

# NASWF to switch to 911 emergency calling

## - Switch-over is part of regionalization for emergency dispatch

By Jay Cope, NAS Whiting Field Public Affairs

Calling for emergency services at Naval Air Station Whiting Field will switch to a new number tomorrow, and yet maintain an eminently familiar feel. Beginning Feb. 7, emergency dispatchers on base will be able to respond to 911 calls dialed from on-base phones instead of the 623-7333 or 7444 numbers that have been used in the past.

Dialing 911 for help during an emergency is old hat off-base, but due to incompatibilities in phone service, was not instituted on-base until now. The initiative is one step toward the eventual regionalization of emergency dispatch, which will assume control over NAS Whiting Field services beginning around March 12.

Anyone who needs to report an emergency from a government phone on board NAS Whiting Field should simply dial 911 as opposed to 623-7333/7444 to reach NASWF

*“It is imperative that we all adapt to the new system. Keeping that number in the forefront for an emergency is vitally important.”*

**- Rick Morfeld  
NAS Whiting Field  
Emergency Manager**

emergency dispatch. For a period of time, 623-7333/7444 will automatically roll-over to 911 at NAS Whiting Field Emergency Dispatch Center. It isn't a shift that should be too difficult to make, but according to Rick Morfeld, NAS Whiting Field's emergency manager, for emergency service planning, it is a significant one.

“911 is now the emergency number people need to call, just like out in town,” Morfeld stated. “It is imperative that we all adapt to the new system. Keeping that number in the forefront for an emergency is vitally important.”

This change will not affect calls made from cell phones on base. 911 calls from cell phones will go to Santa Rosa County Emergency Dispatch, who will re-route it back to the base.

After March 12, calls to 911 will be routed to the

*- (Cont. on Page 10)*

# Travel road show coming to NASWF March 1

By Jay Cope, NAS Whiting Field Public Affairs

More than 20 vendors from across the region will descend on Naval Air Station Whiting Field Friday, March 1 to bring the best, most exciting and exotic in travel opportunities to members of the Whiting Field community.

The Amazing World of Travel Expo will provide three hours of opportunities for discounts, travel information, door prizes in the base Atrium.



This is the first time the expo has come to NAS Whiting Field, although similar events have been running for more than 15 years at other area bases.

Information Tickets and Travel director, Marcy Allen has been trying to get the travel show scheduled for several years, but the available dates wouldn't work. This year, even with a late date change, the schedule worked out, and she is looking forward to providing the base team members a great educational opportunity.

“This is a travel show that will be informative and fun. It is a great chance for base personnel to speak with different travel establishments all in one place,” she said. “Tourism, hotels, activities and other venues will be represented. It is a wonderful time to ask representa-

*- (Cont. on Page 7)*

### Correction

*In last week's Whiting Tower, a photo depicting members of Training Air Wing FIVE with Rear Adm. Leavitt incorrectly identified the Wing's deputy commodore, Capt. James Fisher as Capt. Michael Fisher. We apologize for the mistake.*

# Navy to Implement New Fleet RIDE/PTS Rules

**From Navy Personnel Command Public Affairs MILLINGTON, Tenn. (NNS) --** The Navy will implement two new programming changes within the Fleet RIDE-Perform to Serve (FR-PTS) system that are designed to align the FR-PTS and Career Management System-Interactive Detailing (CMS-ID) application windows, helping Sailors with order negotiation, and improving system efficiency for career counselors, according to a Navy message released Feb. 1.



NAVADMIN 021/13 announces the automation of Special Circumstance FR-PTS Applications for Projected Rotation Date (PRD) for Sailors who will have less than 24 months of obligated service remaining at their PRD. Sailors who will have more than 24 months of obligated service remaining at their PRD do not require FR-PTS approval to negotiate orders.

Beginning Feb. 4, FR-PTS will automatically generate a Special Circumstance Application 15 months prior to a Sailor's PRD if they will have less than 24 months of obligated service remaining at their PRD. This gives career counselors three months to submit the application. These Sailors will receive up to three looks in FR-PTS 12, 11, and 10 months prior to their PRD. Sailors who receive a special circumstance quota will be able reenlist for up to 6 years to

cover any obligated service for their next set of orders.

If a Sailor does not receive a quota, detailers will be able to make a determination sooner if the Sailor will remain at their current command or if orders will be issued in accordance with sea shore flow. Under the old method, detailers would wait for FR-PTS determination. Some Sailors didn't get FR-PTS approval prior to their PRD placing them in the needs-of-the-Navy-window and creating additional work for career counselors who

continued to work with their Sailors through the order negotiation and FR-PTS submission process. In addition, Sailors with less than 12 months of obligated service remaining were often left in place but orders were already generated to relieve the Sailor at PRD, creating a situation where two Sailors were filling one billet. This change aligns the FR-PTS with the CMS-ID window while preventing many Sailors from missing their opportunity to negotiate for orders during their prescribed orders negotiation window, benefiting both the Sailor and the Navy.

In other cases, Sailors who didn't actually require a special circumstance FR-PTS application were submitted

*- (Cont. on Page 9)*

## TRICARE Notes

### FILING TRICARE STANDARD CLAIMS

TRICARE Standard gives access to TRICARE-authorized providers across the country. However, depending on the health care provider chosen, patrons may have to file their own claims.

Here are some tips to ensure TRICARE claims are filed correctly: complete all 12 blocks on DD Form 2642, sign the form, submit all claims (regardless of where care was received) to the claims processor in the home region, file claims within one year of the date of service or within one year of the date of inpatient discharge (hospital stay), and attach a legal copy of the health care provider's bill to the claim form.

Make sure the bill contains: sponsor's SSN (Eligible former spouses should use their own SSN), provider's name and address, date and place of each service, description of each service or supply, charge for each service or supply, and diagnosis (if a diagnosis does not appear on the bill, provide one in block 8a on DD Form 2642)

If have other health insurance (OHI) is maintained, file the claim with your OHI before filing with TRICARE. Be sure to include your OHI explanation of benefits when submitting a claim to TRICARE.

Keep copies of all completed forms and provider bills. Visit TRICARE's claim section with any questions. TRICARE South Region beneficiaries can register at [www.MyTRICARE.com](http://www.MyTRICARE.com) to track claims online.

## This Week in Naval History

### Feb. 4

1779 - John Paul Jones takes command of the vessel Bonhomme Richard.

1919 - The Navy Cross and the Navy Distinguished Service Medal are created by an act of Congress.

1959 - The keel of USS Enterprise (CVN 65), the first nuclear-powered aircraft carrier, is laid in Newport News, Va.

1991 - The Pentagon releases its budget for Fiscal Year 1992. The budget includes \$2.8 billion for the creation of a Seawolf nuclear attack submarine and the decommissioning of the Navy's last two active battleships, USS Missouri (BB 63) and USS Wisconsin (BB 64).

### Feb. 5

1854 - The first chapel built on Navy property is dedicated in Annapolis, Md.

1971 - Capt. Alan B. Shepherd Jr., commander of Apollo 14, and Cmdr. Edgar D. Mitchell, lunar module pilot, participate in a moonwalk. During the nine-day mission, 94 pounds of lunar material was collected, and Shepard became the first person to hit a golf ball on the moon. A helicopter from USS New Orleans (LPH 11) takes care of recovery.

[http://www.navy.mil/search/display\\_history.asp](http://www.navy.mil/search/display_history.asp)

# News and Notes

## PREP Marriage Communication/Enrichment

**Workshop** - PREP is a workshop for couples, married or engaged, that helps develop communication skills within a relationship and that provides valuable marriage enrichment information. The next workshop will be offered on Thursday, February 14, 2013 (registration ends COB Monday, February 11, 2013). For details or to register, please contact the Chaplain's Office at 623-7211.

**Ice Flyers** - NAS Whiting Field ITT carries discounted tickets for all Ice Flyers home games. There are a limited number of discount tickets available for each game - Center Ice \$14.50 and Corner \$11.50 - no taxes added. For more information call 850-665-6250 or 850-623-7032.

**Scholarship Opportunities** - This is the time of year when parents and students begin to think about paying for college. Most college scholarships will be awarded during the next three months. The High Five Scholarships website has more scholarships than any other source with over \$45 billion in total awards. High Five also gives students free SAT and ACT strategy guides and online practice tests that are graded by a real person and include a free test consultation with a test expert. See <http://www.highfivescholarships.com> for details or contact Chris Hendrix, the NASWF School Liaison officer at 850-665-6105.

**Love Is In the Air** - Panhandle Community Theatre Presents a A Mardi Gras/Valentine's themed evening of song, romance and food! This is a reader's theatre-type event with heavy hors d'oeuvres, beverages and desserts. Members of the Gulf Coast Chorale will be performing love songs. Dramatic readings of romantic favorites including the balcony scene from Romeo and Juliet; Elizabeth Barrett Browning's "How Do I Love Thee"; "She Walks in Beauty" by Lord Byron; "If" by Rudyard Kipling; "Desiderata" by Max Ehrmann and other offerings written by local authors. Directed by Lauren Sutton, the festivities will run February 8-9 at 7 p.m. Tickets are \$15 each. The seating is limited, so please call early for reservations at (850) 324-9279.

**Candlelight Tour of Fort Pickens** - Fort Pickens, part of the Gulf Islands National Seashore, will host a candlelight tour



### Retaining Our Best and Brightest

Aviation Boatswain's Mates 2nd Class (ABH2) Miguel Bonet, ABH2 Michael Edwards, and ABH2 Matthew Henry repeat the reenlistment oath as presented by Lt. j.g. Kenyatto Mayes, the Crash Division officer for Naval Air Station Whiting Field. The three Sailors reenlisted for a total of 15 years Friday, Jan. 25. U.S. Navy photo by Ensign Robert Luers.

featuring costumed interpreters along the route. Volunteers will share the Civil War history of the fort at various stations. Attendees must pay park entry fee and have a reservation to enjoy the event. The tour begins at 5 p.m. Saturday, Feb. 9. Call 850-934-2600 for information.

**Dealt a Deadly Hand** - The Dream Players Theatre will present the dinner/murder mystery "Dealt a Deadly Hand: Murder at the Emerald Coast royale Casino," Feb. 14-16 at Camelot Junction in Milton and on Feb. 26 at Helen Back Pizza in Pensacola. Show costs range from \$35 to \$45 per person and includes a four-course dinner with the show. Seats are sold by reservation only. Call 850-225-8892 to reserve a seat or to obtain additional details.

**Good as Gold** - Santa Rosa Medical Center's Auxiliary is sponsoring a "Gold X Change" Monday, February 11 & Tuesday, February 12 from 7:00 a.m. to 4:00 p.m. Receive top dollar instant payment for your broken or unwanted 10k, 14k, 18k or 24k yellow or white gold, silver and platinum jewelry, and coins. Representatives from Gold X Change will be in the corridor by the vending machines, and payment will be made immediately by check. Proceeds will go toward healthcare scholarships and other outreach projects. Santa Rosa Medical Center is located at 6002 Berryhill Road, Milton, Florida.

**Dinner at the Opry** - The Women's Advisory Council of Santa Rosa Medical Center is sponsoring a private concert by Ronnie McDowell & T. Graham Brown at the Chumuckla Farmers Opry on Thursday, February 14th. Master of Ceremonies for the evening is Santa Rosa Medical Center CEO Phillip Wright. Dress up in your favorite western attire and join us for a fun filled evening of entertainment. There will be "tablescapes," a silent auction and much more. All proceeds will benefit the Kathy Russell Scholarship program and the Milton Relay for Life Survivors Reception. Dinner will be served from 5:30- 6:45 p.m. and the concert will start promptly at 7:00 p.m. Tickets are \$35, and can be purchased by calling Paula Lou Mapoles at 626-9567 or Aleta Hoodless Millham at 626-5113.



### Snap, Crackle and Pop

The storm that blew through last week left a vivid reminder of the power of Northwest Florida winds. This tree in front of the Operations Building snapped during the Jan. 30 gale. Repair crews had the powerlines functional early the next day. U.S. Navy photo by Ensign Robert Luers.

## Upcoming Events

Feb. 8, 1300 - Winging Ceremony - Base Auditorium  
Feb. 8, 1830 - Navy League SOY and IOY Banquet - Atrium  
Feb. 12 - Mardi Gras (Fat Tuesday)

Feb. 18 - President George Washington's Birthday Observed  
Feb. 18-22 - 2013 Solid Curtain Exercise  
Mar. 21, 1000 - Training Air Wing FIVE Change of Command

# Fleet and Family Support Center Classes

**VA Representative - Friday, Feb. 8 & 22 from 8 a.m. to noon. (Call 850-623-7177 for appointment)**

**Applying for Federal Jobs - Monday, Feb. 11 & 25 from 10 a.m. to Noon.**

Is it worth your while to invest your time and effort in searching and applying for a federal job? If your answer is "yes," then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listing for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**IA Discussion Group - Monday, Feb. 11 from 1 to 2 p.m.**

**Married to the Military - Tuesday, Feb. 12 from 9 to 11 a.m.**

This class will introduce you to the traditions, culture and lifestyle of the military. We will cover things such as where to go to get information, do's and don'ts, PCS orders, reading an LES, military time and much more. If you are new to the military or just want to find out what having a military ID means sign up for this class at 623-7177.

**Time Management - Thursday, Feb. 14 from 1 to 2 p.m.**

At the end of the day, do you ask yourself, "Where did the day go?" and feel like you have accomplished very little on your "to do" list? If you answered, "yes" to these questions, this class is for you. The information provided in this class will equip you with tools that will help you make the most of your busy and demanding days. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Money and the Move - Wednesday, Feb. 20 from 1 to 3 p.m.**

A Permanent change of Station (PCS) move can be one of the most exciting adventures of your career as well as one of the best benefits. However, a PCS move can also become a financial disaster that can take months to recover from if not properly prepared for. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## Public invited to celebrate top Whiting Field / TRAWING-5 military

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

The Navy League Santa Rosa Council will once again honor the top Sailors and Flight Instructors from Naval Air Station Whiting Field, Training Air Wing FIVE, and other tenant commands during their annual banquet, Friday, Feb. 8 at 6:30 p.m. in the NAS Whiting Field Atrium.

Former Commodore Training Air Wing FIVE and current Commander Naval Aviation Schools Command Capt. James Vandiver will serve as the guest speaker for the event.

The Navy League host the formal occasion each year to recognize the contributions of area military enlisted personnel and flight instructors from each of the base commands. According to the 2013 council president, Jayer Williamson, the event serves to both praise the accomplishments of the service members and to inform the local community on the value of our military.

During the banquet, "we show support for the men and women of the maritime services while educating Santa Rosa County's community leaders and elected officials about the critical importance of sea power for our economic



and national security," he said in his invitation to the event.

The function is open to the public with tickets available by calling the Santa Rosa County Chamber of Commerce at 850-623-2339. Navy League members and community friends may purchase tickets for \$25 per person. The cost for active duty service members is \$15. NAS Whiting Field and TRAWING-5 personnel may contact 850-623-7555 for reservations. The deadline for reserving tickets is

Tuesday, February 5. Dinner and the formal program begin at 7 p.m. and recommended dress is business or cocktail attire for civilians and service dress uniform for active duty.

The recognition banquet draws more than one hundred people each year to celebrate the dedication and professionalism of uniformed personnel.

"This event provides a chance to give recognition to people who have separated themselves from others. We want to honor the best of the best, but we also want the service members to know the community appreciates their hard work. We are proud of their accomplishments and the impact they will continue to have on our country throughout their careers," Williamson said.

# Military saves annual proclamation signed

*Editor's Note: Every year during the build-up to Military Saves Week, the Naval Air Station Whiting Field skipper signs a proclamation announcing the need, the purpose and the goals of the Military Saves campaign. Capt. Matthew Coughlin continued that tradition Tuesday, Feb. 5 in the command conference room. Here is the text of the proclamation he signed for the upcoming Military Saves Week.*

WHEREAS, personal and household savings is fundamental to America's stability and vitality; and

WHEREAS, adequate emergency savings, retirement funds, and safe debt-income ratios are critical components of personal financial security; and

WHEREAS, personal financial security of Service Members is a crucial aspect of military readiness; and

WHEREAS, Military Saves is a national marketing campaign to persuade, encourage, and motivate Service Members and their families to take financial action in building wealth through saving money and reducing debt;

WHEREAS, Navy Region Southeast is a partner in the Military Saves campaign and is committed to helping its Service Family, including Officers, Sailors, Airmen, Marines, Coast Guard, family members, retirees, and civil servants take immediate financial action to build wealth, not debt;

NOW, THEREFORE, I, Captain Matthew F. Coughlin, Commanding Officer, NAS Whiting Field do hereby proclaim the week of February 25 – March 2, 2013 as:

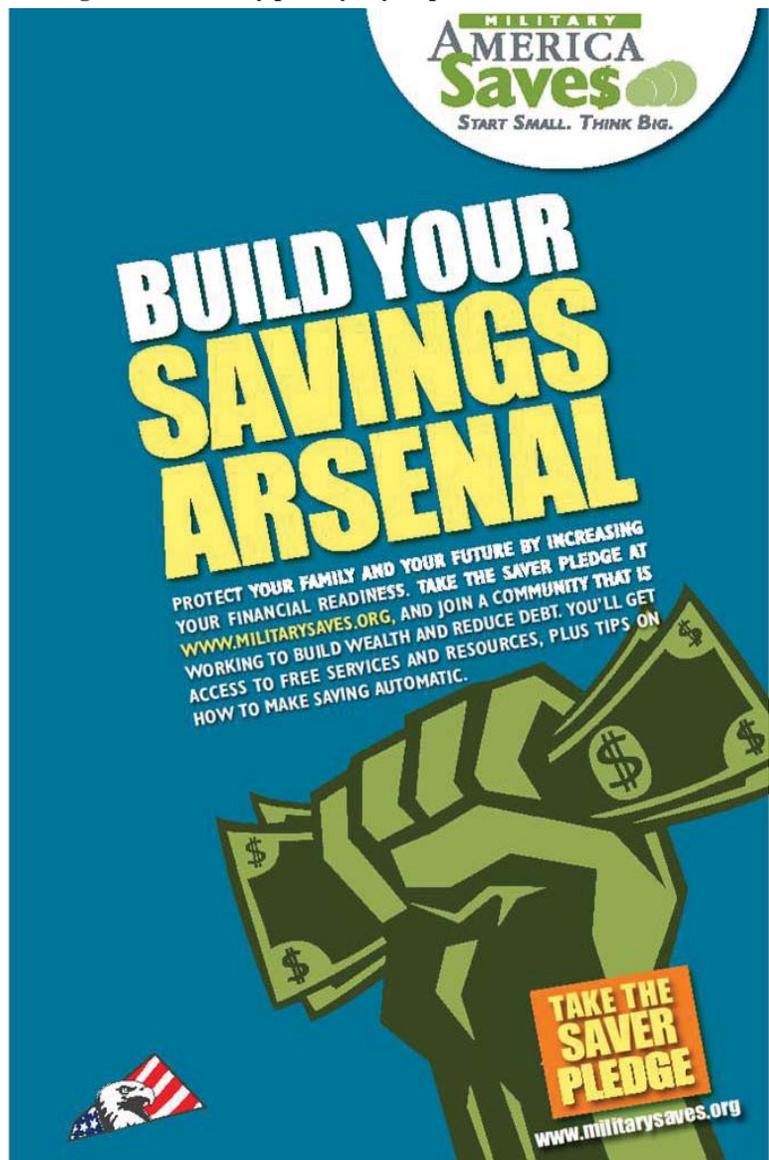
## MILITARY SAVES WEEK

I HEREBY call upon all members of our Navy Family to set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during MILITARY SAVES WEEK, and pledge to sustain that action during the following year.

IN WITNESS WHEREOF, I have hereunto set my hand this 5th day of February, 2013.



Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin signs the Military Saves proclamation before beginning the bi-weekly department head meeting for the base. The proclamation dictates that Feb. 25-March 2 will be Military Saves Week at Naval Air Station Whiting Field. U.S. Navy photo by Jay Cope.



# Vaccinations key to resisting influenza strains

By Ensign Robert Luers, NAS Whiting Field Public Affairs

The Naval Branch Health Clinic at Naval Air Station Whiting Field began preparation and subsequent inoculation for the annual influenza season back in October and while the health clinic has successfully reached their targeted goals, they still have stock on hand to help others in the military community who have yet to be vaccinated.

The Department of Defense Influenza Surveillance Summary reported that the influenza vaccination coverage for the DoD (Active Duty component only) is 93 percent with a 100 percent compliance from NAS Whiting Field Branch Clinic with the directive that all service men and women were to have been vaccinated by Dec. 1st. BHC has also vaccinated all health care professionals and child development employees and students. The clinic is now reaching out to all beneficiaries to include family members and retirees.

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming flu season. The dominant influenza strain for this flu season is the H3N2 strain noted by Darlene Larson a Whiting Field Branch Medical Clinic Advisor. H3N2 strain is better known as the seasonal flu, a contagious respiratory illness caused by the flu virus effecting upwards of 20 percent U.S. residents each year. This year's vaccinations also prevent influenza B viruses, and influenza A (H1N1) virus. And for this reason Darlene exclaims, "Immunization is the absolute best protection against disease and related complications, they are safe and effective."

Any family member or retiree who has yet to get their Influenza vaccination may still receive it at the Whiting Field Branch Health Clinic on a walk-in basis. Prospective patrons are encouraged to get it done promptly. Research confirms that December - March is the peak period for susceptibility to the seasonal influenza.

NHBC currently offers only the flu shot vaccination as it ran out of its supply of the flu mist. There are three primary differences between the two besides their obvious delivery method. The first is that the flu mist is made with a live weakened flu virus whereas the flu shot is created with an inactivated virus. Another difference is the location of the antibodies upon delivery of the vaccinations. The mist produces antibodies in the nose where the flu usually begins its immune system deterioration while the shot produces antibodies carried throughout the bloodstream to help in the battle against the incoming invasion. The last distinguished difference between the two is the most common side effects.

## Road upgrades in Pace

The construction of safety upgrades to the intersection of East Spencer Field Road and U.S. Hwy. 90 in Pace is scheduled to begin on Monday, Feb. 4. All lane closures and adjacent driveway construction will take place at night. Detour routes will be signed accordingly as needed. The public is reminded to exercise extreme caution at all times. Even when workers are not present, the area will have additional signs, barricades and parked equipment as a visual reminder.

Safety improvements to the intersection include the replacement of the existing plastic delineator posts with a permanent lane divider, improved drainage and resurfacing of the southernmost 600 feet of East Spencer Field Road. The project is expected to take 90 days, weather permitting, and will cost \$155,410 funded by Santa Rosa County. Construction will be performed by Panhandle Grading and Paving, Inc.

**KID ROCK**  
*Rebel Soul Tour 2013*

Tickets Available At MWR ITT Office  
\$40 Active Duty  
\$42.50 All Other Eligible Patrons

"I NEVER LIKED KID ROCK UNTIL I SAW HIM LIVE" - EVERY NON-BELIEVER WORLDWIDE

WITH SPECIAL GUESTS  
**Buckcherry**  
*Hellbound Glory*

**TICKETS ON SALE NOW!**  
**PENSACOLA BAY CENTER**  
WEDNESDAY, FEBRUARY 20TH

BUY TICKETS AT [LIVE.NATION.COM](http://LIVE.NATION.COM) CHARGE BY PHONE: 800-745-3000. ALL DATES, ACTS AND TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE. TICKET PRICES SUBJECT TO APPLICABLE FEES.

### Kid Rock Rebel Tour 2013

The Information Tickets and Travel (ITT) office has discounted tickets to the Kid Rock Rebel Soul concert Feb. 20 at the Pensacola Bay Fest Center. Tickets to the 7 p.m. show are normally \$49.50 plus tax, but for a limited time, active duty service members can purchase these tickets for \$40.00 and for other authorized patrons the price is

# Travel Show

- (Cont. from Page 1)

tives about new events, what they have to offer, various specials and more.”

According to Allen, the hard part was getting on the schedule. Now that the base is part of the rotation, the travel expo should come to the NAS Whiting Field every year. Given the geographic location of the base, many of the vendors will be central Florida oriented, but vendors from other states in the area including Louisiana, Alabama and Georgia will be on hand as well as some national travel companies. Participants will include companies such as: Sandals Resorts, Carnival Cruise Lines, Universal, Busch Gardens, Emerald Coast Tours, Wonderworks and many more.

To encourage interaction between the vendors and the guests, ITT is designing some aircraft themed passports that need to be signed or stamped by each agency.

Once the passports are complete, the passport will be dropped in the box for drawings upon completion of the expo. Most of the attending travel companies are supplying gifts for the door prizes and they will include gift baskets, tickets, vouchers and free hotel stays. There may even be some spontaneous prizes given away throughout the event.

Allen and her co-worker in the ITT office, Cynthia Meyers, have been working for several months to make this event happen, and they are excited at the prospect of supporting this event to benefit the base populace.

“We are really looking forward to bringing an awareness to Whiting Field about travel opportunities and the services that ITT provides. It’s going to be well worth the effort,” Allen emphasized.

## SECURITY CHECKPOINT



Question: I have a couple driving violation tickets onboard base. Is there a course I can take to reduce my points on my base record?

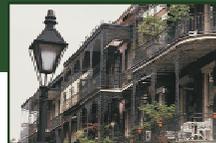
Yes, there are courses that you can take to

reduce your points on your base record. As per NASWFINT 5560.5A: 13. Driver improvement course - The driver improvement course is designed to instruct and correct problem drivers who have been determined to be at fault in a traffic accident while operation a government motor vehicle on or off base and for persons whose driving record indicates such training is necessary. Offenders, military or civilian, driving private vehicles on station may be required to attend this course as a condition of on-base driving privilege. The course is not taught onboard the station, but the Traffic Court Officer will direct personnel to attend an approved course conducted by civil authorities. Attendance will be during off-duty hours and at the offender’s own expense. Course must be completed within 60 days and proof of completion delivered to Security within 10 working days of completion. Per Florida State regulations, persons completing the Driver Improvement Course will have four points removed from their base driving record. This removal of points will only be allowed once a year and for a maximum of 12 points.



## Single Sailor Program Trip

# New Orleans



**DEPART: Feb 15**

**RETURN: Feb 18**

Many Optional Activities available for purchase through ITT:

Audubon Aquarium  
French Quarter and Cemetery Tours  
Swamp Boat Tours and more!

Contact info: [mwrteam@gmail.com](mailto:mwrteam@gmail.com) / 623-7274



**\$200 per person** to cover hotel and transportation. Meals and optional activities will be responsibility of trip attendees.  
**\$100 non-refundable deposit** due by Feb 1!

*Liberty trips are limited to single or unaccompanied active-duty members. After Feb 1, any available spots for the trip will be open to all active-duty members.*

# Congrats to TRAWING-5 wingers and scholars



Front row: 1st Lt. Michelle Shoenberger, USMC; Ensign Jeffrey Ouimette, USN; Ensign Ryan Stewart, USN; and 1st Lt. Tyler Mcguire, USMC.

Back row: Cmdr. Christopher Pesile, USN, HT-28; Cmdr. Paul Bowdich, USN, HT-8; Cmdr. Richard Hancock, USCG, USCG Air Station (HITRON) Jacksonville, Fla.; Lt. Col. Robert White, USMC, HT-18; and Col. James Grace, USMC, Training Air Wing FIVE.



Left Photo: Ensign Martin Doerr, USN, receives his Commodore's List Award from Col. James Grace, commodore Training Air Wing FIVE, Jan. 18 at the TRAWING-5 headquarters.



Right Photo: The Academic Awards ceremony held at TRAWING-5 Feb. 1 recognized: 2nd Lt. Christopher D. Millar, USMC; 2nd Lt. Sean L. Johnson, USAF; Ensign Justin D. Richardson, USN; Ensign Alexander D. Smart, USN; 1st Lt. Danny D. Sorrells, USMC; and Lt. j.g. William J. Sirokman, USCG.

# Vaccines

- (Cont. from Page 6)

The shot's most common side effects are soreness, redness, or swelling at the location of the shot, whereas the mist's most common side effects are a runny or stuffy nose, sore throat, and fever over 100 degrees.

While both vaccinations have their respective pros and cons, it is vitally important to know that each are prove effective. The mist and shot both carry and distribute the necessary three strain preventative antibodies and are in fact your most significant piece of armor against the influenza.

While receiving a vaccination is the greatest asset in combating influenza, it is not the only action that can be taken to reduce the likelihood of infection. Other areas in which steps can be taken include: personal hygiene, food consumption, physical activity, and recognition. Some helpful tips are: wash your hands frequently with warm soapy water for at least 20 seconds, cough and sneeze into your arm not your hand, keep your hands away from your face, and eat healthy foods and be physically active to keep your immune system strong.

It is a myth that the flu vaccine can give you the flu. Upon vaccination, it takes approximately two weeks for the antibodies to find their new home and strengthen its defense to where it can provide absolute protection. Many people

confuse the flu with cold symptoms since both flu and cold season are at the same time. The significant differences between the two are that the symptoms fever, aches, and chills usually always accompanying the flu whereas sneezing, stuffy nose, and sore throat usually always accompany the common cold.

As effective as the vaccine is, there are categories of people who should not be vaccinated against the flu without first consulting a physician. These include: people with severe allergies to chicken eggs, people who have previously suffered severe reactions to influenza vaccinations, people with a history of Guillain-Barre syndrome, and children younger than six months of age.

Vaccinations are especially imperative for the following due to their varying immune system, heart, and lungs: pregnant women, children under age 2, people 65 years of age and older, American Indians and Alaskan natives, people of any age with certain chronic medical conditions, people who are morbidly obese, and people who live in nursing homes

Flu vaccinations will be available at no cost to beneficiaries from any TRICARE-authorized provider or at any participating pharmacies. To find a participating pharmacy,

## FR-PTS/RIDE

- (Cont. from Page 2)

in FR-PTS creating unnecessary competition for FR-PTS quotas. The new special circumstance FR-PTS application will prevent Sailors from applying if they don't need a FR-PTS quota which will improve opportunities for Sailors who do require a quota.

Sailors who don't receive a special circumstance FR-PTS quota at their PRD are still required to submit a regular FR-PTS application during their next FR-PTS application window when they are 12 months from their end of active service.

The second change covered in the NAVADMIN improves career counselor efficiency by eliminating monthly denial letters and generating a single final determination letter for Sailors. The denied final active letter has also been reformatted to include the Sailor's entire FR-PTS end of active obligated service, as extended (SEAOS), application history to help authorizing officials in determining a Sailor's eligibility for involuntary separation benefits.

Unless specifically changed by NAVADMIN 021/13, all other FR-PTS program policies remain in effect. Contact the Navy Personnel Command Customer Service Center, at 1-866-U-ASK-NPC/1-(866)-827-5672 or via e-mail at cscmailbox@navy.mil with questions concerning this policy.

*1<sup>st</sup> Annual Medical  
Golf Tournament*

*4-Man Scramble*

Thursday, March **14**, 2013  
10:00 AM to 5:00 PM

NAS Whiting Field  
Golf Course

18 Holes, Lunch Provided  
\$45 Singles, \$160 Teams  
**Money Due by March 7<sup>th</sup>**

Individual & Team Awards, Door Prizes,  
Raffles, Mulligans, Tee Busters, Putting  
Stings Available!!!

**More Information...**  
HMI Channing Smith, 665-6375, or  
HMI Steven Fearnside, 623-7609  
Email: channing.smith@med.navy.mil  
Email: steven.fearnside@med.navy.mil

# 911

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emergency dispatch team at Commander Navy Region Southeast in Jacksonville, who will route emergency services from their response center. According to Tom Fasanello, CNRSE dispatch manager, the switch will help standardize the system.

“Previously, each installation had its own dispatch center to respond to 911 and emergency service requests,” he stated for a previous news story. “Additionally, the emergency numbers were not necessarily 911, depending on the location. As part of the RDC consolidation, a completely new 911 telephone routing system is being deployed.”

Now that the routing system is in place to enable 911, NAS Whiting Field will join much of the rest of the region in the consolidation of emergency response dispatch services. In addition to enabling the use of the familiar 911 dialing, the effort will help streamline manpower needs and cut costs as fewer dispatchers are needed across the various regions’ installations. This is all part of a long-term cost cutting effort that is about five years in the making. Southeast Region was the final Navy region to begin the standardization process and should complete their switchover in August 2013.

“Once we roll over to the regionalized system, there will be no local dispatchers. It will all be handled by the region. Since most people don’t have regular contact with emergency services, for most of the base, the transition should be transparent,” Morfeld said.

# NMCRS annual fund drive is coming!

By Gil Chase, NMCRS Pensacola Communications Lead

In a little more than a month, the Annual Active Duty Fund Drive in support of the Navy-Marine Corps Relief Society (NMCRS) will begin. This annual fund drive is the source of funds that NMCRS uses each year to assist Sailors, Marines, and their families. It is the way Sailors and Marines help Sailors and Marines. As usual, all active duty Sailors and Marines will be asked to contribute. This is everyone’s opportunity to help a shipmate or Marine.

Many people believe they or their shipmates will never need help. The fact is that approximately twenty percent of all active duty personnel in the Navy and Marine Corps, need assistance from NMCRS - that’s one out of every five service members. During 2011, NMCRS assisted 96,061 Sailors, Marines, and their families and in doing so, provided \$48 million in financial assistance.

Throughout 2012, NMCRS provided \$33,000 in financial assistance, in the form of interest-free loans, to Whiting Field personnel who needed help with unplanned, unexpected events. This financial assistance came from the contributions that were made by active duty Sailors and Marines during last year’s Annual Active Duty Fund Drive.

Unplanned events and emergencies happen, so please consider supporting this year’s drive.