

Whiting Tower

Sixty-Nine Years of Aviation Training News



Naval Air Station Whiting Field, Milton, FL

Forging Wings for the Fleet

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NASWF Sailor and family rebuild lives after fire

By Jay Cope, NAS Whiting Field Public Affairs

As a Navy Aviation Boatswain's Mate, Petty Officer Nathan Henkin is trained to fight and extinguish aircraft fires on airfields and on board ship. However, last Wednesday, Jan. 9, he and his family experienced the other side of a fire, as the victims.

Fortunately, the family members all escaped injury as two fires raged through the house they were renting at the intersection of Hamilton Bridge and Glover in Milton.

The first fire was noticed shortly after midnight when Henkin went to shut out the garage lights. Smoke filled the space and he was able to see flames. Henkin got his wife, Heather, and three kids out of the house, and called 9-1-1. Teams responded from Skyline and Milton Fire Departments, and the fire was extinguished about 2 a.m. Damage was mostly limited to the garage area at this point. Grabbing a few possessions he took the family to a friend's house where they stayed the night, but a short while after their arrival, the family received another shock. The fire had flared up again, ruining the rest of the house.

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Aviation Boatswain's Mate 3rd Class Nathan Henkin and his wife Heather, daughters Brook and Kayla, and son Hunter stand in front of their new residence in Whiting Pines. The family moved to the housing unit following a fire in the home they were renting Jan. 9. U.S. Navy photo by Jay Cope.

NAS Whiting Field Sailors extinguish car blaze

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field Crash Division personnel discovered and extinguished an early-morning civilian car fire while en route to Naval Outlying Landing Fields Tuesday, Dec. 4. Members of the NOLF Evergreen and NOLF Brewton emergency teams relied on their professional background in fire and emergency response to stabilize the scene and extinguish the blaze.

While en route to Evergreen, four members of the crash crew encountered a car engulfed in flames on the road shoulder of SR87 in Brewton, Ala. The team, which was travelling in a government van, immediately surveyed the scene and called the air station to send fire-suppression equipment.

"The car was already engulfed by the time we got there, so we called for aid. Brewton [crash crew team members] arrived with the aqueous fire fighting foam (AFFF)," Evergreen emergency team member Aviation Boatswain's

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The shell of a car is all that is left following a fire that damaged it extensively early Dec. 4. Naval Air Station Whiting Field Sailors extinguished the fire before it could spread to the surrounding woods. The Sailors discovered the blaze on their way to the outlying fields where they work. Photos courtesy of NAS Whiting Field Crash Division.

MCPON releases CPO 365 training guidance

- Six weeks not long enough to train Chiefs for their roles in the fleet

WASHINGTON (NNS) -- The role of the chief petty officer (CPO) has long been an integral part of our Navy. When Master Chief Petty Officer of the Navy (MCPON) Mike Stevens took office last year, he recognized that training chiefs for their new leadership role in six weeks, as the original CPO induction dictated, was hindering them in becoming as successful as possible.

"We recognized that we wouldn't always have the time that we would like to provide the training for our first class petty officers (FCPO) to become chiefs. So two years ago we implemented the CPO 365 training process that would afford them a longer period of time to train," said Stevens.

"What we've done now is said, 'Why should we have a break six weeks prior to pinning and change the way we've been training?' What we've decided to do is continue to train throughout the year, all the way up to the final night, and progressively make the training more intense and more relevant as they get ready to become chief petty officers."

CPO 365, a year-long development and training for



MCPON Mike Stevens

FCPOs, was first introduced in 2010 under former MCPON Rick West. It includes two phases, the first of which begins in September each year. Under MCPON Steven's revised program, detailed in his 2012-2013 CPO 365 Guidance, all FCPOs will participate through the duration of Phase One, whether they are board-eligible or not.

"CPO 365 depends a lot on momentum," said Stevens. "It's a continuous process of learning and development. What we don't want to do is have a clean break from CPO 365 where the FCPOs who were not selected to chief, are no longer involved in the training. We want to maintain that momentum, and continue to train. We recognize that there will be some

events where all FCPOs won't be able to participate in, but by and large, we'll keep them together and continue to do the training they've been doing, because it's vitally important that all of our petty officers continue to learn and develop."

Phase Two of training begins when CPO selectees are announced and concludes with the pinning ceremony. Upon announcement, each command will hold a congratula-

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Usage Information

Total Used

1,809,095 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,895,744	1,733,421	1,809,095
Average Daily kWh	61,153	57,781	58,358
Days In Billing Period	31	30	31

Power Corner

Conserving energy continues to be one of the Navy's and Naval Air Station Whiting Field's prime objectives, so each month the Whiting Tower will display the energy usage comparisons for the base between comparable timeframes of 2011 and 2012. As you can see, for December 2012, the base consumed 86,649 fewer kilowatt hours of power than in 2011.

This Week in Naval History

Jan. 14

1813 - U.S. frigate Chesapeake captures British brig Hero.
 1863 - Navy General Order 4, Emancipation Proclamation issued.
 1943 - In the first submarine resupply mission, USS Gudgeon lands 6 men, 2,000 pounds of equipment and supplies on Negros Island, the Philippines.

Jan. 15

1861 - 1865 - Capture of Fort Fisher, Wilmington, N.C., by joint amphibious force.
 1973 - President Nixon suspends all offensive operations against North Vietnam.
 1997 - Navy physician Capt. Jerry Linenger joined the crew of the MIR space station after being launched aboard the space shuttle Atlantis during space Shuttle Mission STS-81.

Jan. 16

1930 - USS Lexington (CV 2) provides power to Tacoma, Wash., when floods knocked out city power plants.
 1991 - Operation Desert Storm, the liberation of Kuwait from Iraq, begins.

http://www.navy.mil/search/display_history.asp

News and Notes

Budget for Babies - A Budget for Baby class will be held at Naval Air Station Whiting Field Saturday, Jan. 19. You'll discover local resource information, financial assistance, and volunteer opportunities and have fun while attending. All ranks and branches are welcome to attend the class. Eligible clients will also receive Baby's first sea bag (featuring a handmade blanket). Register before Thursday, December 6th to reserve your seat. Class will be in the Atrium Bldg., Suite 169, class room A & B (same building as ITT and NMCRS office - across from FFSC). Call 850-452-2300 to get more information or reserve a seat for the class.

Senior Bowl - Beginning Jan. 23 and leading into the Jan. 26 game, Mobile will be hosting their annual Senior Bowl activities. This year's game will include a pre-game Memorial for CG 6535 that crashed into Mobile Bay last Feb. Tickets are \$10 or \$20 dollars through the Senior Bowl Ticket Office at 888-736-BOWL. See www.seniorbowl.com for additional information.

Corks and Canvases - New World Landing will serve as the venue for a "Midnight in Paris" themed event to benefit Big Brothers Big Sisters Friday, Jan. 18. Call 850-433-5437 for details.

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 more information 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.

Friday Jan. 18, 2013 Pensacola Columbus 7:05 p.m.
Saturday Jan. 19, 2013 Pensacola Ms Surge 7:05 p.m.
Thursday Jan. 24, 2013 Pensacola Columbus 6:05 p.m.
Saturday Jan. 26, 2013 Pensacola Louisiana 7:05 p.m.
For more information call 850-665-6250 or 850-623-7032.



Recognizing Top Sailors

Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin presents the Navy and Marine Corps Achievement Medal to Lt. j.g. Tim Mosso Thursday, Jan. 10 for his efforts while working with the Whiting Field Public Affairs Office. U.S. Navy photo by Jay Cope.



Retaining Our Best and Brightest

Lt. j.g. Kenyatto Mayes, crash division officer, reenlists Aviation Boatswain's Mate 2nd Class Christopher Bullock, Aviation Boatswain's Mate 2nd Class Shane Reed, and Aviation Boatswain's Mate 1st Class Bobby Teague. The three Sailors signed up for a total of 15 years more service Friday the Jan. 11 at 9 a.m. in front of the gym by the airplane. U.S. Navy photo by Jay Cope.

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.

Calling all Lifesavers - The Northwest Florida Blood Services bloodmobile returns to NAS Whiting Field this Friday, Jan. 18. They will be at the NEX from 10 a.m. - 3 p.m. There is currently a shortage of 0 negative blood, but ALL types are welcome and greatly needed! Donating blood is safe, quick and easy and literally makes a lifesaving difference.

Japanese New Year Celebration - Come join the Japan-America Society of Northwest Florida, Inc. for their 2013 Japanese New Year Celebration Saturday, Jan. 19 from noon to 4 p.m. at the Bayview Community Center in Pensacola. The event will feature Japanese dancers, Japanese cuisine, Taiko drumming, door prizes, and a silent auction. Tickets for the event can be purchased at the door for \$6 for students and society members, \$8 per individual or \$15 for a family of four or more. For more information contact Mary Cunningham at 850-994-0255 or email Maryecun

Upcoming Events

Jan. 18, 1000 - Northwest Florida Blood Drive - NEX
 Jan. 21 - Martin Luther King, Jr. Holiday Observed
 Jan. 25, 1300 - Winging Ceremony - Base Auditorium

Feb. 8, 1300 - Winging Ceremony - Base Auditorium
 Feb. 8, 1830 - Navy League SOY and IOY Banquet - Sikes Hall
 Feb. 18-22 - 2013 Solid Curtain Exercise

Fleet and Family Support Center Classes

VA Representative - Friday, Jan. 25 from 8 a.m. to noon. (Call 850-623-7177 for appointment)

Time Management - Wednesday, Jan. 23 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.

Home Buying - Thursday, Jan. 24 from 1 to 3 p.m.

Are you in the market for a new home? We can help! From finding the best agent, to negotiating price, types of mortgage loans, and how to get the best interest rates, we can help! Find out how to buy a home and maintain your lifestyle! For more information, contact a Work and Family Life Specialist at 850-623-7177.

Resume Writing - Monday, Jan. 28 from 10 a.m. to Noon.

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Welcome to Whiting - Tuesday, Jan. 29 from 9 to 11 a.m.

Welcome to northwest Florida, NAS Whiting Field, Training Air Wing Five, and the world of aviation training! Find out what challenges and rewards are in store for you and your flight student and how you can enjoy and thrive in the military lifestyle. Learn about the local culture, recreational opportunities, and support services available to you, while meeting other spouses and command staff! For more information, contact a Work and Family Life Specialist at 850-623-7177.



2013 Gulf Coast Military Mardi Gras Ball

When:	Friday, 01 February 2013 6:30 P.M. – Happy Hour 7:30 P.M. – Dinner Begins	Price per person...	
Where:	Renaissance Riverview Plaza Hotel 64 South Water Street Downtown Mobile	E1 thru E4	\$25
Dress:	Military Personnel: Dinner Dress Blue* *O-3 & Below may wear: Service Dress Blue (SDB Coat, No Cover) Civilian Guests: Men: Tuxedo Women: Evening Gown or Tea-Length Cocktail Dress (Mid-Calf)	E5 and E6	\$35
Buffet:	Chicken Marsala, Broiled Flounder with Lemon Caper Sauce, Kobe Beef Meatloaf, 3 Cold Salads, Steamed Vegetables, Yukon Garlic Whipped Potatoes, Rolls, Desserts	E-7 thru E-9; GS-10 and below	\$50
		CWO2 thru O-3	\$55
		O-4; GS-11 and higher	\$60
		O-5 and higher	\$65
		Civilian guests, CG Auxiliary and Contract Employees	\$50
		CGES & NAF Employees	\$50
		* Retirees pay at grade of retirement * Spouse of member is same price as military member	
		Questions:	
		AMTCS Kit Harris	(251) 441-6175
		LCDR Mick Scott	(251) 441-6189

militarymardigras.com

Evergreen

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Mate 2nd class Dylan Forsyth recalled.

The Evergreen team searched the immediate vicinity of the blaze for the occupants of the car but when none were found, the focus turned to containing the blaze. Adjacent dry grass, shrubs, and trees added urgency to the response.

“The location meant it could have spread. The fire was far off the road shoulder near a field of tall grass,” Crash Division Officer Lt. j.g. Kenyatto Mayes explained.

Within minutes, members of the outbound Brewton emergency team arrived from the air station with fire-suppression equipment. The crew, which had been moments behind their counterparts from Evergreen, were equipped with specialized aviation fire fighting vehicle known as a “twin unit” for its onboard stores of water and chemical-fire-smothering foam.

Due to the short notice of the alert, the Brewton cadre did not have time to don their complete complement of specialized protection, so precautions were taken.

“They knew not to go inside range of the fire without a fire suit. There was the possibility that the car could carry flammable, potentially airborne fibers, so they attacked the fire from upwind,” Mayes related.

Base fire fighters took a cautious approach to the blaze, but they remained cognizant of the need to act quickly. With the potential for a brush fire readily apparent, the crew used their automated vehicular turret to combat the flames. Aviation Boatswain’s Mate 1st Class Bobby Teague was the Lead Petty Officer for the Brewton crash crew.

“We did standard pump-and-roll by starting with the turret, then the crew took over with the hose. We used the turret as much as we could... none of us had our full gear, so we had to keep our distance - about 20 feet upwind was the closest.

“We started with water, but when it wasn’t dying down, we used the foam to smother the fire to prevent it from spreading to the woods,” Teague said.

While the Brewton team contained the fire, members of the Evergreen contingent contacted local authorities



As Aviation Boatswain’s Mates from Naval Air Station Whiting Field drove to Navy Outlying Fields Brewton and Evergreen for work early Dec. 4 This car fire along the side of the road required their expertise to ensure it did not spread to the grass and trees nearby. Photo courtesy of NAS Whiting Field Crash Division.

and routed traffic past the site. Civilian fire fighters from the Berrydale Fire Department and Dixonville Fire Department arrived to take custody of the scene, guard against a re-flash of the blaze, and investigate the origins of the conflagration. No responsible parties or individuals were identified at the time.

The air station’s unique emergency management capabilities were showcased during the course of the morning’s action. Base emergency services and local authorities maintain standing agreements to assist each other when extra personnel or specialized equipment are required for contingencies on base lands or in town.

According to Mayes, these “mutual aid agreements” did not come into play on December 4, but area fire fighters do consider the air station’s chemical fire suppression capability to be a significant asset to the local disaster response capabilities.

“In the case of a large chemical fire, we would be on standby to contribute AFFF to the local fire-fighting effort.”

SECURITY CHECKPOINT



Is there a pistol range on NAS Whiting Field and is it open to the public?

Yes, NAS Whiting Field does have a pistol range, but, sorry it’s not open to the public.

*Don’t forget to visit us on
facebook
at*

<http://www.facebook.com/naswhitingfield>

CPO 365

- (Cont. from Page 2)

tory meet-and-greet for the selectees and their families, after which they will continue with training while maintaining good order and discipline.

Phase Two will continue to contain many time-honored traditions, such as CPO Charge Books and a capstone event focused on teamwork and resilience.

"We wanted to continue a program that set the conditions for every FCPO to be a successful and effective chief, and remove any road blocks that would interfere with that opportunity for success. We'll add in various things that would afford them a greater opportunity to be successful chief petty officers."

One process that will no longer be a part of CPO 365 is the word "induction".

"Effective immediately, we're respectfully sun-downing the word 'induction', and in its place we'll use CPO 365 as the primary term," said Stevens. "I believe that induction is more about a moment in time, and CPO 365 and the development of our FCPOs to become CPOs is not about a moment in time. It's about a continuous time. This is something we're going to do every day, 365 days a year, and so we want to make sure the term we are using is matching what

we are doing."

MCPON added that the term CPO 365 was coined by CPOs in the fleet, due to their belief that developing leaders is a year-round process.

"This training is far more by the fleet, for the fleet than it is from folks in Washington," said Stevens. "A couple of years ago, when I was working with then-MCPON Rick West to help develop the CPO 365 guidance, I was overseas talking to a CPO Mess about the program. While I was addressing them, I looked in the corner and I saw their CPO guidon, and on it was written '365'. I asked them what they meant by that and what they shared with me was "we believe that developing FCPOs to become chiefs is a year-round process, so we use the term CPO 365. So, this is a title that was developed by the fleet and we just adopted it."

Additionally, Stevens said that although the CPO 365 is primarily geared towards FCPO and CPOs, all Sailors will benefit from the training.

"To develop great leaders we must have a training process that is ongoing in a Sailor's career," he said. "If everything we do starts and stops with leadership, then every Sailor will benefit from a more effective leader."

House Fire

- (Cont. from Page 1)

Henkin drove back to the house by himself the next morning to see if anything was salvageable, but there was little left.

"The damage to the garage upset me, but when I went back and saw the house, I knew everything was gone," Henkin said.

Along with his eight years as a military fire fighter – the last two with Naval Air Station Whiting Field, Henkin endured a similar experience as a child when his parents' house was damaged by a fire. So he was somewhat prepared for the emotions involved with starting over. It was more difficult for his wife.

"It was hard. I've never been through anything like that," Heather emphasized. "You just never think it will happen to you."

Despite the tragedy, however, the one good thing that the family has been able to realize is the outpouring of goodwill from the community. Members of his department, local veterans, the base Navy/Marine Corps Relief Society, the Fleet and Family Support Center, local friends and more have reached out to help them in their need. Clothes and toys have been donated for the kids. Lodging was immediately procured in military housing and furniture was either purchased on their behalf or loaned to them from the base's loaner locker. Their pressing needs were taken care of to help them get back on their feet. It doesn't restore all that was lost, but it has been a blessing for the family.

"People from the community have helped us out tremendously as we try to get through this. It's helped a lot, I mean, the next day our kids had new clothes to wear," Henkin said. "It has been more than we could have ever asked for."



The remains of the Aviation Boatswain's Mate 3rd Class Nathan Henkin's residence following fire shows the extensive damage caused by the blaze. The family all escaped without harm and are starting over in Navy housing at Whiting Pines. U.S. Navy photo by Jay Cope.

DECA offers scholarships for military family members

Applications are now being taken for the 2013 Scholarships for Military Children Program. To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who dies while on active duty or survivor of a retiree. Eligibility is determined using the Defense Enrollment Eligibility Reporting System (DEERS) data base.

Applicants should ensure that they, as well as their sponsor, are enrolled in DEERS database and have a cur-



rent military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2013 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay on a topic chosen by Fisher House. The essay topic and application are available at <http://www.militaryscholar.org>. Deadline for submission is COB, Fri, Feb 22, 2013.2013.

Scholarship awards of at least \$1,500 will be given at EACH commissary. (Please note: Applications can only be submitted through one commissary location).

TRICARE Notes

TRICARE and TRAVELING OVERSEAS

To minimize out-of-pocket costs and the need to file claims, you should seek medical attention while traveling overseas only for urgent care.

Urgent Care

Seek care at a military treatment facility (MTF) whenever possible. If an MTF is not nearby, active duty service members (ADSMs) may contact the TRICARE Global Remote Overseas (TGRO) Alarm Center for assistance.

Emergency Care

In an emergency, ADSMs and ADFMs enrolled in TRICARE Prime should first contact the TGRO Alarm Center if possible and then go to the nearest emergency room.

Referrals and Claims

When seeking urgent care from a host nation provider, you must obtain a referral from your primary care manager (PCM) or Humana Military before you receive care.

Prescriptions

If you need to fill a prescription while traveling overseas, an MTF pharmacy is your least costly option.

Helpful Tips

Before leaving for an overseas destination, you should: obtain routine medical care from your PCM, fill and pack prescription medications and write down your PCM's and Humana Military's phone numbers. Additionally, visit the following web sites and write down important contact information for the areas where you will be traveling: MTF locator: www.tricare.mil/mtf, TGRO Alarm Centers: www.international-sos.com/en/locations.htm, TAOs: www.tricare.mil/overseas, and U.S. Embassies: www.usembassy.state.gov.

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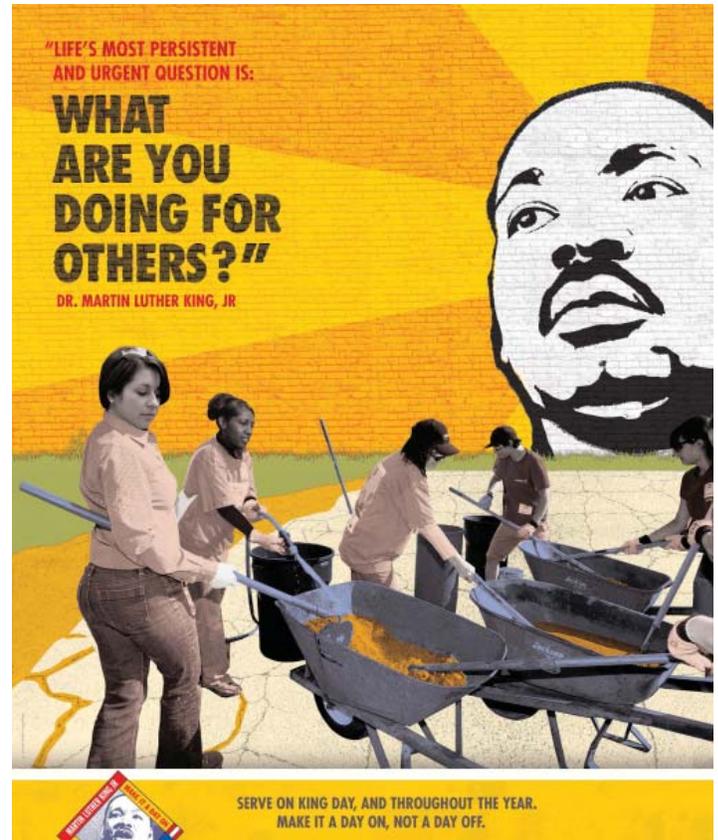
“A Day On Not A Day Off” a King Day of Service

Nearly 50 years after Martin Luther King Jr. presented his famous, “I Have a Dream” speech, it is still one of the most recognized in our nation’s history. The sentiments expressed regarding acceptance, equality, and integration still resonate today. On the 21st of January 2013, the country will be celebrating that speech’s visionary, and his legacy through the 19th observance of the Martin Luther King Jr. holiday.

Martin Luther King Jr. was born on January 15, 1929 in Atlanta, Ga. In 1948, Martin Luther King Jr. earned a sociology degree from Morehouse College and attended the liberal Crozer Theological Seminary in Chester, Pennsylvania. He thrived in all his studies, and was valedictorian of his class in 1951. Dr. King was a Baptist minister and a motivated civil rights Activist. Throughout his advocacy, he played a pivotal role in ending the legal segregation of African-American citizens in the South and other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King received the Nobel Peace Prize in 1964, among several other honors. King was assassinated in Memphis, Tenn. on April 04, 1968, and continues to be remembered as one of the most lauded African-American leaders in history.

The national Martin Luther King Day of Service was started by former Pennsylvania U.S. Senator Harris Wofford and Atlanta Congressman John Lewis, who co-authored the King Holiday and Service Act. The federal legislation challenges Americans to transform the King Holiday into a day of citizen action volunteer service in honor of Dr. King. The federal legislation was signed into law by President Bill Clinton on August 23, 1994.

This annually celebrated event is a time for the nation to remember his fight for the freedom, equality, and dig-



nity of all races. Each year on the third Monday of January, schools, federal offices, post offices, and banks across America close to commemorate his dream.

Perhaps instead of thinking it of a day off, it should be a tool for remembering, celebrating, and acting.

Information compiled from www.Biography.com and graphic courtesy of www.MLKDay.gov.

CNIC Family Life Department issues new spouse course

WASHINGTON (NNS) -- Commander Navy Installations Command's (CNIC), Work and Family Life Department released an online training course for new Navy spouses called New Spouse Orientation (NSO), officials announced Jan. 16.

The course is designed to support new Navy spouses that may be geographically isolated or unable to attend this Fleet and Family Support Center workshop in person. The NSO course is available on demand 24/7.

The online training provides information on benefits, support services, military culture and resources to help Navy spouses adapt to the military lifestyle.

According to Dede O'Rourke, CNIC Relocation Assistance Program Analyst, "the NSO course should be at the



mil.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

top of any new Navy spouse's to do list."

For direct access to the course, visit <http://learning.zeiders.refineddata.com/course/view.php?id=4502> or <http://tinyurl.com/NewSpouseOrientation>.

This online training does not replace the Fleet and Family Support Center new spouse workshop; it provides access to those who cannot attend in person.

For more information on New Spouse Orientation please contact the Fleet and Family Support Center. To find your nearest center, visit www.ffsp.navy.