Naval Aircrewmen play a vital role at NAS Whiting Field
Florida Social Worker of the Year
Gulf Coast Fleet Fly-in
Whiting Field Ombudsman: A Voice for the family
October: Domestic Violence Awareness month
An aircrewman’s job is one of the toughest in the U.S. Navy, but according to Petty Officer 1st Class William R. Ranum, it’s the best job in the Navy.

Aircrewmen serve in aviation squadrons and are responsible for rescue swimming, weapon systems, and the overall operations of the aircraft. At NAS Whiting Field, the Helicopter Training Squadron’s Eight, Eighteen, and Twenty-eight have enlisted aircrew that assist in the tactical flights of the training syllabus.

Ranum and Petty Officer 1st Class Keithon M. Lee are aircrewmen with Helicopter Training Squadron Eight (HT-8) at NAS Whiting Field. Lee has been enlisted for eight years and Ranum has been enlisted for seven years.

After eight weeks of training at Navy basic in Great Lakes, Ill., they were assigned to Naval Air Station (NAS) Pensacola to begin their training. Their first training session was four weeks. Their second 5-week training had a heavy emphasis on swimming and physical conditioning.

While at NAS Pensacola they learned about water survival techniques and parachute disentanglements. Receiving firsthand experience escaping a sinking helicopter as simulated in the “Helo Dunker.” Students are strapped into the body of a helicopter and taught to unstrap and swim to the surface after the dunker has been filled with water and turned upside down. They also learned about the medical aspect of flying and diving physiology. “This is where you learn the rescue swimmer job,” Lee recalled. Concluding rescue swimmer school, they attended “A” School where training was specified to the aircraft platform for which they had been selected. Both Lee and Ranum were selected for the MH-60R “Romeo” helicopter.

“Training for the Romeo is a lot longer than the [MH-60S] because we are learning about submarines on top of learning our aircraft,” Ranum said.

Because of the rigorous training required to complete training to become an aircrewman, there is about a 50 percent attrition rate. “People find out they aren’t as good a swimmer as they thought, or they find out they don’t like the water that much,” Lee stated. “There is a mental component that makes a lot of people not want to do this,” he shared.

After 18 months, and once all required training was complete, Lee and Ranum then went to the fleet replacement aircrew (FRAC) to learn their specific aircraft. The overall time in training for the aircrew pipeline is 2 years. “The first time we get to see our aircraft, we would have been in training for at least a year,” said Ranum.

At the FRAC, Lee and Ranum were stationed together at Helicopter Maritime Strike Squadron (HSM)-40 at NAS Mayport, Jacksonville, Fla.

Students study extensively to learn emergency procedures, aircraft system information, complete a Naval Air Training and Operating Procedures Standardization (NATOPS) and equipment checks, and search and rescue (SAR) scenarios. “The FRAC is where you first fly hanging out the door with your gunner’s belt on, and your instructor is trying to build your confidence and normalize hanging outside the aircraft with only the strap to keep you connected at 500 feet in the air,” Ranum said. “When you learn to shoot your gun, the only thing in the aircraft are the bottoms of your feet. So my belt is always super tight so I know it is never coming undone,” Lee said.

Once their training at the FRAC was complete, Lee and
Ranum were stationed at their first duty command. Lee went to HSM-70 “Spartans” to NAS Jacksonville. Ranum went to HSM-74, right next door to HSM-70 where Lee was stationed.

While at Jacksonville, Lee and Ranum both completed their first two deployments. Ranum said, “I checked in on Friday and left for the boat on Saturday.”

Lee was at his squadron for a year before he went on his first deployment. “I deployed Feb. 14, 2014,” Lee recalled. “My wife was not happy.”

At the end of their first command, Lee and Ranum put in orders to come to Florida. “In my opinion, [my detailer] didn’t upsell this command enough,” said Lee. Ranum commented, “I didn’t really care where I went, but put Florida down as my first choice. But after three looks, I was told I was going to the HT’s, and all my friends were excited saying I would love it.”

Both Lee and Ranum were surprised when they initially found out they were coming to NAS Whiting Field because there are not many billets there.

The aircrew’s role with student pilots at training squadrons is to assist with tactical flights in their syllabus. This includes conducting confined area landings in challenging settings, pinnacle landings on a raised platform, and external load operations.

“By the time we fly with [students] they have only been flying helicopters for a month,” Lee remarked. “We are working with the instructor pilot (IP) a lot trying to help [the student] understand what it’s like in the aircraft,” he said.

Aside from certain performance differences between the TH-57B, the training helicopter at NAS Whiting Field, and the MH-60R, his previous aircraft, Lee said, “the only difference flying with the door open in a MH-60R and with the door off in a TH-57B is that in the TH-57B, I’m being held in by a 1970’s seat belt. I always have a handhold.” Ranum added, “I think it is ingrained in us to have a good handhold.”

Reflecting on their last eight years of service, Ranum said, “choosing to be an aircrewman was the best decision I made in my life.” Lee felt similarly saying, “I definitely heard that this was the best job in the Navy. It has been a great job and has been very rewarding. It is the best job in the Navy.”
Naval Air Station Whiting Field, FL – The National Association of Social Workers (NASW) recently named Lauren Anzaldo, acting director of the Naval Air Station Whiting Field Fleet and Family Support Center, the 2018 Social Worker of the Year for the state of Florida. Lauren started working with the Fleet and Family Support Center at NAS Pensacola in 2013 and was the clinical supervisor before she came to Whiting Field to be the Acting Director in July.

NASW was founded in 1955 and is the largest membership organization of professional social workers in the world. The criteria for the Social Worker of the Year award requires that the recipient make a demonstrable difference in advocacy for clients, social policy, social work practice, program development, administration, research, and demonstrates outstanding leadership. Lauren exceeded all of these criteria with her dedication to the Fleet and Family Support Center and a variety of social work activities.

When Rikki Vidak, a fellow social worker who works for the Veterans Affairs Gulf Coast Veterans Health Care System Joint Ambulatory Care Center, suggested that she would be an appropriate nominee for the award she told him, “I consider myself a doer and just do what needs to be done within my abilities. I would be proud to be nominated.”

Lauren is very committed to social work and takes part in numerous volunteer organizations. She was on the NASW steering committee from 2008 to 2015 and chaired the committee in 2014 and 2015. She was a Girl Scout co-leader for the past seven years, helping plan and conduct dozens of volunteer projects. She is a founding member of the Open Books Bookstore and Prison Books Project. Open Books is a non-profit organization that exists to promote literacy and raise money to provide free books to Florida prisoners.

Lauren sits on the board of the Community Drug and Alcohol Council (CDAC). She has held this position for more than 5 years. She also serves on her church board, the Unitarian Universalist Church of Pensacola, and she actively volunteers within the Children’s Religious Education team.

Lauren is a doctoral student at the University of Western Florida and is in her dissertation stage. Her dissertation focuses on exploring the transformative impact of diversity education of social work graduate students.

Scott Scatterwhite, Lauren’s husband, is also very dedicated to social work and was awarded the NASW Florida Public Citizen of the Year for his work in the community. This award is for someone who makes a significant contribution to an area or population of concern for the social work profession.

The NASW Florida Executive Director, Jim Atkin, presented Lauren and Scott’s respective awards at a reception held at O’Charley’s Restaurant in Pensacola, 28 September. “These awards could not have gone to a more deserving couple,” he commented.
Students look ahead at the Gulf Coast Fleet Fly-in

Waiting to Fly: VT and HT students eagerly await a chance to fly in the visiting aircraft including MH-60(R)(S), MH-53, and MV-22 Osprey. (Photo by Lt. j.g. Ashley Koenig, NAS Whiting Field Public Affairs Office)

MH-60’s on the flight line: MH-60 Romeos from HSM-74, HSM-48 and HSM-40 at NAS Jacksonville came over for the Fly-in. (Photo by Ens. Matt Lembo, NAS Whiting Field Public Affairs Office)

NJROTC students get first look at fleet aircraft: NJROTC students from Pace High School visited NAS Whiting and got a first hand look at aircraft on the flight line. (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs Office)

Coverage of event: Local news and press agencies had the chance to walk the flight line and speak with students and aircrew about the week’s events. (Photo by Lt. j.g. Ashley Koenig, NAS Whiting Field Public Affairs Office)

Flight Ops begin: Throughout the week, flight operations took place including giving current students a chance at some stick time. (Photo by Ens. Matt Lembo, NAS Whiting Field Public Affairs Office)
Take Action: Energy Conservation Month

By Commander Navy Installations Command (CNIC)

Energy vampires are quietly sucking up electricity in your office and homes causing the electric bill to be higher! Many electrically powered devices are “Energy Vampires,” continuing to use electricity even when they are turned “off,” sometimes as much as when they’re on!

A surprising number of these devices -- from air conditioners to DVD players -- cannot be switched off completely without unplugging them from the outlet. An average home can use 1.2 kWh or more per day in “Phantom Power.” These devices use electricity 24 hours a day, 365 days a year, often without the knowledge of the user.

Some names for this unsuspected electricity consumption are: phantom power, standby power, energy drain, leaking electrons and hidden power losses.

Whatever you call it, money is coming from your wallet. The expense can be substantial depending on the number of devices.

You may find some devices on this list that do not use stand-by power, especially if they are older models.

To determine if a device is an energy vampire, wait until it has been turned off for several hours and then touch the housing near the power cord. If it is warm to the touch, it probably is an energy vampire adding more to the monthly power bill.

To kill the energy vampires and help reduce the energy drain, unplug non-essential items such as battery chargers for the cell phone, laptop computer and other devices when they are not needed.

Typical Energy Vampires (Stand-by Energy Users)

- Air conditioners
- Back-up power supplies
- Computer monitors
- Computers
- Copiers
- Fax machines
- All-in-one office machines
- (printer, copier, scanner, fax)
- Power adapters (cell phones)
- Printers
- Products with transformers

(battery chargers, low voltage accent lighting)
- Security systems
- Stereo systems
- Telephone answering machines
- Video games
- Any device that has a remote control:

Such as cable, satellite and radio / stereo receivers, CD players, DVD players, and televisions; and any device that has a clock. Such as clock radios, gas and electric ovens, microwave ovens, televisions and DVDs; any device that has infrared sensors, and any device that has one or more status lights (L.E.D. or other).
A Taste of Home: Commissary offers special on Holiday meals

By Defense Commissary Agency

In 13 countries around the world, commissaries are gearing up to offer the military community a taste of home for the holiday season.

“Whether you’ll be celebrating the holidays while abroad or at home with your loved ones, visit your commissary for the ingredients you’ll need to cook up holiday memories,” said Tracie Russ, Defense Commissary Agency director of sales.

Throughout November, commissaries are offering discounts, including special holiday deals. Commissary patrons are also reminded that MyCommissary is the place to manage their online shopping. The dashboard makes it easy to access their Commissary Rewards Card account. All users, including current rewards card users, must create a new account on the site to access its features. Both the rewards card and MyComissary account can be linked using an existing rewards card number.

- You could have a free turkey with the 2018 Turkey Coupon Holiday Booklet at your commissary. Purchase a fresh or frozen whole turkey in the same transaction as other products featured in the booklet and you can combine the coupons from the booklet to save up to $35.75 on your turkey. Coupons valid Nov. 1 through Dec. 31.
- Exclusive Savings on Select Frozen Turkeys. Commissaries are offering quantities of frozen turkeys at 49¢ per pound, quantities of frozen turkeys are expected to increase closer to Thanksgiving. Promotion valid through Nov. 15.
- For “Veterans Day Commemoration,” Unilever will distribute flyers and donate $500,000 to the Fisher House Foundation in honor of veterans. Select Suave products will be displayed on commissary end caps Nov. 5-18.
- Wake Up to Breakfast with Quaker. Select Quaker breakfast products additional savings on the purchase of multiple items. Promotion valid Nov. 5-18.

“We strive to provide the service, selection and savings our military customers deserve to help them make holiday memories that will last a lifetime,” Russ said. “This is a benefit that you’ve earned through your service, so always remember that we are here to support you.”

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introduced as a “means to address issues and concerns that are unique to Navy families.” Ombudsmen are primarily information and referral specialists who help command family members gain the assistance they need to succeed as part of the extended Navy family.

Here onboard NAS Whiting Field, the command’s own Ombudsman Meagan Eaton was eager to share information about the program. When asked in her own words to explain the mission of the ombudsman Eaton said “we are here to help Navy family’s with anything they need. We partner with the Fleet and Family Service Center to ensure any pertinent information is passed on to the families who may require it.” She also stated that “we have access to many of the FFSC resources and can get family members in touch with a coordinator to get the resources they need.”

When asked the reason she takes on this responsibility she answered, “I was a single mom on active duty and used the services a few times, so I saw the importance of it. Here at Whiting Field, the previous Ombudsman was moving on and asked me if I wanted to take on the responsibility, and I said yes.”

Admiral Zumwalt, at the time the Chief of Naval Operations, created the program as a means to start an official line of communication between the Navy spouse and the command. Since then the program has grown and become a vital part of every command and link to its families. Although once just Navy wives, the ombudsman program is now open to all spouses of active duty or reserve service members in the command.

Mrs. Eaton is just one great example of the many men and women who take on the responsibility of the Navy Ombudsman. They work closely with installation commanders to support the families through multiple methods, creating a community for Navy spouses and families in times of need. They maintain confidentiality and can coordinate services when the service member is deployed. The command Ombudsman plays a vital role in today’s Navy.

If you or someone you know may need to get in touch with the Whiting Field ombudsman, you may contact them through the Facebook page under the Naval Air Station Whiting Field Ombudsman or email using naswombudsman@gmail.com.
October is designated as Domestic Violence Awareness Month and NAS Whiting Field is offering a number of avenues to build awareness. Reminding ourselves what defines domestic violence and the red flags associated with it are very important. According to the Department of Defense “domestic violence encompasses physical abuse, sexual abuse, emotional abuse, and neglect within an intimate partner or marriage relationship.”

If you or anyone you know has been a victim of domestic violence, you are not alone. There are many resources available to help. Of the many resources available, the Fleet and Family Support Center is always ready to provide support. Acting director and family advocacy representative, Lauren Anzaldo, stated that “domestic violence causes immeasurable damage to individuals and families, including children, and its impact reverberates throughout workplaces and society. Family support programs like those we offer at FFSC help couples to strengthen their relationships and build skills, and help families build resilience so that they can support one another.”

It is important to note some of the red flags of domestic abuse, but even though someone may match some of these characteristics, it does not define them as an abuser. The red flags are warnings that may alert you to signs of a possible abusive relationship. A few possible warning signs are if he or she:

- Makes you feel or tells you that you can never do anything right
- May show extreme jealousy of your friends and any time spent away
- Keeps you or discourages you from seeing friends or family members
- Insults, demeans or shames you with put-downs
- Controls all finances in the household
- Takes your money or refuses to give you money for necessary expenses
- Looks at you or acts in ways that scare you
- Controls who you see, where you go, or what you do
- Prevents you from making your own decisions
- Tells you that you are a bad parent or threatens to harm or take away your children

The Navy provides a number of education and awareness programs to educate and prevent domestic abuse. These programs include: classes, workshops, and seminars, new parent support programs, counseling, and public awareness campaigns.

The following resources are available for additional information or for help in a domestic abuse situation.

NASWF Fleet and Family Support Center - (850) 623-7177
NASWF Chaplain – (850) 623-7211
Favorhouse of northwest Florida - (850) 434-6600
Alpha Center – Pensacola - (850) 479-4391
Florida Domestic Violence Hotline - (1-800) 500-1119
National Domestic Violence Hotline - (1-800) 799-7233

If you see something, say something—help stop domestic violence.
**HT-18 Change of Command:** Held in the Atrium at NAS Whiting Field, Lt Col. Aaron J Brunk, USMC, turned over command of HT-18 to Cmdr. Kenneth M. Kerr, USN, Oct. 5 (Photo by Ens. Matt Lembo NAS Whiting Field Public Affairs Office)

**NJROTC students visit Whiting Field:** Navy junior Reserve Officer Training Corps students from Pace High school take flight in the T6 simulators, trying to “spot” their high school while on a visit to NAS Whiting. (Photo by Lt. j.g. Ashley Koenig, NAS Whiting Field Public Affairs Office)

**Child Development Center visits the firehouse:** Children are in awe as they stand in front of a firetruck during a visit to the firehouse to learn about fire safety and the role of fire services. (Photo by Lt. j.g. Ashley Koenig, NAS Whiting Field Public Affairs Office)

**VT-6 Change of Command:** On Oct. 18 at the Museum of Naval Aviation Cmadr. Kevin P. Murphy, USN passes the flag to Lt Col. John J. James, USMC at the VT-6 change of command ceremony. (Photo by FT2 (SS/IW) Bryan Nunez, NAS Whiting Field Public Affairs Office)

**“Perspectives”**

Flying looks graceful and relaxing

WATCH YOUR AIRSPEED ALTITUDE!
BEFORE LANDING CHECKLIST

WHAT WOULD DEGA BE FROM WHO MAKES THE SUN THE SEAT SAFETY PIN WHY DON'T THEY HAVE CHODTR K EN PENSACOLA OOPPPPPS

I can't wait to fly
Don’t Lose Your Balance

By Raelyn Latchaw, Fitness Center Team

It hit me this week...quite unexpectedly too. Going about my weekly business of writing out my plan of attack in my daytimer, I started at the beginning and kept flipping page after page trying to locate the clean pages that would soon be filled with lists longer than I would have time to accomplish.

The last few months have merged together, and I was in a mental time warp believing we were somehow only mid-year into 2018. As I kept flipping and hit the second half of October, a wave of panic came over me...it was here already...the hectic, over-packed, filled with commitments, more to do than I could ever get done HOLIDAYS!?

I hadn’t given a thought to shopping. Actually I hadn’t even put away my swimsuit from the summer. I would have baking to do, decorating to tackle, letters and cards to compose and gifts to purchase, as well as wrap. And don’t get me wrong...there is so much I LOVE about the holidays...it’s just trying to keep that balancing act, juggling so much to do and finding time to take care of me so I can do what I need to do for others that seems to be so challenging.

Perhaps you can relate...I’m imagining that many of you can. Before we all go into complete panic mode...I have a few tips that have proven helpful over the years. And yes, sometimes I apply them quite well and at other times not so much. But perhaps as I run through them to center myself, they’ll help you balance too. So here are the bare basics:

• **Put first things first**...
  If I don’t prioritize what “needs” to get done and separate it from what I’d “like” to get done, it can make this girl crazy. The bottom line is I can’t do everything! As much as this “type A” girl would like to think she can, that’s not reality, so I’m going to have to pick and choose. And for me, the best way to narrow down my selection is to grab pen and paper and sort out the important stuff from the fluff.

• **Put “self care” at the top of my list**...
  translation...Sleep! Too many late nights trying to squeeze more out of the day never works or throwing one too many parties into the schedule throws my pyramid out of balance. Let’s face it, our brains work better with adequate rest...those neurons just don’t fire like they should when our brains are tired.

• **Budget your holiday food splurges**...
  “But it’s the Holidays”... Too many holiday cookies do not fuel me to be at my best. You’re talking to the sweet tooth girl here, but I know living in moderation and trying to be selective about my holiday eating treats helps me stay feeling good about myself and feeling good in my skin.

• **De-stress periodically**...
  Catching a “zen” moment needs to be on my “to do” list too, and for me, that means quiet time and some energy expending. Exercise is a great way to accomplish that goal...whether it be a good cardio sweat on the elliptical, a run in the fresh air, or a yoga class to connect my mind and body. All of these things help me stay cool, calm, and collected when the Holiday Hectic hits.

• **What’s the point**?...
  Remember the reason for the season! Before all of the commercialism and expectations grew to such great proportions...(can we say Southern Living Standard?) the focus of the holidays was centered around family, friends, and faith. With our hearts and minds centered here, the balance seems to just flow naturally.

These are just a few simple tips to get you thinking. I’m sure once you contemplate, you’ll be creating your own list of “Balance Tips.” And by the way, if you happen to be one of those amazing planners who did your shopping last January, with presents wrapped and ready to go by June, my hat’s off to you! Maybe you could share a few of your tips with me as I scurry along throughout my day...you won’t be able to miss me...I’ll be carrying the big paper planner and hopefully have a calm, balanced smile on my face

Until next time...
November 9 1921
USS Olympia (C 6) arrives at the Washington Navy Yard carrying the body of the Unknown Soldier of World War I for interment at Arlington National Cemetery.

NOVEMBER 10 1775
Congress votes to raise two battalions of Continental Marines, establishing the Marine Corps.

NOVEMBER 14 1906
President Theodore Roosevelt becomes the first president to visit a foreign country while in office, traveling to Panama onboard USS Louisiana (BB 19).

NOVEMBER 19 1969
Navy Astronauts Cmrd. Charles Conrad Jr. and Cmndr Alan L. Bean become the third and fourth people to walk on the moon as part of the Apollo 12 mission.

NOVEMBER 25 1961
USS Enterprise (CVAN 65), the U.S. Navy’s first nuclear-powered aircraft carrier, is commissioned in Newport News, Va.

NOVEMBER 30 1912
Lt. Theodore G. Ellyson, the first U.S. Navy officer to qualify as an airplane pilot, tests the Navy’s first C-1 flying boat at Hammondsport, N.Y.

Additional Legal Services available at NAS Whiting Field
Third Wednesday of every month: 0900-1500 hours
Call ahead for appointment: 850-452-3733
The NAS Pensacola Legal Assistance Office will begin providing local service to NAS Whiting Field by sending an attorney the third Wednesday of each month from 0900-1500. Before the appointment, please fill out and turn in a Legal Assistance intake form provided at the Legal office in the NAS Whiting Field’s headquarters building, Bldg 1401, Tuesdays and Thursdays.

Support Navy-Marine Corps Relief Society
Navy Exchange - NEX
Make a $5 support contribution to Navy-Marine Corps Relief Society at your NEX and receive a onetime voucher for an extra 10%-20% off regular, sale and clearance merchandise redeemable between October 26-28, 2018! *Some exclusions apply.

NAS Whiting Field Commissary hours
Store hours: Tuesday – Friday 0900-1800
Saturday, 0900-1630
Early Bird Shopping is also available every day from 0700-0900 hours for eligible shoppers.
Congratulations to TRAWING-5 Wingers


MIDDLE ROW: Lt.Col. Aaron J. Brunk, USMC, CO HT-18; 1st Lt. Luis A. Del Castillo, USMC, HT-8; Lt j.g. Josiah C. Boggs V, USN, HT-8; 1st Lt. Elaina L. Alcocer, USMC, HT-8; Lt j.g. Steven A. Sallinger, USN, HT-28; 1st Lt. Matthew L. Chavez, USMC, HT-8; Lt j.g. Patrick J. Resler, USN, HT-28; Lt j.g. James A. Ownbey, USCG, HT-18; 1st Lt. Robert W. Hamilton, USMC, HT-8; Lt j.g. Brent M. Schwarz, USN, HT-8; 1st Lt. Asher M. Johnson, USMC, HT-8; Lt j.g. Kevin M. Lois, USN, HT-8; Lt j.g. Patrick J. Lien, USN, HT-28; Col. Michael H. Johnson, USMC, CO MATSG-21 (guest speaker).

BOTTOM ROW: Lt j.g. Madison A. Pascale, USN, HT-8; Lt. Leslie A. Marchalonis, USCG, HT-28; Lt j.g. Kolby W. White, USN, HT-8; Lt j.g. Tyne M. Jones, USN, HT-8; Lt j.g. Kyle B. Priddle USN, HT-28; 1st Lt. Lucas W. Meeke, USMC, HT-8; Lt j.g. Andrew C. Toomey, USN, HT-18; Lt j.g. Abdulrhman A. Alhazzaa, RSNE, HT-8; 1st Lt. Derek S. Koon, USMC, HT-8; Lt j.g. Marina R. Leynse, USN, HT-8; Lt j.g. Shawn-Noel L. Semana, USN, HT-18; Lt j.g. Johnathan L. Wright, USN, HT-8; Lt j.g. Kristina M. Tatsanaram, USN, HT-28; 1st Lt. Mackenzie A. Spaich, USMC, HT-8.


BOTTOM ROW: Lt j.g. Rachael A. Kuhn, USN, HT-8; Lt j.g. Evan J. Sternstein, USN, HT-8; Lt j.g. Alexander E. Barnhard, USN, HT-8; Lt j.g. Joseph G. Losoya, USN, HT-18; 1st Lt. Hillary G. Leonard, USMC, HT-28.

(September 28)


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(October 12)
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 Oct 3.

TW-5 Academic Award and Commodore's List Recipient receives recognition at TRAWING-5 Headquarters on Oct 12.