worldwide including commercial airfare, ground transportation, camp registration, camp lodging, on site camp meals, all equipment, rentals, and deposits. The 180 and 160 participants of the 2011 and 2012 program (respectively) were overwhelmed by the places they traveled to, the friends they made, and the camps they attended.

This year looks to be the same; with sailing camp in Annapolis, MD. from 6-12 July; California Adventure seeing Lemoore, San Francisco, and Yosemite from 6-18 July; Panama City Water Adventure in Panama City Beach, Orlando from 13-26 July; and a European Backpacking Outdoor Adventure; in Barcelona, Spain; Chamonix, France; and Interlaken, Switzerland 14-27 July. The deadline to sign up is 14 May 2014, and the individuals selected to go will be notified by 1 June 2014.

To be eligible to apply, the participant must be a dependent of active or active reserve duty. Be between 13-17 years of age on 14 May 2014 with a 2.75 GPA (on a 4.0 Scale). If traveling internationally, the participants' passport needs to be valid for at least 6 months following the trip.

Again the deadline to sign up is 14 May 2014; any and all questions about this program can be directed to brent.a.edwards@navy.mil or (503) 453-9448.



NATIONAL CHILD ABUSE PREVENTION PROCLAMATION

Editor's Note: NAS Whiting Field Commanding Officer Capt. Matthew Coughlin signs the Child Abuse Prevention Month proclamation at the Fleet and Family Support Center April 16 to bring awareness and support to Child Abuse Prevention and recognize the month of the military child.

WHEREAS, in the month of April, the Navy community comes together to focus on two important events: Month of the Military Child and National Child Abuse Prevention; and,

WHEREAS, the Month of the Military Child, shares with the world the important role military children play in the armed forces community. Military children deal with having parents deployed and undergo unique challenges of having to adapt to their parent's military obligations. Despite the challenges they face, military children remain strong and resilient; and,

WHEREAS, National Child Abuse Prevention Month is focused on child abuse and neglect prevention, which depends on involvement of the Navy Team, military and civilian, in communicating the message that child abuse and neglect incidents are preventable and community engagement and support are key.

WHEREAS, "It Only Takes A Minute" is the Navy's Child Abuse Prevention Month theme. Every minute invested in a child's safety and well-being is time well spent because many acts of child abuse and neglect happen in a moment and can have unfortunate outcomes.

WHEREAS, children are fragile and age appropriate supervision is mandatory, nurturing and protecting our children are key to preventing child abuse and neglect, including child fatalities. Taking steps to connect socially and to find and offer concrete support in times of need can positively impact outcomes for children.

WHEREAS, all child abuse and neglect incidents are preventable and are a public health, family, and Navy community concern, it is important to strengthen Navy families while being alert to risk factors for children.

NOW, THEREFORE, I, Matthew F. Coughlin, do hereby proclaim April 2014 as Month of the Military Child and National Child Abuse Prevention Month at Naval Air Station Whiting Field. I call upon all members of our Navy Family to recognize risk factors for child abuse and neglect thereby strengthening families through prevention.



Commanding Officer of NAS Whiting Field, Capt. Matthew F. Coughlin signs the National Child Abuse Prevention Proclamation