



Whiting Tower

Seventy Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 8

Forging Wings for the Fleet
Wednesday, May 14, 2014

-HT-8 Change of Command

Page 2

-Italian Ambassador Visits NASWF

Page 2

-Adm. Harris Returns to Milton

Page 4

-Instructor Pilot Sings at ACM

Page 4



Sinram Assumes Command of HT-8

By Jay Cope and Ensign Josh Lamb, NAS Whiting Field Public Affairs

The assembled officers in ranks observed the time-honored ceremony of one officer handing the reins of command to another as Helicopter Training Squadron EIGHT's commander stepped down and his executive office assumed the top spot.

About 300 officers, family and friends watched as Cmdr. Robert G. Sinram relieved Cmdr. Matthew J. Bowen of duty as HT-8's commanding officer during a change of command ceremony Friday, May 9 at 1 p.m. in the Naval Air Station Whiting Field Atrium building.

Adm. Harry Harris, Commander U.S. Pacific Fleet,



Cmdr. Matthew Bowen outgoing commanding officer of HT-8 salutes Capt. James Fisher commodore TRAWING-5; Cmdr. Robert G. Sinram, USN, incoming Commanding Officer HT-8; Lt. Jason Hart, USN, U.S. Chaplain Corps; and Adm. Harry Harris, USN, Commander U.S. Pacific Fleet salute the colors during the playing of the National Anthem at HT-8 Change of Command, on May 9. U.S. Navy Photo by Jay Cope

served as the guest speaker for the event and he recognized the importance of holding a change of command in front of the troops to witness the passing of the command pennant from one officer to another.

"This ceremony, and all it represents, is not simply one of our most cherished and important traditions, it represents the continuing recognition, indeed celebration, of who we are and what we truly value as a Navy - the exercise of command - the absolute nature of accountability, and the art of leadership," he said.

Harris accepted the invitation to speak at the HT-8 change of command ceremony because Bowen previously served as his Deputy Executive Assistant while he was Deputy Chief of

- (Cont. on Page 11)

Cover Photo: Cmdr. Matthew J. Bowen, USN, departing Commanding Officer HT-8; Capt. James Fisher, USN, Commodore TRAWING-5; Cmdr. Robert G. Sinram, USN, incoming Commanding Officer HT-8; Lt. Jason Hart, USN, U.S. Chaplain Corps; and Adm. Harry Harris, USN, Commander U.S. Pacific Fleet salute the colors during the playing of the National Anthem at HT-8 Change of Command, on May 9. U.S. Navy Photo by Ensign Josh Lamb.

Italian Ambassador Visits NAS Whiting Field

By Jay Cope, NAS Whiting Field Public Affairs

Two Italian officers received an incredible honor Friday, May 9, when their country's ambassador to the United States attended their Winging Ceremony at Naval Air Station Whiting Field.

His Excellency Claudio Bisogniero attended the



Italian Ambassador Claudio Bisogniero speaks at Naval Air Station Whiting Field's Winging Ceremony. The Winging Ceremony is a time honored tradition where friends and family members of newest aviators assist with the pinning of their wings of gold. These wings are often earned after 2 years of diligent training and symbolize that these men and women are able to support their countries mission on the forefront of the battle field when called upon. U.S. Navy Photo by Ensign Brett Resue

- (Cont. on Page 12)

The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Ensign Lindsay Grover
- Ensign Josh Lamb
- Ensign Brett Resue

The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

Ombudsman at Large Thanks Military Spouses

FORT MYER, Va. (NNS) -- Ombudsman at Large Theresa Stevens, wife of Master Chief Petty Officer of the Navy (MCPON) Mike Stevens, delivered remarks at the 2014 Military Spouse of the Year (MSOY) Luncheon. The luncheon was held at the Fort Myer's Officers Club on May 9.

Tammy Meyer, wife of Cmdr. Gordie Meyer, was selected as the 2014 Navy Military Spouse of the Year.

"I'm so proud of our military spouses who dedicate their time with an unwavering commitment to our Navy families and community," said Theresa. "I'd also like to give special recognition to Mrs. Tammy Meyer." "Tammy represents the wives, husbands, and kids who are behind the scenes, making countless sacrifices in support of our Sailors.

Military Spouse magazine created the Military Spouse of the Year award in 2008 to honor military spouses of all ranks and from all branches of service. During the ceremony, a military spouse from the Navy, Marine Corps, Army, Air Force, Coast Guard, and National Guard were recognized for their

commitment, dedication to service, and contributions in their local communities. One overall winner was chosen to represent the entire military spouse community.

The Military Spouse of the Year award went to Lakesha Cole, wife of Gunnery Sgt. Deonte Cole.

"Lakesha Cole has done such an incredible job, and is truly deserving of this recognition," said Theresa.

Theresa concluded with a heartfelt thanks to our Sailors and their families.

"On behalf of my husband, Mike and I, we love and care about you deeply, and want to express our sincere thanks for the continued dedication and support that you provide to our nation and Navy each and every day."

For more information on the Master Chief Petty Officer of the Navy visit www.navy.mil/local/mcpon.

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon/.

Navy Offers

Sailors Limited Opportunity to Volunteer for Early Separation



PACIFIC OCEAN (Dec. 30, 2011) Personnel Specialist Seaman Fanes Jean, assigned to the Administration Department aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), processes separation packages in the personnel office. Carl Vinson and Carrier Air Wing (CVW) 17 are underway on a deployment to the Western Pacific region. (U.S. Navy photo by Mass Communication Specialist 3rd Class Timothy A. Hazel/Released)

MILLINGTON, Tenn. (NNS) -- Due to the excellent retention and outstanding recruiting success, the Navy is reinstating the Enlisted Early Transition Program (EETP), according to a message released May 8.

According to NAVADMIN 103/14, EETP allows eligible Sailors in targeted ratings to apply for a voluntary early separation up to 24 months prior to their End of Obligated Service as Extended (EAOS). The new version of the program is ongoing, quota-controlled, and will help reduce the need for involuntary force management. Early separation will be granted on a first-come, first-served basis.

Available quotas are identified by rating, paygrade,

- (Cont. on Page 5)

This Day in Naval History

May 17 1973 - First woman to hold a major Navy command, Captain Robin Lindsay Quigley assumes command

May 18 1798 - Appointment of Benjamin Stoddert as first Secretary of the Navy of Navy Service School, San Diego, CA.

May 21 1917 - USS Ericsson fires first torpedo of war

May 22 1958 - Naval aircraft F4D-1 Sky Ray sets five world speed-to-climb records, 22-23 May

May 25 1973 - Launch of Skylab 2 mission, which was first U.S. manned orbiting space station. It had an all Navy crew

of CAPT Charles Conrad, Jr., USN. (commanding), CDR Joseph P. Kerwin, USN and CDR Paul J. Weitz, USN. During the 28 day mission of 404 orbits, the craft rendezvoused with Skylab to make repairs and conduct science experiments. Recovery by USS Ticonderoga (CVS-14)



A U.S. Marine Corps Douglas F4D-1 Skyray (BuNo 134815) of Marine Fighter Squadron VMF(AW)-115 Able Eagles in flight over the coast of California. U.S. Navy Photo courtesy of www.mag14.marines.mil

Harris Enjoys Homecoming in Pensacola/Milton

Traveling to Pensacola for the Flag Officer's Symposium the week of May 5 served as a homecoming of sorts for Adm. Harry B. Harris, Jr., U.S. Pacific Fleet commander. Although born in Japan, Harris grew up in Tennessee and graduated high school in Pensacola.

Harris attended the Helicopter Training Squadron EIGHT change of command ceremony at NAS Whiting Field Friday, May 9 while in the area, and it served as a prime opportunity to express appreciation for not only the outgoing officer – Cmdr. Matthew Bowen with whom he had worked previously, but also the squadron as a whole.

“He’s a leader who empowers the team to do the work, supports them as they get the job done, and the results speak for themselves, the success of his command is a testament to each of you, to your professionalism, your teamwork...and to his leadership,” Harris stated emphatically.

As the officer responsible for the Navy’s rebalancing to the Asia-Pacific region, Harris has an eye on the high demands placed on Sailors, and he expressed his appreciation toward the families in the audience during the ceremony.



Adm. Harry B. Harris, Jr., U.S. Pacific Fleet commander speaks to the audience during the Helicopter Training Squadron EIGHT change of command ceremony. Harris, who was in the Pensacola area for the Flag Officer Symposium, travelled to NAS Whiting Field to serve as guest speaker for the event where Cmdr. Robert Sinram replaced Cmdr. Matthew Bowen as commanding officer of the squadron. U.S. Navy photo by Ensign Joshua Lamb.

“Our Nation draws its strength from those who served before us, and will draw its strength from those who will serve after us - an unbroken chain linking Americans generation to generation,” he said. “Our strength also comes from loyal citizens and patriots who are aware of the challenges, opportunities, and dangers we face around the world. Your Navy is in high demand, literally every-

- (Cont. on Page 13)

TRAWING-5 Pilot Performs at ACM Special

By Jay Cope, NAS Whiting Field Public Affairs

If you are a country star, flying to Las Vegas, performing in front of 14,000 people, rubbing elbows with other stars, and receiving VIP accommodations to other Academy



Lt. Chelsea Brunoehler with country singer, Faith Hill, at the Academy of Country Music show in Las Vegas.

of Country Music shows might be old hat. For a Navy pilot on the other hand, it is a never-to-be-forgotten event.

That is exactly what the ACM offered to Lt. Chelsea Brunoehler, an instructor pilot with Training Air Wing FIVE at Naval Air Station Whiting Field – a chance to feel like a star. She was one of twelve service members selected to participate in the ACM “All-Star Salute to the Troops” show which is due to air May 20 on CBS.

“It was an incredible time,” she said about

her experience. “They took great care of us. I felt like a celebrity too. Everything was amazing, they treated us like royalty.”

ACM’s idea of care for the 12 “celebrities” entailed accommodations at the Mandalay Bay on the Vegas strip, flights out to Vegas for them and their family, food vouchers and per diem for the military members, access to the charity party Saturday night, VIP backstage passes for the ACM Country Music Awards and opportunities to perform on stage for the “All-Star Salute to the Troops” special – all of which took place over Apr. 4-7.

Brunoehler and two other service members were selected to sing the national anthem, which opened the show with a number sung by George Strait and Merle Haggard. Other military performers actually sang duets with various artists such as Keith Urban, Hunter Hayes, Lady Antebellum, Rascal Flatts and more. All the military members were on stage for the finale - Toby Keith’s “American Soldier.” “It felt like I had my 15 minutes of fame, and I’ll be happy with that,” Brunoehler said. “I just enjoyed being able to represent the Navy.”

Brunoehler met many of the performers and took pictures to capture the moment. She emphasized that they were very genuine, and sometimes even seemed a little

- (Cont. on Page 9)

Early Separation

- (Cont. from Page 3)

year group and Navy Enlisted Classification (NEC). A list is available at <http://www.public.navy.mil/bupers-npc/enlisted/community/pages/eetp.aspx>. Quotas will be reviewed periodically and updated as required.

Early Separation requests will not be approved for the following Sailors:

- * With existing Permanent Change of Station orders,
- * Identified to fill an Individual Augmentee assignment,
- * In nuclear ratings,
- * Assigned to a DoD area tour and have not completed the tour requirement, including overseas tour extension incentive programs for which a benefit has been received.

Commanding officers will maintain final disapproval authority and do not need to forward requests they cannot support. Final approval authority rests with Navy Personnel Command, Performance Evaluation Division, with positive commanding officer endorsement.

For more information, read the message at www.npc.navy.mil or contact the Navy Personnel Command Customer Service Center at 1-800-U-ASK-NPC (827-5672) or at uasknpc@navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Eco-nomics

The most energy efficient way to keep your house cool is by ventilating the desired room by opening windows and doors. This method of cooling is free, and should be used whenever feasible to help cool your house. With the summer months coming up though, many of us will begin using fans and air conditioning units to help keep cool. Here are some tips to help use these devices in a more energy efficient manner.

While setting the air conditioning thermostat you don't want to set it colder than the desired comfort level you are trying to reach. Setting the thermostat to a colder than desired temperature will not cool the room any faster but it will use more energy to bring the rooms temperature down to that point and maintain it. To make the air conditioning unit more energy efficient, use it along with a ceiling or ground fan. The use of a fan helps to circulate the cooling air more efficiently and additionally the moving air will cool the skin temperature through evaporation allowing the individual to raise the thermostat 3 to 4 degrees without any noticeable change in comfort. Fans also use a fraction of the energy air conditioners use, and should be used first before turning on the air conditioning unit.

Military *Appreciation Day* Picnic

16 May 1500-1900 Sports Complex Pavilion
Santa Rosa County says THANK YOU!!!!

Music by the Crosstown Band, hamburgers, hotdogs and various other refreshments. The 1st 500 active duty military will receive a gift and the 1st 200 will receive a bonus gift! Everything is FREE!!!!

Several door prizes along with some very special GRAND PRIZES from local businesses. Kid's area to include face painting, inflatables, petting zoo, games and craft projects! Make plans to attend and we look forward to seeing you there.



News and Notes

Logan Cannon 5K - 5K Run at Pace High School on May 31 at 9:00am to honor Pace High Senior and JROTC Colorguard Drill Commander, Logan Cannon, who was paralyzed from the neck down in a diving accident last April. Registration is \$20 per person. Please make checks payable to Pace High School.

MWR Golf Specials - NAS Whiting Field's Golf Course is sponsoring special prices for May and June. Military Mondays will cost active duty only \$14 for 18 holes and cart. The fee will be only \$18 for all others. Tuesday will feature Buy One/Get One pricing for 18 holes and cart. New twilight hours will also be in effect beginning at 2 p.m. every day. For additional information, please call 623-7348.

Military Appreciation Picnic - Santa Rosa County will once again show their love of the military through the annual Military Appreciation Day Picnic May 16 from 3 to 6 p.m. at the NAS Whiting Field Sports complex Pavilion. Music will be provided by the Crosstown Band, and hamburgers, hotdogs and other food and refreshments will be provided to all attendees. The first 500 active duty military will receive a gift and the first 200 will receive a bonus gift. There will also be door prizes, activities for children, vendors, games, and much more. See flyer for more details.

Blood Drive - One Blood will bring the bloodmobile to NAS Whiting Field for the Military Appreciation Picnic May 16 from 3 to 6:30 p.m. at the sports complex. Donate two times between May 1 and Aug. 31 2014, and you will receive a free lunch offer courtesy of Outback Steakhouse and be entered to win "Outback for a Year". Additionally, all donors will receive a Military Appreciation T-shirt and a wellness checkup (blood pressure, temperature, iron count, and cholesterol screening). Make an appointment online at www.oneblooddonor.org and use sponsor code #WSW01.

Memorial Day Fun Run - NAS Whiting Field Fitness Center will sponsor a Memorial Day two-mile fun run Wednesday, May 21 beginning at 11:30 a.m. by the gymnasium. Call 623-



Navy's Finest Awarded

Aviation Boatswain's Handling Mate (ABH) Second Class Adam Promersberger receives the Navy Marine Corps Achievement Medal along with fellow Sailors ABH1 Ricardo Rodriguez, ABH2 Zachery Pickle and ABH2 Boubacar Tinni during an award ceremony May 12 at NAS Whiting Field.

7412 for more details.

Thomas Cameron 5K - The Thomas Cameron Memorial Foundation annual 5K run will be held June 14 beginning at 8 a.m. Registration for the event is ongoing, and participants who register before May 15 will be guaranteed a dri-fit 5K tee-shirt. Cost is \$35 for adults and \$20 for youths. Prizes will be awarded for five different age groups (for both women and men) as well as a \$250 prize for the first overall finishing male and female. See www.runlivehonor.com for more information.

ASIST Workshop - The upcoming Applied Suicide Intervention Skills Training (ASIST) workshop is on 18 and 19 June. The workshop will be from 0730 to 1600 in civilian clothes in room 169 of the Atrium Building. The ASIST Workshop teaches suicide first aid intervention skills and helps to give you the tools to act as a first responder. If you are interested in registering please contact ENS Adams or Chaplain Hart at 623-7212/7211 by close of business Wednesday, 11 June.

ITT Special - In celebration of 18 years Pirates Dinner Theatre in Orlando is offering highly discounted tickets from your ITT office. Public walk-up rate normally \$66.00, special rate at ITT \$19.50 per person. Contact ITT at 665-6250 to make your reservation.

Aqua Fitness - Water Fitness and Aqua-kickboxing with the Blended classes! Raelyn and Hope are about to get your rears in gear with our mini sessions to fit into your summer schedule! There is a minimum number for the classes, so don't delay, and enroll today! Please call 623-7412 to reserve a seat or to get additional details. Sessions run May 13-29, Jun. 10-26, Jul. 8-24, and Aug. 5-21. Water Fitness is Tuesday and Thursday at 9 a.m. and Water Blend is 4:45 p.m. Tuesdays and Thursday. Each session is \$24. All fitness levels are welcome, and deep and shallow workouts will be offered! Get a \$10 discount when enrolling for all of the sessions!

Usage Information

Total Used

1,778,394 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,848,045	1,771,333	1,778,394
Average Daily kWh	61,602	57,140	59,280
Days In Billing Period	30	31	30

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Family Assistance

NAS Whiting Field



MAY 2014

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat				1 Chall of FS & Marriage 9:00 - 11:00 am Thrift Savings Plan (TSP) 1:00 - 3:00 pm	2 VA Representative 8:00 am - 12:00 pm	3
4	5 Resume Writing 10:00 am - 12:00 pm Stress Management 1:00 - 2:00 pm	6 Communication 101 1:00 - 2:00 pm	7 Smooth Move 1:00 - 3:00 pm	8 Chall of FS & Marriage 9:00 - 11:00 am Time Management 1:00 - 2:00 pm	9	10
11	12 Federal Jobs 10:00 am - 12:00 pm Communication 101 1:00 - 2:00 pm	13 Stress Management 11:00 am - 12:00 pm Anger Management 1:00 - 2:00 pm	14 Conflict Management 11:00 am - 12:00 pm Time Management 1:00 - 2:00 pm	15 Chall of FS & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	16 VA Representative 8:00 am - 12:00 pm	17
18	19	20	21 Money & The Move 1:00 - 3:00 pm	22	23	24
25	26 MEMORIAL DAY	27 Anger Management 11:00 am - 12:00 pm Stress Management 1:00 - 2:00 pm	28 Communication 101 11:00 am - 12:00 pm Conflict Management 1:00 - 2:00 pm	29 Chall of FS & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	30	31

7511 USS Enterprise St., Milton, FL 32570
(850) 623-7177 (comm.) / 868-7177 (DSN) / (850) 623-7735 (fax)
<https://www.cnic.navy.mil/WhitingField/>

Join us @

www.facebook.com/NASWF.FleetandFamily

Santa Rosa Shows Appreciation for Military

By Jay Cope, NAS Whiting Field Public Affairs

Santa Rosa County is rolling out the red carpet once again to show their appreciation for area service members during Military Appreciation Month. They are throwing the military a party with all the trimmings this Friday with music, activities for kids, gifts, and lots of food during the annual Military Appreciation Picnic.

Last year about 2,500 active duty, retired military, DoD civilian workers, and family members enjoyed the generosity of local businesses, the chamber of commerce, and the many volunteers who hosted the picnic, and the committee is planning for at least that many people again this year. This year's menu will include hamburgers, hot dogs, chips, fruit, and plenty of soda and water. As always, the food will be prepared by the Santa Rosa County Sheriff's Office and was donated by Santa Rosa Medical Center. Volunteers from Covenant Hospice

will serve the food.

Many local businesses will be on hand to help ensure the event is a success: Chick Fil A will be serving about 500 of their sandwiches. Firehouse Subs and Papa Johns Pizza will also be offering food items to guests. Lowes will have small craft projects for the kids to assemble, the P.A.C.E. Dance Studio will do face painting and Pen Air Federal Credit Union will do sand art for the kids. There will also be a petting zoo, bean bag toss, horse rides, snow cones, door prizes, bouncy houses and much more.



Capt. Merrill Lewis and wife, Allison, watch Dean (4) and Shaye (2) pet the donkeys at the petting zoo, during the annual Military Appreciation Month picnic at Naval Air Station Whiting Field last year. *U.S. Navy file photo*

Music will be performed by the Crosstown Band, who also performed during last year's picnic. The six-member band from Pensacola plays classic rock, country, and blues. For more information check

them out online at <http://crosstownband.us>.

The event will run from 3 to 7 p.m. Friday, May 16 and is free.

Around the Base

Military Appreciation Month

CAPT Matthew F. Coughlin, NAS Whiting Field Base Commander receives the Santa Rosa County National Military Appreciation Month Proclamation from the Santa Rosa County Board of Commissioners. The proclamation states:

WHEREAS, the rights of Life, Liberty and the Pursuit of Happiness, given by God and enumerated in our Declaration of Independence, Constitution and the Bill of Rights enjoyed by every citizen of the United States are direct results of the blood shed and continued vigilance given by the United States Armed Forces over the history of our great nation; and

WHEREAS, the sacrifices that such members of the United States Armed Forces and of the family members that support them, have preserved the liberties that have enriched this nation making it unique in the world community; and

WHEREAS, the United States Congress in 2004 passed a resolution proclaiming May as National Military Appreciation Month, calling all Americans to remember those who gave their lives in defense of freedom and to honor the men and women of all of our Armed Services who have served and are now serving our Country, together with their families; and

WHEREAS, the months of May and June were selected for this display of patriotism because during these months, we celebrate Victory in Europe (VE) Day, Military Spouse Day, Loyalty Day, Armed Forces Day/Week, National Day of Prayer, Memorial Day, Navy Day, Army Day and Flag Day; and

NOW, THEREFORE, BE IT PROCLAIMED that the Board of County Commissioners of Santa Rosa County, Florida, do hereby proclaim the month of May 1st through June 14, 2014, as a special time to show appreciation for our Military and proclaim it as NATIONAL MILITARY APPRECIATION MONTH in Santa Rosa County, and encourage all citizens to show gratitude by the appropriate display of flags and ribbons during the designated period.



Pictured: Jim Melvin and Capt. Matthew F. Coughlin

TRICARE Notes

Registering your Newborn in DEERS

If you are welcoming a new baby into your family, it is very important for you to register your newborn in the Defense Enrollment Eligibility Reporting System (DEERS) to establish TRICARE eligibility. As soon as you receive your new child's Social Security care, you should register him or her in DEERS.

For additional information, visit the nearest military personnel office or ID card-issuing facility, or contact the Defense Manpower Data Center Support Office at 1-800-538-9552. A list of military ID Card-issuing facilities is available at www.dmdc.osd.mil/rsl.

Helping You Protect Your Personal Information

TRICARE is committed to helping you protect your personal information. Social Security numbers (SSN), birth dates and addresses are all examples of personal identifiable information (PII) that can be used to steal an identity to commit fraud. Whether it's on the phone or over the Internet, you should be very careful when asked to disclose your personal information.

What You Can Do

You can take simple steps to safeguard against identity theft:

- Shred documents that contain PII
- Check credit card and bank statements for mistakes
- Check health care explanation of benefits for mistakes
- Don't give your SSN to strangers
- Limit the amount of PII shared online or over the phone
- Ask yourself why and how much PII someone needs before providing it
- Don't respond to suspicious messages received through e-mail or social networks
- Don't provide PII on suspicious online forms

For more information about protecting TRICARE PII, visit www.tricare.mil/PII.



Around the Base

ACM

- (Cont. from Page 4)



Brunoehler, poses with country singer, Toby Keith and husband, Matt, during the ACM show weekend.

Music has been with her most of her life. She began singing very young in elementary school and continued through high school singing in a group call “Allegro” in local festivals and for area organizations. Heading to the Naval Academy in Annapolis didn’t inhibit her passion for music as she sang in the Women’s Glee Club, touring Italy and England with the unit. She even met her husband, Matt, while performing. A former Marine artillery officer, Matt was a guitar player and songwriter even then.

Now, they have formed a band with another friend,

shy, but all expressed appreciation for her service. However, meeting Kimberly Perry from The Band Perry stood out among all the other moments.

“I got the chance to tell her that their song “All My Life” is what inspired me to pick up an acoustic guitar.”

However recent her experience with a guitar is, Brunoehler has been performing for a long time.

calling themselves “Critical Incident.”

“We love music and it is a hobby that we share. We both enjoy performing in front of an audience. Practice is fun, but when you have an audience that enjoys your music, it is really rewarding,” she said.

It is safe to say that 14,000 people was a little beyond her dreams when she first submitted her application. Beginning in late January, the Navy began soliciting nominations from Sailors who wished to perform in the program. Potential participants had to submit a link to a video of them performing a country song, a biography, and a recommendation letter from their chain of command. Out of more than 40 applications, Brunoehler was one of two Navy candidates selected for participation.

She chose Tammy Wynette’s “Stand By Your Man” as her video, which she and Matt put together on short notice with a smart phone. The video is available online at <https://www.youtube.com/watch?v=oDhOcXF7nKk>.

By the time she heard back about her package a month later, she had forgotten about the submission. When the Chief Staff Officer from TRAWING-5 contacted her, she had no idea what it pertained too.

“I was in shock! I think I had put the package out of my mind. I know I was just really excited to have a chance to meet some of my favorite artists,” she said.

Now that the taping is over, she is anxious to see the final result on tape. Being part of the program was a new experience and seeing the backstage work that went into the show gave her a new appreciation for the dedication and effort that go into coordinating such an event. Combined with the fact that travelling to Las Vegas was a dream for her and Matt, the opportunity was a once-in-a-lifetime event.

“The experience makes us want to support country music even more. Their support for the military is so important,” Brunoehler emphasized. “I was just grateful to be there.”

SECURITY CHECKPOINT

As per DOD INSTRUCTION 6055.04 - GUIDELINES FOR CREW REST AND OPERATOR DUTY TIME for Military and Civil Service on orders.

1. DUTY HOUR LIMITS - Establish and enforce duty hour limits for GMV operators to reduce the potential for traffic mishaps caused by operator fatigue.

2. DIRECTED TRAVEL - Follow the guidance for directed travel contained in the Joint Federal Travel Regulations (JFTR), Volume 1 (Reference (ad)).

a. The JFTR generally allows 1 day of travel time by motor vehicle for each 350 miles of official distance of ordered travel.

b. Drivers shall take rest breaks of at least 15 minutes every 2 to 3 hours of driving or every 100 to 150 miles, whichever occurs first. These breaks are in addition to regular meal breaks. For rest breaks during convoy operations, refer to Chapter 5-2 of Reference (ad).

3. RISK MANAGEMENT - Apply risk management principles to assessing the risks, establishing operating procedures, and applying supervision and other controls to enforce risk controls. Risk assessments

include consideration of such risk factors as time on duty, the operator’s physical condition, driving conditions, and length of travel. The following are guidelines for reducing the risk of mishaps from fatigue.

a. Rest - Provide operators the opportunity for 8 consecutive hours of rest during any 24-hour period.

b. Pre-Travel - Preceding a prolonged work or duty period, provide operators a 12-hour period that is as free of duties as possible and, ideally, have it spent sleeping.

c. Duty Period - Limit operators to driving no more than 10 hours in a duty period.

d. Alternative Considerations - Provide fatigued personnel alternate means of transportation or designated rest stops until they are sufficiently rested to operate a motor vehicle or plan for relief drivers.

e. Driving at Night - To the maximum extent possible, schedule driving for daylight periods. When traveling during hours of darkness, consider providing a second awake person in the vehicle cab or reducing the scheduled driving time.



Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Matthew J. Bowen, USN, Commanding Officer HT-8; 1st Lt. Benjamin C. Bennett, USMC; Ensign Jonathan D. Bain, USN; 1st Lt. Manuel R. Franquez II, USMC; Ensign Christopher M. Dinger, USN; 1st Lt. Collin M. Wood, USMC; Capt. James J. Fisher, USN, Commodore TRAWING-5.

Middle Row: Cmdr. Kevin Pickard, Jr., USN, Commanding Officer HT-18; Ensign Amy N. Williams, USN; 1st Lt. Joshua A. Elwell, USMC; Ensign Cesar J. Cepeda, USN; Ensign Thomas M. Nieporte III, USN; Rear Adm. Andrew L. Lewis, USN, Commander Naval Strike and Air Warfare Center.

Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; Ensign Tyler J. Boston, USN; Ensign Jace R. Fincher, USN; 1st Lt. Paul A. Sarkela, USMC; Lt. j.g. Matteo Ricasoli, ITNavy; Lt. j.g. Lorenzo Duranti, ITNavy; His Excellency Claudio Bisogniero, Italian Ambassador to the U.S.

U.S. Navy Photo by Ensign Brett Resue

Congratulations to TRAWING-5 Scholars



Left to right: 1st Lt. Kyle M. Kinder, USMC; Ensign Michael Y. Baluyut, USN; Ensign Zachary B. Miller, USN; Ensign Bradley R. Stevenson, USN (Commodore's List); 1st Lt. Codie L. Finch, USMC received their Academic Achievement Award on Apr. 18 in the Training Air Wing FIVE headquarters building.



Commodore James J. Fisher presents Commodore's List with Distinction to Lt. Kenneth E. Kapp, USN Apr. 25 in the Training Air Wing FIVE headquarters building

HT-8 COC

- (Cont. from Page 2)



Cmdr. Matthew Bowen handing the HT-8's squadron pennant to **Cmdr. Robert Sinram** symbolizing the exchange of command from the off-going to on-coming Commanding Officer. U.S. Navy Photo by *Ensign Brett Resue*

even as it focuses on the mission at hand," he said. "By any standard, under Matt's leadership, this squadron is a high performance machine, it's not just HT-8 after all, it's HT-GR8!"

With Bowen in command, HT-8 earned, the Chief of Naval Operation's Safety Award, and also received an "Outstanding" from the Chief of Naval Air Training Flight Instructor Standardization Training (FIST) Team, the only squadron in Training Air Wing Five to do so. These awards culminated with HT-8 winning the Vice Admiral Robert Goldthwaite Award for Training Excellence. This award is dedicated annually to the top Navy Training squadron, and HT-8 claimed first out of 17 such squadrons.

When Bowen took command of HT-8 he sought to make it great stating, "I never wanted any in my command to feel or be ordinary."

Bowen continued stating, "I have been congratulated multiple times this week for the awards but these awards don't just belong to me, they belong to the IP's, students, crew, and staff members that were able to flourish as a result of a great command climate."

Bowen's will be leaving NASWF knowing that he successfully accomplished the goal he set out on when he initially took command. Bowen's next set of orders will make him the Air Boss of USS Bataan (LHD-5).

Sinram takes command of HT-8 after 17 years of Naval service. A graduate of the U.S. Naval Academy, Sinram earned his aviator wings after completing primary flight train-

ing with VT-6 and advanced rotary wing with HT-18 at NAS Whiting Field in 1999.

Naval Operations for Communications and Networks. Bowen was also part of the Admiral's transition team as he moved across the globe to Naples, Italy to be Commander of the Sixth Fleet.

Harris has kept tabs on Bowen's career ever since, and has been impressed.

"From the time Matt took command, he set out to build a high performance squadron, a squadron that was immediately and easily identified as a winner, a squadron with a reputation of achievement and success, a squadron that adjusts to change on its own...with its eye on the future,

ing with VT-6 and advanced rotary wing with HT-18 at NAS Whiting Field in 1999.

In the intervening 14 years, he flew the CH/HH-46D "Sea Knight" with the HC-11 "Gunbearers". Sinram deployed twice to the Persian Gulf in support of Operation Iraqi Freedom before he transitioned to the MH-60S, with Commander Helicopter Tactical Wing, U.S. Pacific Fleet (COMHELTAC-WINGPAC) where he was a Fleet Replacement Squadron Instructor at HSC-3 "Merlins." He was instrumental in the formation of Commander Helicopter Sea Combat Wing, U.S. Pacific Fleet (COMHSCWINGPAC) during the navy's helicopter re-organization.

Assigned to the USS Peleliu (LHA-5), Sinram served as the V-3 Division Officer and Aircraft Handling Officer during Operation Iraqi Freedom and Operation Enduring Freedom. He then joined HSC-21 "Blackjacks" and again flew missions in support of Operation Enduring Freedom. His last tour before joining HT-8 was as Assistant Deputy Director of Operations for the Joint Staff; Senior Emergency Actions Officer; and Presidential Strike Advisor on Operations Team Four, National Military Command Center.

Sinram was excited to receive the command pennant and exchange salutes with Bowen before he finally stepped up to the lectern as commanding officer. While the title is correct, Sinram emphasized the importance of the staff, instructors, and students to the mission with a slightly different moniker.

"Today I feel like I have been designated Team Captain, and that is one hell of a team standing behind you. We are fortunate to have a great bunch of students who take pride in wearing the HT-8 patch," he stated. I am lucky to have a phenomenal civilian staff of 11 that provide the continuity and expertise to keep the production machine running...To the Instructor Pilots, on a daily basis I am both at awe and inspired at what you accomplish. You heard the accolades, it is obvious the IP, civilian staff and aircrew put the extra effort into their jobs... It is a privilege to lead this team."

Cmdr. John D. McBryde will replace Sinram as Executive Officer for the squadron.



Cmdr. Robert Sinram receiving his command pin from his wife **Colleen**, and two sons **Gavin** and **Jake**. U.S. Navy Photo by *Ensign Josh Lamb*

Italian Ambassador

- (Cont. from Page 2)



Italian Ambassador Claudio Bisogniero is pins the wings of gold onto LTJG Lorenzo Duranti, the newest Italian Naval Aviator. In the background is guest speaker Rear Adm. Andrew Lewis, Commander, Naval Strike and Air Warfare Center. U.S. Navy Photo by Ensign Brett Resue

ceremony in which Lt. j.g. Lorenzo Duranti and Lt. j.g. Matteo Ricasoli from the Italian Navy and twelve American aviators were designated helicopter pilots

N A S Whiting Field might seem like a strange place to receive a foreign dignitary at first glance, however, when looking closer at the flight instruction Training Air Wing FIVE performs, it becomes clearer. In addition to teaching 100 percent of the Navy, Marine and Coast Guard helicopter pilots, the wing trains

currently training 44 foreign students from six different countries: Norway, Italy, Saudi Arabia, Mexico, India and France. Italy has the largest number of students at 14.

The bond between the two countries was a point of emphasis as Bisogniero addressed the assembled families and guests of the newly minted pilots.

“Together we will continue to work and train, side-by-side in a long standing partnership for justice and freedom,” Bisogniero stated.

The two-day visit also encompassed a reception with all the Italian students at Naval Aviation Schools Command in Pensacola and an orientation detailing the training process all students go through in primary training with TRAWING-5 including time in a T-6B “Texan II” simulator.

A former officer in the Italian Army, Bisogniero entered the Italian Foreign Service in May 1978. He has served in embassies across the globe, including Beijing,

China; Brussels, Belgium; and Washington D.C. prior to his appointment as the NATO Deputy Secretary General in 2007. He was named the Ambassador of Italy to the United States and presented his credentials to President Barack Obama Jan. 18, 2012.

As a fan of both sailing and flying, Bisogniero appreciates the area’s history and military mission.

“I have the deepest respect for the high skills the men and women have who defend your country,” he said. “I am extremely impressed with NAS Whiting Field and the flight training program. The historical value Whiting Field has for both the school and the training done here for the students from so many countries are part of the solid and long-standing friendships our countries maintain.”



NAS Whiting Field
SWIMMING POOL
Water Fitness & Water Blend

4 Sessions this season

MMR
NAS WHITING FIELD
MORALE, WELFARE & RECREATION

WORKOUT IN THE WATER

Fitness Center : 623-7412

Purchase all 4 sessions for either
Water Fitness or Water Blend
for only \$86 (a \$10 savings)

Session 1: May 13-29	Session 2: Jun 10-26
Session 3: Jul 8-24	Session 4: Aug 5-21

Water Fitness- Mornings with Raelyn
0900-1000 Tues/Thurs 24.00 per session.

Water Blend- Afternoons with Raelyn and Hope
1645-1745 Tues/Thurs 24.00 per session.

DOD/Contract drop in fee: \$5.00
Active Duty drop in fee: \$4.00
Guest drop in fee: \$5.00 plus an additional \$5.00 guest fee

For more information contact the Fitness Center at 623-7412
or RaelynLatchaw@yahoo.com

Homecoming

- (Cont. from Page 4)

where. Our operating tempo is as high as I've seen in my 36 years in the Navy. But our mission – to protect and defend America on the high seas – is juice worth the squeeze. And we're grateful for people like you who support us, who make us what we are today - the world's strongest force for stability and peace, a global force for good."

Coming from a military family, Harris cites his father as the "biggest influence" in his life. The son of a Chief Petty Officer who married a Japanese woman, Harris' father retired when he was two and settled in his home state. The family moved to Pensacola years later, and those years formed the foundation and inspiration for his entry into naval service. This included viewing the Blue Angels for the first time instilling a desire to fly into the youth.

However, another Pensacola resident fueled his drive to become an officer as opposed to enlisted man his father preferred. Air Force General Daniel "Chappie" James, the first African-American four-star general visited Harris' school and left a profound impact on the future officer.

"He told us that if 'I can become a general officer, you can too.' My inspiration is Chappie James. He is probably why I am where I am today," Harris said.

Graduating from Booker T. Washington High School in 1974 was just a stepping stone for the young Harris. He followed it with four years at the U.S. Naval



Adm. Harry B. Harris, Jr., U.S. Pacific Fleet commander, congratulates Cmdr. Matthew Bowen, commanding officer Helicopter Training Squadron EIGHT during Bowen's change of command ceremony Friday, May 9 at Naval Air Station Whiting Field. Harris served as the guest speaker for the event that saw Bowen step down as commanding officer of the squadron and Cmdr. Robert Sinram assume the top spot. U.S. Navy photo by Jay Cope.

"Our Nation draws its strength from those who served before us, and will draw its strength from those who will serve after us - an unbroken chain linking Americans generation to generation."

Adm. Harry B. Harris
Commander
U.S. Pacific Fleet

Academy in Annapolis and a quick trip back to his stomping grounds for Naval Flight Officer Training at NAS Pensacola. In the intervening 36 years, Harris served tours with VP-44, VP-4, Patrol and Reconnaissance Wing 1, USS Saratoga (CV-60), U.S. 5th Fleet and U.S. Southern Command as well as commanding VP-46, Patrol and Reconnaissance Wing 1, Joint Task Force Guantanamo, U.S. 6th Fleet and Striking and Support Forces NATO.

These tours have encompassed some of the most challenging and politically sensitive events of the past 40 years including actions involving the 1985 S.S. Achille Lauro terrorist hijacking incident, Operation Willing Spirit – a Colombia hostage rescue, and Odyssey Dawn which implemented a no-fly zone over Libya during that country's civil war in 2011. Additionally, with more than 400 combat flight hours, Harris is a tested veteran from Desert Shield/Desert Storm, Enduring Freedom, Iraqi Freedom and more.

Harris has had a dynamic career thus far, and his visit to the base brought a significant impact to the Training Air Wing FIVE team.

"We are very honored for Admiral Harris to spend so much of his valuable time at the Change of Command ceremony and also meeting many of our students and instructors following the ceremony," Training Air Wing FIVE Deputy Commodore Col. Gary Kling stated. "As one of our nation's foremost strategic thinkers and senior naval leaders his comments and presence reflected a heartfelt and penetrating insight into the significance of our mission, the greater mission of all Naval forces, and the importance of taking care of our people."