National Preparedness Month
By Ensign Matt Lembo, NAS Whiting Field Public Affairs

National Preparedness Month (NPM), recognized each September across the U.S., provides an opportunity to reflect on preparing ourselves and our families now and throughout the year for emergencies and disasters before they strike. The Federal Emergency Management Agency (FEMA) sponsors the observance, and this NPM focuses on planning.

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

Navy Installations Command’s (CNIC) Ready Navy Program educates Sailors and their families on how to be prepared when an emergency occurs. This year’s overall theme is “Disasters Happen. Prepare Now. Learn How.”

Each week in September had a focused theme: Make and Practice Your Plan; Learn Life Saving Skills; Check Your Insurance Coverage; and Save For an Emergency.

“National Preparedness Month reminds us all of the importance of being prepared in the event disaster strikes,” said Tim Alexander, CNIC Director of Operations. “For many of us, it is not a question of ‘if’ but a matter of ‘when.’ Having a well thought-out plan to execute when the time comes significantly improves the chances of a positive outcome.”

Ready Navy is a proactive Navy-wide emergency preparedness, public awareness program. It is designed for the Navy community, to increase the ability of every person and family on or near Navy installations to meet today’s challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks.

By exploring the links on the Ready Navy site, you can stay informed about potential hazards and what to do before, during, and after an emergency, understand the steps to make an emergency plan that includes what to do, where to go, and what to take with you. The site also contains information about how to build a kit to support basic needs for a minimum of three days, and access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning.

Naval Air Station Whiting Field’s Emergency Manager, Rudy Mendiola commented that “it’s always best to be ready before an incident or disaster hits. With the information provided through the Ready Navy program and FEMA, all of our team members can be prepared for anything that may come our way.”

Navy Personnel and families are strongly encouraged to strengthen emergency planning at home, as well as at work, by reading and following the tips and information found at www.Ready.Navy.mil.

Take time to learn lifesaving skills, such as CPR and first aid. Check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with
disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas. “Pull out your insurance policies and make sure they provide the right coverage for you,” Alexander said. “Keep some amount of cash on hand, in small denominations; it is likely that credit and debit cards will not be usable for some period of time. Finally, consider taking a first aid or CPR class; you or your family’s lives may depend on it!”

Commander, Navy Installations Command is comprised of approximately 53,000 military and civilian personnel worldwide responsible for the operations, maintenance and quality of life programs to sustain the Navy’s fleet, enable the fighter, and support the family. For more information, go to www.ready.navy.mil.

**Bells Across America**

NAS Whiting Field held its third annual “Bells Across America” ceremony at the base chapel on Sept. 27 to honor those who made the ultimate sacrifice while serving on active duty. The event symbolizes to Gold Star families that their loved ones are never forgotten, and they are always part of the Navy family. (Photo by: Lt. j.g. Harrison Garrett, NAS Whiting Field, Public Affairs Office)
After growing up surrounded by naval aviation in Pensacola and Northwest Florida, Lt. j.g. Lauren Burns, earned her wings of gold onboard Naval Air Station (NAS) Whiting Field on Friday, August 24 at a winging ceremony.

Burns was influenced by military aviation and aircraft flying from nearby NAS Whiting Field, NAS Pensacola, Eglin Air Force Base (AFB), and Hurlburt Field, Florida. She said while growing up, she would watch the Blue Angels practice from her backyard.

“I admired [the Blue Angels] and wondered what it would be like to fly,” Burns recalls. Her interest to pursue aviation as her career, however, didn’t start until she was doing “summer training excursions” as a Midshipman at Norwich University, Vermont.

Burns’ influence to pursue aviation was primarily from living in Pensacola, but her late grandfather was enlisted in the Navy and worked on the Blue Angels aircraft for several years. Burns’ father would tell her stories of her grandfather and show Burns her grandfather’s military memorabilia. As a gift on the day she winged, her father presented Burns a pair of wings with the Blue Angels on it that had belonged to her grandfather.

After commissioning from Norwich University in 2016, Burns began her path to wings the same place all Naval Aviators have started for decades. She spent six weeks on classroom academics and physiological training in aviation pre-flight indoctrination (API) onboard NAS Pensacola. She then came to NAS Whiting Field for primary flight training in Training Squadron Two (VT-2), flying the T6-B Texan II.

Following primary flight training, Burns selected to fly the TH-57 Sea Ranger onboard NAS Whiting Field, under Helicopter Training Squadron Eight (HT-8).

“Going through flight school has afforded me self-confidence,” Burns says. “I surprised myself so many times with what I was capable of doing. In the beginning of every new block of flights, I’d feel overwhelmed with the influx of information that would be coming my way, but I always pushed through it and learned from both the good and the bad flights.”

Burns said that her favorite part of flight school was watching her peers and herself grow as professionals and aviators. She is looking forward to joining the fleet after two years of training to be “integrated into the mission and for the leadership opportunities that are to come.”

Burns says that the best part of being in the Navy is the people. “The individuals I have met during my time in the Navy are incredible and all so different. It’s amazing how so many unique individuals can come together to form such a well-functioning, dynamic team.”

Burns was joined Friday, August 24 on stage by her husband, 1st Lt. Kevin Stupak, USMC, her brother, Robert E. Burns IV, her mother, Tammy Burns, her best friend, Kelsey Gallagher, her grandmother, Brenda Smith, and was pinned with her Wings of Gold by her father, Robert E. Burns III.

Burns is headed to Norfolk, Va. for training in her fleet helicopter at Helicopter Sea Combat Squadron Two (HSC-2) in the MH-60S.

“My current short-term hopes for my career progression are to finish the Fleet Replacement Squadron (FRS) syllabus and pick up an expeditionary squadron out of Norfolk,” Burns commented. “As for my long-term hopes, I have considered the possibility of switching over to the flight surgeon program after flying in the fleet for a few years.”
Newest CPOs participate in NAS Whiting Field Pride Day

By Julie Ziegenhorn, NAS Whiting Field Public Affairs Office

Naval Air Station Whiting Field and Pensacola’s newest chief petty officer selectees spent a day in Milton, Fla., at NAS Whiting recently for a full day of physical fitness and training activities geared toward encouraging teamwork and enhancing leadership skills. The day was part of a six-week professional education and training designed to foster self-improvement and team leadership.

Naval Air Station Whiting Field and Pensacola’s newest CPOs. (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs)

The forty-six new chiefs ran a 5K heritage run on the installation and met with the Deputy Commodore of Training Air Wing FIVE, Capt. Doug Rosa and the Commanding Officer, NAS Whiting Field, Capt. Paul Bowdich, as well as a number of senior enlisted leaders from the base. Command Master Chief Lee Stephens said, “as I come to the end of my Navy career, it is gratifying to see the professionalism of our future Navy enlisted leadership. I know our service is in good hands.”

Captain Bowdich also spent time with the group talking about his experiences with the chiefs he has served with throughout his career. “I relied on and learned from my chiefs at every assignment. My current command master chief keeps me on track and provides invaluable guidance for our mission every day. We all learn from our chiefs and couldn’t be as effective as we are in service to the Nation without these invaluable leaders,” he commented.

The chief petty officer selectees were then pinned in a ceremony on Sept. 14 at NAS Pensacola.
NAS Whiting Field celebrates Hispanic Heritage month from Sept. 15 to Oct. 15, and began the month-long recognition with a proclamation signing. Capt. Paul Bowdich, commanding officer, spoke to the group during the event and urged our military and civilians alike to acknowledge and applaud the generations of Hispanic Americans who have enriched our community. He also encouraged support for those who will continue to build a bright and hopeful future for themselves, their families and all of us.

The Department of Defense celebrates National Hispanic Heritage Month to recognize Hispanic Americans and their contributions to our nation’s defense.

The observance began in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 31-day period to recognize Hispanic Americans’ contributions to the U.S. and to celebrate their culture and heritage.

The theme for the 2018 National Hispanic Heritage Month, as provided by the National Council of Hispanic Employment Program Managers, is “Hispanics: One Endless Voice to Enhance our Traditions.”

Hispanic Americans have undeniably and proudly defended the United States for decades. Dating back to the Revolutionary War, George Farragut a Spanish-born American naval officer fought with the South Carolina Navy as a Lieutenant. His son, David G. Farragut was the Navy’s first officer to attain the rank of Admiral. Hispanic Americans continue to proudly serve the United States in all military services, and approximately one in seven service members in the military are of Hispanic descent.

Sept. 15th is an important date during the month because it is the independence anniversary of 5 Latin American countries. Mexico and Chile celebrate their independence during the month of September as well. “Dia de la Raza,” celebrated October 12, is also commonly known as Columbus Day.

The Department of Defense recognizes the contributions Hispanic Americans bring to the Armed Forces and celebrates their culture and heritage, not just during the recognition month but throughout the year, reflecting on the importance of their service to the nation.
WASHINGTON (NNS) -- The Navy announced the expansion of hair styles for women along with several other uniform policy changes and updates in NAVADMIN 163/18, July 11.

Among the several hair style changes is the authorization for women to wear locks. The NAVADMIN provides specific and detailed regulation on how locks can be worn.

Women are also authorized to wear their hair in a single braid, French braid, or single ponytail in service, working and physical training uniforms. The ponytail may extend up to three inches below the bottom edge of the shirt, jacket or coat collar. The accessory holding the ponytail must not be visible when facing forward, and be consistent with the color of the hair. The hair cannot be worn below the bottom of the uniform collar where there are hazards such as rotating gear.

Women may now wear a hair bun that does not exceed or extend beyond the width of the back of the head.

Other uniform changes include the approval of the Navy Optional Physical Training Uniform (OPTU) that consists of a navy blue high performance shirt and five-inch running shorts. The uniform is expected to be available at Navy Exchange Uniform and Customer Care Centers starting October 2018.

Navy is also developing a standard navy blue Physical Training Uniform (PTU) that will be phased into the seabag issue at Recruit Training Command in the next 12-18 months.

The Black Relax-Fit Jacket (Eisenhower Jacket) has been designated a unisex item and Sailors can wear the men or women’s jacket sizing that best suits their uniform requirements.

To allow for greater visibility female Sailors have the option to wear identification badges on the right side above the pocket of their uniforms.

Wear testing of the improved female officer and chief Service uniform skirts and slacks will be complete this summer. Improvements include a straight line Service skirt, and redesigned khaki and white Service slacks with lower waist and reduced rise (waist to top of the inseam). These items are expected to be available at Navy Exchange Uniform and Customer Care Centers at the end of the year.

An improved Black Leather Safety Boot (I-Boot 4) for optional wear with all Navy working uniforms and coveralls will be for sale at designated fleet concentration locations beginning this October. The boots were selected based on Sailor feedback and the 2017 Navy Boot Study.

New uniform policies are the result of fleet feedback and the ongoing efforts to improve Navy uniforms, uniform policies and Sailor appearance.

The Navy Uniform mobile app will be updated in late July. The update will include all of Navy Uniform regulation illustrations, policies and NAVADMINs. The expanded uniform app’s goal is to provide one-stop uniform policy access and ability to submit uniform questions links to Navy Exchange on-line uniform sales via the app.

For more about the uniform policy details and guidance and where to direct questions, see NAVADMIN 163/18 at www.npc.navy.mil.
This Day in Naval History

October 3 1921
USS Olympia (C 6) sails to France to bring home the Unknown Soldier from World War I. Olympia returns stateside Nov. 9, 1921.

October 6 1958
USS Seawolf (SSN 575) completes a record submerged run of 60 days, logging more than 13,700 nautical miles.

October 13 1775
The Continental Congress votes for two vessels to be fitted out and armed with 10 carriage guns, a proportional number of swivel guns, and crews of 80 then sent out on a cruise of three months to intercept transports carrying munitions and stores to the British army in America. This legislation, out of which the Continental Navy grew, constitutes the birth of the U.S. Navy.

October 17 1922
The Vought VE-7SE, piloted by Lt. Cmdr. Virgil C. Griffin, makes the Navy’s first carrier takeoff from USS Langley (CV 1), anchored in York River, Va.

October 26 1922
Lt. Cmdr. Godfrey de Chevalier, flying an Aeromarine, makes the first landing on board a carrier, USS Langley (CV 1) while underway off Cape Henry, Va.
Healthy Eating Made Simple, Eat the Rainbow

By Raelyn Latchaw, Fitness Center Team

Coming off the Nutrition Tour last week, I thought it might be helpful to recap one of the NOFFS (Navy Operational Fitness and Fueling Series) “Ten Nutrition Rules to Live By.”

I plan to highlight some of the biggies over the next several articles and thought this to be the perfect place to start.

Given that our tour began in the produce section of the Commissary where colors are abundant, the first rule is #2 on our list… “Eat a Rainbow Often.”

So there’s the rule, but what about the “why?” Quite simply, it boils down to a variety of vitamins, minerals, and other unique properties found in the different pigments that bring color variety to our veggies and fruits.

For example, the “reds” are known for lycopene, a member of the carotenoid family, an antioxidant important in the neutralizing of free radicals in the body and important in the protection against breast cancer and prostate health. Lycopene is likewise known to be important in the health of the blood vessels around the heart.

Lycopene can be found in abundance in tomatoes and likewise in watermelon and red grapefruit to a lesser degree.

Then there are the purples. Here you’ll find properties that help keep our bodies healthy and well as they support our immune system. The purples, also full of a different variety of antioxidants, help with heart health and lower our disease risk.

In this color family, you’ll find some nutritional stars such as blueberries, blackberries, red cabbage and beets … all big supporters of the body’s overall health.

I could continue on with the greens, yellows, and oranges, but I think you are getting the idea. All colors are not the same and each offer unique things that play their own special role in the maintenance of a healthy body.

Although you could very well invest four years of your life, and then some, learning all of the finite details, there’s also a simple rule of thumb for those not able to devote that much time to the matter. Simply put…try to “Eat the Rainbow.”

By branching out into the many colors and varieties of fruits and vegetables we have available in our food supply, you can hit all the highlights, ensuring a balanced intake of all the vitamins, minerals, and necessary chemical compounds needed to operate at optimum.

In regard to packing your nutrition arsenal, there are fantastic and credible websites to go to for more knowledge such as the American Dietetics Association or the American Diabetic Association. These organizations do extensive research and put their findings out for the public once tried, true, and repeatable studies are concluded.

You can find a lot of the nitty gritty here for your educational expansion. Along with the science, you’ll find some creative recipes and links to help you translate what you’ve learned into practical application.

So for this month’s tip, think “artsy” in your meal creation and paint a rainbow on your plate. You’ll have a visually appealing spread before you and when you do, you’ll be moving towards the best healthiest you!

Here’s to your creativity and health!
active duty service members and their eligible dependents. The program is funded by the U.S. Department of Defense and Coast Guard Mutual Assistance. With live, expert tutors available 24/7, military-connected students can receive academic help in their moment of need from anywhere they have an internet connection. These services provide K-12 students help, as well as assistance for college-level courses. For more information, go to www.tutor.com/military. You can also call 800-411-1970 for additional assistance.

2018 AFBFA Financial Planning Guide
The 2018 AFBFA Financial Planning Guides have arrived. They contain information on retirement, life insurance, health benefits, survivor benefits, veteran’s benefits, savings & investing, annuities, social security, wills & trusts, and taxes. Please stop by the FFSC and pick up your free copy.

VA Benefits Information
Don’t make the mistake of assuming that you are not eligible for any VA medical benefits-- know it for a fact! If you are within six months of your separation/retirement date, you are in the window to explore your options. You may visit the website: https://www.ebenefits.va.gov/ebenefits/homepage for further information. If you have questions, you may also call Mr. Badini at (850) 912-2062 or email him at: james.badini@va.gov.

Tutor.com - No cost help for students
Tutor.com for U.S. military families is a program that provides on-demand, online tutoring and homework help at no cost to
Whiting Field Awards and Recognition

Congratulations to TRAWING-5 Wingers


BOTTOM ROW: Cmdr. Jessica R. Parker, USN, CO HT-8; Lt. j.g. Breanne N. K. Naone, USN, HT-28; Lt. j.g. Katherine J. Schiffer, USN, HT-18; Lt. j.g. Joel C. Norton, USCG, HT-18; 1st Lt. Ryan J. Mortensen, USMC HT-18; Lt. j.g. Timothy R. Cooper Jr., USN, HT-18; Lt. j.g. Nicholas M. Litchfield, USCG, HT-18; Lt. j.g. Michael S. Popp, USN, HT-8; 1st Lt. Conner D. Robertson, USMC, HT-28; 1st Lt. Andrew S. Kim, USMC HT-18; 1st Lt. Richard R. Congden, USMC, HT-18; 1st Lt. Andrew D. Perkins, USMC, HT-28; Lt. j.g. Maleah S. Gilchrist, USN, HT-8. (September 14)
Whiting Field Awards and Recognition

Congratulations to Training Air Wing Five Academic Award and Commodore’s List Recipients

TW-5 Academic Award and Commodore’s List Recipients receive recognition at TRAWING-5 Headquarters on Sep 14.

TW-5 Academic Award and Commodore’s List Recipient receives recognition at TRAWING-5 Headquarters on Sep 25.