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TRAWING-5 Initiates Training on T-6B "Texan II"

By Lt. j. g. Michael M. Daharsh, NAS Whiting Field Public Affairs

Training Air Wing FIVE initiated its first class into ground school training for the new T-6B flight syllabus Monday, Apr. 19 at Naval Air Station Whiting Field. The 14 students are beginning a 26 week syllabus that is the first phase of the year and one-half to two year process it takes to become a Naval aviator.

The T-6B Texan II is the newest training aircraft to hit the flight lines replacing the T-34 Turbomotor. This aircraft has twice the performance power of the T-34 and is equipped with a digital display (glass) cockpit, heads-up display, and ejection seats. TRAWING-5 currently has 18 T-6B aircraft and are anticipating a complete transition of 156 aircraft by 2013.

"The T-6B is a package program which includes sophisticated simulators and capitalizes on simulator training," Lt. Cmdr. Dave Persky, Pipeline Training Officer said. "Its improved capabilities and the glass cockpit make it relevant for the next 30 years."

- (Cont. on Page 7)



Thomas Cooley Jr. instructs Training Wing FIVE's first group of Student military aviators on the preflight procedure of the new T-6B Texan II aircraft. TRAWING 5 is anticipating a complete transition from the venerable T-34C Turbomotor to the "Texan II" by 2015. The new aircraft approximates flying modern aircraft much better than its older counterpart. U.S. Navy photo by Lt. j.g. Michael M.Daharsh.

HT-18 Changes Hands from Murray to Coakley

By Jay Cope, NAS Whiting Field Public Affairs

Cmdr. Mark Murray will turn over command of Helicopter Training Squadron EIGHTEEN to Lt. Col. Shawn Thursday, Apr. 29, at 10 a.m. in the Naval Air Station Whiting Field Auditorium.



Cmdr. Mark Murray

During his tenure as executive officer and commanding officer, Murray lead the "Vigilant Eagles" to fly more than 50,000 mishap-free flight hours and 23,300 syllabus events in support of operational requirements for the squad-

ron. HT-18 set the standard for rotary wing production with the lowest time-to-train, total hours flown and advancing sortie completion rate.

Despite periodic reductions in available aircraft and hurricane evacuations,

the squadron continued to maximize training efficiencies and led the way in Training Air Wing FIVE recovery efforts. HT-18 was the first squadron



Lt. Col. Shawn Coakley

to reestablish baseline production numbers, and continued to provide the highest caliber aviators to fleet replacement squadrons. For those achievements, the "Vigilant Eagles" earned the TRAWING-5 nomination for the Chief of Naval Air Training 2008 Training Excellence Award, and received the 2008 and 2009 Chief of Naval Operations Safety Awards.

Murray was commissioned
- (Cont. on Page 6)

Training Squadron SIX Celebrates 50 Years

- Squadron Trained Pilots at NAS Whiting Field Throughout its History



Training Squadron SIX designed a new patch to celebrate their 50th anniversary.

Training Squadron SIX, based at Naval Air Station Whiting Field, will celebrate 50 years of training Naval aviators May 14-15. The unit was first commissioned May 1, 1960 to provide initial flight training to aspiring Student Naval Aviators. More than 15,000 students have been trained and in excess of 1.1 million flight hours performed through VT-6's history. The squadron will celebrate this milestone by hosting events

for the community, especially present and past instructors, students, civilians, and maintainers.

Cmdr. Sean C. Maybee, the current and 49th Commanding Officer of the squadron is excited for the upcoming anniversary.

"For fifty years the finest Navy, Marine Corps and Coast Guard aviators have been teaching the best of our nation's youth to become airborne warriors and airborne rescue warriors. We are proud of our role in shaping the future of Naval aviation and our contribution to the defense of this great nation."

The anniversary celebration is an opportunity to see

fifty years of constant flight training improvement which recently culminated in Chief of Naval Air Training's (CNA-TRA) Training Excellence Award in 2009.

The squadron flew the Beech's SNB Navigator from inception to January 1965. VT-6 then shifted to the T-28 Trojan until March 1983 when the conversion to the T-34C Turbomentor was completed. Training Squadron Six is on the cusp of another transformation being designated as the next primary training squadron to transition the T-6B Texan II.

Maybee stated, "The squadron is a multi-service, international flight training squadron with a long tradition of creating the best Aviators in the world. With the upcoming T-6B Texan II transition we are positioned well to carry that legacy far into the future."

Both aircraft will be available to tour on May 14. Primary flight training is still conducted in the skies over southern Alabama in Federal Aviation Administration's Alert Area 292 and the squadron continues to use Navy Outlying Fields at Brewton, Evergreen, Barin, and Silverhill.

Although the specific courses of instruction have changed over the years, the basic mission of the squadron has remained unchanged. The squadron takes a young Naval officer with little or no flight experience and provides an intense instructional regiment to enable the student to solo in the T-34C Turbo Mentor. The historical "above average" and "below average" system of grading and tracking a student's

- (Cont. on Page 9)

Base Environmental Helps Students Learn About Nature

By Lt. j.g. Michael M. Daharsh, NAS Whiting Field Public Affairs

The weather was delightful. The wooded area bustled with the sounds of nature. In the distance the soft sound of trickling water echoed in harmony with crickets, birds, and... children?

Naval Air Station Whiting Field and Santa Rosa County Extension Services-4H (SRCES-4H) teamed up Fri., Apr. 24 to teach students from Bagdad Elementary School the elements of nature, the importance of recycling and the effect energy conservation can have on the environment.

SRCES-4H (Head, Hearts, Hands, Health), the youth development program of the University of Florida, Institute of Food and Agriculture Sciences Extension Service, works with children from the ages of 5 - 18 in developing their minds in a healthy climate. The national organization focuses on leadership, citizenship, and life skills, and has more than 6 million members across America and over 80 countries worldwide.

"The goal is to bring recycling and energy conser-

- (Cont. on Page 7)



Ron Cherry, Natural Resources Manager for Naval Air Station Whiting Field's Public Works Department, points out a squirrel's nest to a group of visiting children from Bagdad Elementary School during the nature walk on Fri., Apr. 24. Over 80 children attended the event which was co-hosted by the Santa Rosa County Extension Services-4H. U.S. Navy photo by Lt. j.g. Michael M. Daharsh.

News and Notes

TPC Tickets for Military - All active duty, Reserves, retired military members and their dependents are invited to be guests of THE PLAYERS Championship (TPC) and see the best professional golfers in the world compete at TPC Sawgrass May 3-9. Military members and their families can receive complimentary tickets by going online to www.ticketmaster.com/promo/t0p06r and downloading their free tickets. A valid CAC card must be shown when entering the golf course at the appropriate gate. The complimentary tickets will be valid Monday through Sunday. Parking passes are also available. For the second year, military members and their dependents attending TPC are also invited to enjoy a private hospitality venue called The Patriot's Outpost, which is located on the hill between #16 and #18 fairways. A valid CAC card must be presented to gain admission into the area. A free lunch will be provided. For more information, call 623-7032.

Big Band Music - Milton High School will host the Drum Corps International Drum and Bugle Corps show, Thurs., Jul. 29. The show is titled Sounds of the South. There will be seven drum and bugle corps at this event and the DCI corps are the elite of the elite when it comes to marching bands. For more information go to one of the following two links: <http://www.mhsbandboosters.info/index.php?menu=event4> or <http://www.tealsound.org/drum-buglecorps/events/soundsofthesouth/>. Tickets are \$20 for the Su-



Retaining Our Best and Brightest
Ens. Daron Pettus presents the spouse appreciation certificate to the wife of Master-at-Arms Second Class Adam Turner. His family was on hand to watch him reenlist for two years Apr. 9. Photo courtesy of Navy Counselor First Class Gwendolyn King.

per Section and \$15 for General Admission. There is also a \$5 Military discount with ID at the gates. For additional information, please call 207-8206.

Voluntary Leave Program Donations - Mrs. Yolanda R. Cardenas (Rocky) of CNRSE, Code N1, HR Kings Bay Satellite Office, NAVSUBASE, Kings Bay, has been approved for the Voluntary Leave Transfer Program. Cardenas has suffered an unexpected medical emergency and is required to be out of work for an undetermined length of time. Due to her caregiving to a terminally ill parent, she has exhausted all of her leave. Cardenas is in great need for donated leave for her unexpected medical emergency, and currently is in a Leave Without Pay (LWOP) status. Anyone wishing to donate annual leave under this program may complete the applicable Leave Donor Form. The point of contact is Diane Stukes at CNRSE (Code N1), (904) 542-2283 or DSN 942-2283.

Military Health System Open Forum - The Health Services Consumer Council is seeking a few people from each command in the area to attend the quarterly, open forum meeting at Corry Stations Cross Winds Conference Center, Apr. 29 from 2:30 to 3:30 p.m. This event provides updates on the Military Health System, TRICARE, and our health care delivery with issues and what's going on. The forum also gives an opportunity to share views and concerns so that the program may be responsive to members' needs and improve health care entitlements. Please direct any questions to Ms. Tara Rettig at (505-6048).

Green-up Santa Rosa - The annual Mother's Day Art, Crafts and Plant Show will be held at Green-Up Santa Rosa on Saturday, May 8, from 9 a.m. to 3 p.m. The nursery is located at 6758 Park Avenue in Milton, between Stewart Street (Highway 87) and Alabama Street. There will be about twenty local art and craft vendors placed throughout the extensive gardens of Green-Up Santa Rosa. In addition, there will be also be food and drinks available for purchase. You'll be green with envy. Find just the right plant and/or flowers for that special lady in your life to present to her on Mother's Day, all while helping Green-Up Santa. This annual event, which has been presented for ten years, is a fun, family-oriented event. For more information, please call 850-623-1930.



A Clean Sweep
Members of the Naval Air Station Whiting Field First Class Petty Officer's Association and some friends gather around their Adopt-A-Highway sign after picking up the area April 9. Although only six are pictured, fifteen showed up to help with the event. U.S. Navy photo courtesy of the NAS Whiting Field First Class Petty Officers.

Upcoming Events

Apr. 29, 1000 - HT-18 Change of Command - Auditorium

Apr. 29 & 30 - VT-3 50th Anniversary Reunion

May 7, 1300 - Winging Ceremony - Base Auditorium

May 14, 1130 - Military Appreciation Picnic - Sports Complex

May 14 & 15 - VT-6 50th Anniversary Reunion

May 21, 1300 - Winging Ceremony - Auditorium

Fleet and Family Support Center Classes

Money and the Move - Wednesday, 5 May, 1400-1500

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 623-7177.

VA Representative (Call for Appointment) - Friday, 7 May, 0800-1200

Time Management - Wednesday, 19 May, 1300-1400

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 list of “things to do?” Then this class is for you. This class will provide 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, call 623-7177.

Common Sense Parenting for Ages 5 - 18 - Wednesday, 19 May, 1800-2000

Unfortunately, children do not come with instruction manuals. So FFSC is holding a class that will provide you with tools that will equip you with the skills for raising responsible and well-adjusted children. This class is for any parent who wants to “brush up” on their parenting skills or new parents that are not sure of where to begin. Call a Work and Family Life Specialist at 623-7177 for details.

VA Representative (Call for Appointment) - Friday, 21 May, 0800-1200

How to Apply for a Federal Job - Monday, 24 May, 0800-1000

“Is it worth your while to invest your time and effort in searching and applying for a Federal Job?” 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 listings for keywords, and how to apply for jobs. Call 623-7177 for more information.

Deployment Support Group for Children - Monday, 24 May, 1800-1930

Kids and youth ages 5-18 who are children of deployed service members are invited to meet for fun and fellowship! Creative activities engage the mind and promote conversation. Share experiences and feelings with others who are also dealing with the absence of a parent due to deployment. For more information, please contact the FFSC at 850-623-7177. Hope to see you there!

Understanding Military Pay Issues - Wednesday, 26 May, 1400-1500

Why is it important that you know about the elements of military compensation? To know what you are currently entitled to? To know what you may be entitled to as your circumstances change? Class will be held at the FFSC conference room. For more information call our Financial Educator at 623-7177.

WEAR-TV, Gilmore Services and BBB® Team Up to Fight Identity Theft - Get Up to 50 Pounds of Documents Shredded Free-of-Charge

PENSACOLA, Fla. – Last year, Florida became the state with the highest per capita rate of reported identity theft complaints. And according to a 2010 report from Javelin Strategy and Research, 11.1 million Americans fell victim to identity theft, resulting in the loss of \$54 billion in 2009 alone.

BBB is partnering with WEAR-TV and Gilmore Services to host an identity protection event on Fri., Apr. 30 in Pensacola and Mary Esther. Individuals can take advantage of free on-site document shredding and take home practical tips to prevent identity theft online and off.

“Identity theft is largely a crime of access,” said Norman Wright, president and CEO of your BBB|Northwest Florida. “We want to help you make



your information less accessible by responsibly destroying your sensitive documents.”

Details:

When: Fri., Apr. 30, 2010, 11 a.m. – 7 p.m.

Where: University Mall, Pensacola, Fla. & Santa Rosa Mall, Mary Esther, Fla.

Bring up to 50 pounds of documents to be shredded and take home tips and resources on protecting your identity. Documents to be shredded should be removed from bind-

ers, but staples and paper clips are acceptable to be shredded. Please do not tie bags!

For additional information on identity theft prevention measures, start with bbb.org.

NEX Improves the Environmental Impact at Whiting Pines



By Lt. j.g. Michael M. Daharsh, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's NEX took another step toward helping the environment by planting an assembly of bushes and plants around the Whiting Pines' NEX Mini-Mart on Earth day, Apr. 21.

The small store was once surrounded by shrubs and greenery, but due to the abundance of sun and direct water overflow, the plants died.

"They planted greenery here a couple years ago, but they didn't last long," Linda Larrabee, NEX General Manager said. "We did our research, and we're doing it right this time."

Among the new foliage planted are a Mediterranean Palm, Indian Hawthorns, Encore Azaleas, and Monkey Grass. All the plants are known for their resilience and ability to survive in both long droughts and heavy rains or water exposure. Along with the beautiful new addition is approximately four yards of mulch and mushroom compost. Compost makes soil more have increased water retention, and requires less water to sustain life.

"We are also, taking the left of soil from the ground and spreading it over low spots around the building," Stan Harper, NEX Operations Service Clerk said. "We do not want anything to go to waste."

All morning, the NEX employees could be found laughing and working together to improve both the aesthetic appeal and environmental impact around the Mini-mart. This happened the same day they gave away free reusable bags with any purchase at the five NEX locations around base. Every act was a proactive step to achieve the goal to Reduce, Reuse, Recycle, and Save.

Stan Harper grabs hold of a Mediterranean Palm after Larry Edwards finished digging a fresh hole for the plants new home in front of Naval Air Station Whiting Pines' NEX Mini-Mart, Apr. 21, 2010. U.S. Navy photo by Lt. j.g. Michael Daharsh.

Ombudsman Program Enters its 40th Year Taking Care of Families

By Darren Harrison, Naval District Washington Public Affairs

WASHINGTON (NNS) -- Whether assisting families moving to a new area, or providing support during a deployment, Navy spouses have been volunteering for almost four decades through the Navy's Ombudsman Program.

"When families respond to the challenges of deployments, natural disasters or family emergencies, ombudsmen are there to provide guidance and to help them regain a sense of normalcy. They help families find the answers to their questions, promoting their resiliency and self reliance," said Master Chief Petty Officer of the Navy(MCPON)(SS/SW) Rick D. West in a recorded statement recognizing the contribution of the ombudsmen as part of U.S. National Volunteer Week, which began Sunday. "Mission readiness is directly tied to family readiness, and family readiness is directly tied to the selfless dedication of our extraordinary ombudsman," said West.

The Ombudsman Program was introduced to the U.S. Navy on Sept. 14, 1970, by then-Chief of Naval Operations (CNO) Adm. Elmo Zumwalt. Zumwalt adapted the program from a 19th century Scandinavian custom original-

ly established to give private citizens an avenue to express their concerns to high government officials.

"The program started on a small and informal scale and has since moved to a very formal, standardized training," said Ombudsman Program Manager for Commander, Naval Installations Command (CNIC) Kathy Rock. "The policies and instructions are constantly being revised to meet the needs of the Navy family at a set period of time."

There are presently 63 ombudsmen in Naval District Washington and more than 4,000 ombudsmen worldwide. The Navy requires there be at least one ombudsman per 250 service members.

The Ombudsman Program is a command-based program with each commanding officer tailoring the program to meet the needs of the families. The commanding officer officially appoints an ombudsman who then undergoes 25 hours of basic initial training.

Following their initial training each ombudsman is then required to do six, three-hour advanced training sessions a year on topics such as child abuse prevention and sexual assault intervention.

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HT-18 Change of Command

- (Cont. from Page 1)



Cmdr. Jeffrey DeBrine

through the Aviation Officer Candidate School and throughout his 18-year career, he has flown for HSL-40 and 44 out of Mayport, Fla.; served as an instructor pilot; worked as a flag lieutenant to Commander, Carrier Group SIX; graduated the Air Command and Staff College with a Masters Degree in Military Operational Art and Science in June 2002; and completed a joint staff assignment in Washington D.C. He assumed command of HT-18 Feb. 19, 2009.

Coakley was commissioned a 2nd Lieutenant via the NROTC program following his graduation from Norwich University in May 1990. After being designated a Naval Aviator in September 1992, he reported to HMT-301 in Tustin, California for initial training in the CH-46E.

Since 1992, he was stationed at HMM-166; graduated from the Marine Corps Command and Staff College with a Masters in Military Studies; served with the 4th Marine Regiment and 1st Marine Wing in Okinawa, Japan; flew humanitarian relief missions to the Philippines and Indonesia; and served as the Joint Staffs Joint Close Air Support Executive Steering Committee representative.

He also served with Marine Helicopter Squadron One (HMX-1) during which time he was designated a Presidential Command Pilot and served as the "Marine One" aircraft commander during 50 plus presidential flights in support of Presidents Clinton and Bush.

Cmdr. Jeffrey DeBrine will become the new executive officer for the squadron. His last duty station was at the National War College where he graduated in June 2009 with a Masters Degree in National Security Studies.

Guest speaker for the ceremony will be retired Navy Capt. Wayne Tunick.

Ombudsman

- (Cont. from Page 5)

Additionally, ombudsmen attend monthly assembly meetings where ombudsmen are provided current information on programs or referrals that can benefit families and training.

Services provided by the Ombudsman Program are designed to steer families in the right direction so that issues can be resolved.

"Information and referral is a big part of what the ombudsman does, really trying to create this resilient family that can be self-sustaining and not rely on others," said Rock.

According to Rock, for this year as of April 14, the Navy has already saved \$523,464 by having volunteer ombudsman. In 2009, the Navy saved an estimated \$1.4 million based on if the service had to pay the volunteers a wage of \$18.77 an hour.

"Each ombudsman spends about 800 hours a year through volunteering which calculates out to an equated savings of about \$15,000 per ombudsman," said Riddle.

"Having an ombudsman allows the service member to focus on their job while they are away because they know their families are being taken care of," said Riddle.

Eco-nomics

In the workplace

Cut back on the use of disposable stirrers. Just pour your sugar and milk first then add coffee. Each year, Americans throw away 138 billion straws and stirrers, enough to make a giant straw statue-12 times taller than the Statue of Liberty.

Dispose of waste properly. Ninety-four percent of people identify litter as a major environmental problem. The biggest sources of litter are cigarette butts, bottles and cans (including tops and ring pulls), candy wrappers, and fast-food packaging. More than two billion pounds of cigarette butts are discarded worldwide-about two pounds for every person in China.

The following tips and facts are from The Green Book by Elizabeth Rogers and Thomas M. Kostigen.



**VT -3 Red Knights
50th Anniversary**

Main Events

- 29 April – Alumni Tour and Ribbon Cutting
- 30 April – Golf Tournament
- 30 April – 50th Anniversary Formal Ball

Ball Ticket prices - \$30 (Black Tie Event)

RSVP with VT-3 Call: 850-623-7321 or
E-mail: sue.ancil@navy.mil

T-6 Training

- (Cont. from Page 1)

Exemplifying the joint nature of aviation training, the 14 students are comprised of: six Air Force, four Navy, two Marine Corps, and two Coast Guard officers.

Training Squadron THREE is the first squadron to transition to the T-6B. The process of transitioning one squadron usually takes nine to twelve months. The first group of flight students to take on the mission of learning the new aircraft will be spending the next four weeks in ground school and simulator training learning the basic systems, operating procedures, and basic maneuvers.

"These student pilots are the future of Naval aviation," TRAWING-5 Commander Capt. James Vandiver said. "They are our student plank owners and will help us set the tone for future T-6B classes."

One benefit to this new program is a heavy emphasis on simulator training in the Operational Flight Trainer (OFT), which allows the students to gain more experience before taking flight. Additionally, elements of training that have been done exclusively through cockpit hours may now be replaced by simulator training due to the realism of the new tools.

"Every skill set is introduced in the OFT," Persky said. "Daytime visual flight, aerobatics, visual navigation, low level flight, and formation are all first introduced in the simulators."

The 26-week program will train flight students in the basic foundations of aviation. By the time a student completes

the phase of training they will have flown 75 aircraft hours, and 37 in the simulator. The program prepares students to move on to advanced aircraft and later into a fleet aircraft. After primary training, students will be selected to one of four pipelines Strike, Helicopter, Tiltrotor, or Maritime. If a student is placed in strike they will remain at Whiting Field to receive an additional 12 hours of flight instruction in formation and single-seat flight.

"It'll be much easier to transition to a strike aircraft due to the performance and glass cockpit display," Persky said. "It actually flies more like a jet."

Regardless of which pipeline in which the students are selected, the foundations learned in the first 26 weeks of flight school will carry the students through the rest of their careers. While Training Squadron THREE leads the transition, Training Squadron SIX and Training Squadron TWO will soon follow suit. Naval Air Station Corpus Christi, another location for primary flight training, will be receiving their first batch of the new aircraft in late 2012.

In four weeks, instructor-pilots will be taking the first students in the T-6B into the sky to begin the next generation in flight training. The excitement to fly the newest training aircraft is felt by instructors and students alike.

"It's really a blast to fly," Persky said.

Whiting Field Teaches Students

- (Cont. from Page 2)

vation to their attention," Mike Pattison, Environmental Manager at NAS Whiting Field said. "We want to break it down, and put it on the kid's level."

The 80 kids were guided off the buses and divided into two groups. Cmdr. Lynne Chapman, NAS Whiting Field executive officer, welcomed the groups to the base.

"At Whiting Field we train the best pilots in the world," Chapman said. "And taking care of that world is very important to us. Recycling and energy conservation play a large part in that."

Throughout the day the kids participated in hands-on events that challenged both their minds and their senses. Rotating through different stations they learned about Recycling Energy and Water, Forestry, Wildlife, and Entomology. While one group enjoyed the stations the other took a walk through NAS Whiting Field's Clear Creek Nature Trail and observed all the different ecological zones represented there: sand hill uplands, a transitional zone, wetlands, and an open



Mike Donahoe, director for Santa Rosa County extension service, speaks to a group of kids from Bagdad Elementary School about Entomology (the study of insects) and snakes during one of the four hands-on lecture stations on Fri., Apr. 24 at Naval Air Station Whiting Field. Photo courtesy of Lauren Pace.

water environment.

The collaboration between NAS Whiting Field and 4H has been a long and productive one.

"I remember a few years back I brought kids to base to learn about proper manners and proper dining etiquette,"

Vickie Mullins, Extension 4-H Coordinator said. "They were learning important life skills back then, and now we are doing the same thing here. We are teaching them important skills and information about the environment with a hand-on approach."

As the day grew to a close, the kids were still hustling around the campsite with an excitement and desire to absorb every ounce of information being provided. The unique atmosphere and creative learning tools created an aura of fun and adventure. In turn, the kids participated and educated themselves in life long lessons of the environment and their place within it.

"We were proud to partner with Whiting Field again," Mullins said. "The facilities there offer an experience that before was only available to the children in a classroom. We were happy to bring the world to them and teach them about being good stewards. I'm so proud of the staff and support of NAS Whiting Field. I think the kids really enjoyed it."

- Sports -

Aces Running Club Is Up and Running

The Aces Running Club has stepped into full gear and is scheduling events for the club through much of May. Runners, joggers, walkers and “jalkers” are all invited to join and take part in the fun.

The group currently has five racers, including walkers, signed up for the 37th Annual Fiesta 5K and 10K run in Pensacola. The May 1 race kicks off at 7:30 a.m. on the Pensacola Junior College Campus at 9th Avenue and Airport Drive. Participants will receive free admission to the Pensacola Crawfish Festival. Aces will be organizing car pools and meeting before the event. Check out the link http://www.pensacolarunners.com/?p=Single_Event&k=232 for more details.

The next race, the Bear Lake 4-mile Trail Challenge, occurs May 15. The race ends with a free Barbecue for all competitors with guests having the opportunity to purchase food. Kerry Shaffer, the Aces Running Club coordinator, will bring forms and payment to the race director for Aces’ members if they contact her. Otherwise, runners can send in the form through the postal service or register the day of the event. Contact her via email at shafferkg@gmail.com. For details about the race, link to http://www.pensacolarunners.com/?p=Single_Event&k=233.

The team will also preview the Bear Lake course May 8 with a group run/walk. Shaffer encourages runners to hold off on heading home and enjoy some fun at the site.

"Stick around, bring a swim suit, sunscreen and the family for a post run BBQ at the lake. You are already there. So why not make it a fun day for everyone?" she said.

Aces also has a new routine to help members stay fit. The group just added a 6 a.m. Wed. run at the Naval Air Station Whiting Field track. Other scheduled group runs



Kerry Shaffer walks around Naval Air Station Whiting Field’s track with Paula Eagan during one of the Aces Running Club’s scheduled run/walks. The group is still seeking members and is planning to participate in several upcoming runs. U.S. Navy file photo.

include: Sat. mornings at 8 a.m., Wed. mornings at 10 a.m., and Tues. afternoons at 4 p.m.

Contact Shaffer via email to get more information or to join.

MWR Notes

Swim Lesson registrations are open! For information call Kelsey Holmes at 623-7096.

Interested in a golf league? Please contact Todd Mooneyham at 850-665-6102 or via email at todd.mooneyham@navy.mil.

Register for the spinning orientation certification May 15 from 8am-5pm and the Yoga Spin workshop May 16 8am-12pm! To register, go to spinning.com or call 800-847-7746 or 310-823-7008. Check for their military discount!

Captain’s Cup Softball Standings

Team	Won	Lost	Win %	RF	RA	GB
HT-28	2	0	1.000	44	22	--
SECURITY	2	1	.667	30	21	0.5
MEDICAL	2	1	.667	67	40	0.5
VT-3	2	1	.667	27	27	0.5
CRASH	1	1	.500	29	33	1.0
HT-18	1	1	.500	26	34	1.0
VT-2	1	1	.500	30	23	1.0
VT-6	1	1	.500	33	24	1.0
PRI/L3	0	2	.000	9	48	2.0
Pool 1	0	3	.000	15	38	2.5

VT-3 50th

- (Cont. from Page 2)

progress was shifted in 2001. The student's progress is now tracked based on his or her ability to perform maneuvers "good," which is defined by clear standards for each maneuver. For example, basic air work is graded on the student's ability to maintain +/-100 feet, +/-10 knots, and +/-10 degrees of heading and is not relative to his or her peers. The current syllabus provides the Student Naval Aviator with 13 familiarization flights before he or she reach their first major milestone, the solo flight. The student then completes seven aerobatic flights and nine formation flights designed to expand his or her capabilities while building confidence and proficiency. The Student Naval Aviator continues training with 19 simulator events and 14 flights to establish a foundation in radio instruments and visual navigation. The final portion of training is usually completed during a cross country flight with an instructor.

A staff of sixty-one officers from the United States Navy, Marine Corps, and the Coast Guard along with one remaining enlisted sailor and thirteen civilian support staff are crucial for training the student aviators. A naval reserve Squadron Augment Unit (SAU) increases the instructor cadre by an additional 11 percent and assists the squadron by executing one-fifth of the squadron's sorties. The SAU earned the 2009 CNATRA Active Reserve Integration Award for their efficient and seamless cohesion with their fellow active duty instructors.

The student aviators train for approximately six months. At any given time during the year, the squadron maintains 140 students in the syllabus and 210 students will complete the primary flight syllabus at Training Squadron SIX each year. The students leave the squadron with memories of the various instructors, their wide range of instructional techniques, and the sobering feeling as the cockpit fell silent on their solo flight. More importantly, the students leave with a basic level of proficiency and a significant accomplishment that marks substantial progress towards earning those coveted "Wings of Gold." At the completion of the primary syllabus, selection is made for additional training in the strike, maritime, tiltrotor, or helicopter pipeline. The students then proceed to their respective squadrons to undergo advanced flight training.

The squadron invites all alumni and the community to participate in the 50th celebration and to share experiences and stories from Training Squadron Six. The weekend events will include a 6K Runway Run, a VT-6 Motorcycle Club ride, a golf tournament, and an archery tournament. Those affiliated with the squadron in the past or present are invited to attend the "Dress to a Decade" flight suit formal. For more information and to sign up for the events, please visit <http://www.tronsix.us> or contact the VT-6 Public Affairs Office at (850)623-7275. NAS Whiting Field will be open for military aircraft to fly in for the event.

TRICARE Notes

WHAT'S THE DIFFERENCE BETWEEN URGENT AND EMERGENCY CARE?

In many cases, using the emergency room is not necessary, and a patient's condition can be treated through urgent care. TRICARE's explanation of urgent care and emergency care can help you seek the most appropriate service.

TRICARE defines urgent care as medically necessary treatment for an illness or injury that would not result in further disability or death if not treated immediately but that requires professional attention within 24 hours. Examples of urgent care situations include: minor cuts, migraine headaches, urinary tract infections, sprains, earaches or rising fevers.

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



Congrats to TRAWING-5's Wingers and Scholars



First Row: Cmdr. Matthew Frost, USN; Lt. j.g. Derek Hatch, USN; Lt. j.g. Kristen Jaekel, USCG; Lt. j.g. La'shanda Holmes, USCG; Ensign Colin Johnson-Giammalvo, USN; Lt. j.g. Mark Bruno, Jr., USCG; Lt. j.g. Gabriele Parmegiani, ITNAV; and Capt. James Vandiver.

Second Row: Cmdr. Mark Murray, USN; Lt. j.g. Wesley Van Dorn, USN; 1st Lt. Jeffery Snell, USMC; Ensign Rebecca Smith, USN; Ensign James Fodor, USN; Lt. j.g. Garrett Barker, USCG; and Ensign Joshua Klatt, USN

Third Row: Cmdr. Michael Fisher, USN; Ensign Matthew Heidt, USN; 1st Lt. Ryan McGonigle, USMC; 1st Lt. Derek Garden, USMC; Ensign Paul Bridgers, USN; Ensign Matthew Pillon, USN; Lt. j.g. Timothy Anderson, USCG; and Cmdr. Guy Vilardi, USN.



Left Photo: Academic Achievement Award recipients from Apr. 9 are: Ensign Zephyr R. Mays, USCG; 2nd Lt. Paul J. Lancaster, USMC; Ensign Derek L. Jimenez, USN; 1st Lt. Samuel E. Kunst, USMC; 2nd Lt. Michael A. Atkinson II, USMC; 1st Lt. Timothy M. Swartz, USMC; 2nd Lt. Carlos M. Maturana, USAF; Lt. j.g. Michael G. Niemi, USN; 1st Lt. Peter F. Callahan, USMC; Lt. j.g. Sean T. Groark, USCG; and Ensign Matthew D. Warshaw, USN.

Right Photo: Ensign Jayson P. Cannon, USN; Lt. Nicholas O. Ramirez, USCG; Ensign Austin M. Nasca, USN; Ensign Ryan D. Culbertson, USN; 2nd Lt. Timm M. Ross, USAF; 2nd Lt. Ryan P. Gibbons, USMC; Lt. j.g. James F. White, USCG; 2nd Lt. Sarah R. Zerr, USMC; 2nd Lt. Daniel E. Ertel, USMC all hold their Academic Achievement Awards Friday, Apr. 25 at the Training Wing FIVE headquarters building. The students were recognized for their outstanding scholastic success during flight training. Photo courtesy of Training Air Wing FIVE.