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Wednesday, May 29, 2013

“Eagles” shoot down top competition

By Ensign Joelle Olson, NAS Whiting Field Public Affairs

Lt. Col. Robert White, commanding officer, Helicopter Training Squadron EIGHTEEN could not be prouder of his command’s recent performance at the 2013 Fleet Forces Command (LANT) Rifle and Pistol Championships. The team brought home top honors from the prestigious marksmanship competition.

“See those!” White commented, as he pointed out the two enormous additions to the HT-18 trophy case, “There are a lot of repeat offenders listed there and our guys beat ‘em all!” The two trophies that now adorn the case are HT-18’s for the year, and will



Lt. Jeffrey Robeson, Chief Naval Aircrewman Steven Bean, Maj. Thomas Addison, and Lt. Cmdr. Larry Spurlin hoist their Atlantic Fleet Navy Marksmanship team trophy as well as a few of the other accessories they earned during the shooting tournament. Photo courtesy of Helicopter Training Squadron EIGHTEEN.

be engraved with their accomplishments before they have to travel back for next year’s event when the team hopes to defend their titles. HT-18’s championship marksmanship team consisted of three instructor pilots: Lt. Cmdr. Larry Spurlin, Maj. Thomas Addison, and Lt. Jeffrey Robeson; and Command Chief Naval Aircrewman Steven Bean. The four “Vigilant Eagles” formed the “Factory Hand” team that went in as unknowns and surprised many of the established teams.

“We were the first team we know of that any com-
- (Cont. on Page 10)

VT-6 earns CNO safety award recognition

By Jay Cope, NAS Whiting Field Public Affairs

With a short, simple ceremony, during of all things – a safety standown, Training Air Wing FIVE Commodore Capt. James Fisher presented the prestigious Chief of Naval Operations Safety Award to Training Squadron SIX in the Naval Air Station Whiting Field auditorium.

The award is presented annually to commands that display the vigilance and dedication to preserving the well-being of the military service members in their charge.

“What’s important to me today is what is always important when we fly,” Fisher stated to the assembled squadron. “Safety is always the number one priority. It trumps

- (Cont. on Page 15)



Commodore, Training Air Wing FIVE Capt. James Fisher presents the Chief of Naval Operations Safety Award to Training Squadron SIX Commanding Officer Cmdr. Donald Jamiola, May 17 in the auditorium. U.S. Navy photo by Jay Cope.

Hurricane season officially starts Saturday, so check out the four page hurricane tips section in pages 6-9 to help prepare your family and home for the possibility of a landfall in the area.

Water fitness is back for the summer!

- MWR “flexes” to expand fitness opportunities for Whiting team



Raelyn Latchaw

By Ensign Joelle Olson, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field’s Fitness Center recently downsized their fitness classes to meet budget constraints imposed due to sequestration and the 2013 Continuing Resolution. However, due to creative efforts of the staff and fitness enthusiast Raelyn Latchaw, additional group classes are now available.

Latchaw used to lead five group workout classes a week but the mandated reduction in classes limited her contract to only two weekly classes. Out of dedication to her students, and an authentic belief in the physical results of her group workouts, Latchaw volunteered to continue teaching the “Anything Goes” classes on Thursday mornings free of charge.

“It’s my passion and hopefully God will let me continue to do what I love,” she said of her fitness classes.

Latchaw spoke of the importance of keeping a set workout schedule. She knows that for most people a well defined plan and group support are key elements in committing to a life time of fitness.

MWR is offering her infamous water fitness classes again this year at a fee comparable to outside facilities. Many loyal followers have already purchased passes for the first block of sessions that commenced May 20. These reasonably priced courses offer a multitude of health benefits to include cardiovascular, muscle conditioning, and flexibility to their participants.

Lt. Ryan Dahlman, a participant in her classes, spoke highly of Latchaw’s water fitness class.

“I found the workout very challenging and rewarding. I believe she tailors the class to meet each individuals needs to provide them the best workout possible. I am looking forward to seeing her class back on the schedule again this summer.”

Classes are available in four and five-week blocks and fea-
- (Cont. on Page 14)

TRICARE Notes

ORAL CANCER: EARLY DETECTION SAVES LIVES

Oral cancer affects people from all walks of life – men and women, young and old – but it is most commonly found among individuals over the age of 40. It occurs twice as often in men as in women, and twice as often in African-Americans as in Caucasians.

It is important to watch for the signs and symptoms of oral cancer and to perform regular self-checks. Signs to look for include:

- A mouth sore that gets larger or won’t heal
- Red, white or dark patches in the mouth
- Persistent mouth pain
- A lump or thickening in the cheek
- Swelling of or difficulty moving the jaw
- Trouble chewing, swallowing or moving your tongue
- Loose, painful teeth
- Throat soreness or a feeling that something is in your throat
- Voice changes
- Swollen lymph nodes in your neck

If you feel you have any sign or symptoms of oral cancer, please see your dentist or doctor immediately. The earlier you receive treatment, the better your prognosis will be.

This Week in Naval History

May 27

1813 - American joint operations against Fort George, Canada.
1919 - Navy NC-4 completes trans-Atlantic flight from Newfoundland to Lisbon, Portugal.

May 28

1813 - Frigate Essex and prize capture five British whalers.
1917 - First underway fueling in U.S. Navy, USS Maumee fuels 6 destroyers in North Atlantic. LCDR Chester W. Nimitz served as Maumee’s executive officer and chief engineer.
1957 - 1st of 24 detonations, Operation Plumbbob nuclear test.
1980 - 55 women become first women graduates from the U.S. Naval Academy.

May 29

1781 - Frigate Alliance captures HMS Atalanta and Trepassy off Nova Scotia.
1991 - Amphibious Task Force in Bangladesh for cyclone relief redeployed.

May 30

1814 - Navy gunboats capture three British boats on Lake Ontario near Sandy Creek, N.Y.

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

News and Notes

There is an App for That - Commander, Navy Installations Command Family Emergency Response Team and the CNIC Marketing and Multimedia Development Branch have designed a new Navy Family Accountability and Assessment System (NFAAS) app for iPhones. It is a free disaster readiness based App for Sailors and their families that is streamlined, easy to use and covers all that is needed to be prepared for a disaster. It includes: pre, during and post disaster resource information, a capability for users to create their own custom emergency kits and plans, an FFSC locator for CONUS and OCONUS, RSS Feeds with most current weather for local and regional area, a built in weather alert, the ability to save important information on medical needs and insurance, and direct links to FEMA, ARC, and more.

The App also links to the NFAAS Mobile Website -- in the event of a disaster or crisis, the mobile website allows users in the affected area to access NFAAS through the web browser on any android, iPhone or Blackberry touch screen device. The mobile website is a minimized version of NFAAS, making the system much easier to view and navigate during an emergency while using a handheld mobile device. When affected by an event, the mobile website allows users to login using their NFAAS user name, which is the sponsor's .mil e-mail address, and password, which includes the sponsor's date of birth and the last four digits of their social security number. After logging in, Sailors and DoN civilians can use the mobile website to quickly account for themselves and their family members, as well as update contact information and complete a needs assessment survey if necessary. To access the NFAAS application, go to <https://navyfamily.navy.mil> from your I-phone.

Color Guard - The NASWF Color Guard is looking to fill their ranks with highly motivated and professional Petty Officer Second Classes and below. The organization acts on behalf of the Navy and NASWF to project the honor and pride inherent in military service. Anyone wishing to be a part of this fast growing team should contact Air Traffic Controller 1st Class Michael Scott via email at michael.p.scott@navy.mil This is a great command collateral duty and experience is not required. Participants will be taught everything needed to look sharp and perform well.



Two for One

Newly promoted Lt. j.g. George (Andy) Harlan receives his silver bar and Civil Engineering Corps pin from Public Works Officer Lt. Cmdr. Jason Kranz (left) and Lt. j.g. Cory McLaughlin May 28 at the Naval Air Station Whiting Field public works building. U.S. Navy photo by Jay Cope.



Play Time

1st Lt. Dale Metcalf, Ensign Jason McCabe, Ensign Chad Westfall, and Ensign Adam Roth shoot a little pool at the table in Aces' Pub. The pool table was recently donated by Helicopter Training Squadron EIGHT and moved into the pub in early May. It replaced the coin operated one so now pool is free for patrons. U.S. Navy photo by Jay Cope.

Consumer Handbook - The 2013 Consumer Action Handbook has finally arrived, this great guide has information on but not limited to: banking, car buying, credit, employment, health care, home buying, insurance, investing, protecting your privacy, and much, much, more. Pick up your free copy at the NAS Whiting Field Fleet & Family Support Center Supplies are limited so hurry!

Road Construction - A paving contractor will be performing prep work (clipping vegetation from roadway edges and sweeping the roadway) this week for resurfacing Langley Avenue from the dual turn lanes SR87/Langley Avenue intersection eastward to the NAS Whiting Field West Gate. It is anticipated that paving operations will be completed within one to two weeks. Once the paving operations are complete, shoulder work and placement of thermoplastic striping will take another 4 - 6 weeks. Vehicles entering and exiting the may experience temporary delays with one way traffic. Construction activities should be scheduled to avoid peak traffic times on Langley St, but keep in mind that work may still occur early in the morning or late in the afternoon.

Fishing Season - The Naval Air Station Pensacola fishing pier will be open Saturday, June 1 and Sunday, June 2 to coincide with the opening of Red Snapper season. The Commander Naval Air Technical Training MWR department is overseeing the event and entrance is free, although donations are appreciated. The pier will be open from 6:30 a.m. to 6:30 p.m. both days. Contact ADC Brian Anderson at brian.r.anderson@navy.mil or by phone at 850-452-9700 x3230 for further details.

Splash Magazine - The monthly free entertainment magazine for Pensacola and Gulf Breeze is now available on the base. Racks are located in the Navy Gateway Inn and Suites lobby, the barber shop, liberty center, and the coffee shop. Grab a copy to find out what is going on down at the beach.

Fun Run - The 4th annual Blueberry Bash 5K Fun Run will be held June 22 at 7:30 a.m. at ARC Santa Rosa. The ARC facility will serve as the beginning and ending point of the race. Register by May 31 to ensure receiving a tee-shirt for the event. Registration is \$25 until May 31 and \$30 after. Registration closes June 20.

Upcoming Events

June 4, 0730 - Battle of Midway Observance - Bldg. 1401

June 12, 1100 - Asian/Pacific Islander Heritage Luncheon

June 14, 1300 - Winging Ceremony - Auditorium

June 21, 1300 - Cmdr. Jonathan Lewis Retirement - Atrium

June 28, 1300 - Winging Ceremony - Auditorium

July 4 - Independence Day

Fleet and Family Support Center Classes

VA Representative - Friday, May 31 & June 28 from 8 a.m. to Noon. (Call 850-623-7177 for appointment)

Marketing Yourself for a Second Career - Thursday, June 6 at 9 a.m. (See flyer page 11 for more details)

Smooth Move - Wednesday, June 12 from 1 to 3 p.m.

Make your next change of duty station move a smooth one. Learn what resources are available to you and the five key steps to minimizing stress during the relocation and transition period: get to know your FFSC Relocation Assistance Program Specialist, develop a plan of action, know your benefits, manage your moving day, make it a family affair. For more information, call NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

Personal Finance 101 - Thursday, June 13 from 9 to 11 a.m.

This class will cover the basics of personal finance, it will cover topics such as, Developing a Spending Plan, Saving & Investing, The Thrift Savings Plan, Credit Management, and Consumer Awareness. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Resume Writing - Monday, June 17 from 8 to 10 a.m. and June 24 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.

Money & The Move - Wednesday, June 26 from 1 to 3 p.m.

Furlough & Your Finances - Thursday, June 27 from 1 to 3 p.m.

This class will give you the tips and strategies you need to survive periods of unemployment and/or underemployment. Maintaining your credit rating and how to deal with creditors during this period will be focused on as well. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Florida offers free emergency contact registrations

- Emergency contact info enables officers to contact families

TALLAHASSEE, Fla. – As the state braces for the 2013 Hurricane Season and families create disaster preparedness plans, it is also a good time to make sure police know who to notify if you are in an emergency. This is especially true for military families, who may relocate often or have family members deployed. The Florida Department of Highway Safety and Motor Vehicles offers Emergency Contact Information registration online for free at <https://services.flhsmv.gov/eci/> and in driver license offices (to include driver license offices operated by county tax collectors).

Floridians who hold a current driver license or identification card can enter up to two contacts into the ECI database. Even if you have registered your information previously, it is a good idea to update your contacts periodically. It takes only a few minutes, and there is no fee to register. The information you register is only available to law enforcement officers in the event of an emergency, such as a crash.

“Registering your emergency contact information can provide families and loved ones with added peace of mind,” said DHSMV Executive Director Julie L. Jones. “We are pleased that more than 7 million Floridians have registered their contacts, but that leaves 10 million whose contact information is not available to police.”

“The Florida Highway Patrol has run into situations where a motorist involved in a crash had registered their emergency contact information but failed to update it,” said FHP Director Col. David Brierton. “Outdated information can significantly delay our efforts to provide quick notification to families and loved ones.”

The Florida Department of Highway Safety and Motor Vehicles provides highway safety and security through excellence in service, education and enforcement. The Department is leading the way to a safer Florida through the efficient and professional execution of its core mission: the issuance of driver licenses, vehicle tags and titles and operation of the Florida Highway Patrol. To learn more about DHSMV and the services offered, visit www.flhsmv.gov, follow us on Twitter @FDHSMV <<http://twitter.com/#!/FDHSMV>> or find us on Facebook <<http://www.facebook.com/#!/pages/Tallahassee-FL/Department-of-Highway-Safety-and-Motor-Vehicles/128186000582950>> .

Things you need to know for hurricane season

- 2013 is expected to be a busy year and the time to prepare is now

By Ensign Joelle Olson, NAS Whiting Field Public Affairs

Hurricane season brings destructive forces of all kinds, including increased stress levels. An increased level of safety measures is needed, both at work and at home, to ensure the well-being of service members, their families, and their pets. Base leadership recognizes that stress induced 'human factors' can severely degrade the mission readiness of its service men and women. Recommended methods of damage control include early planning, preparation, and consultation from the Navy Fleet and Family Support Center (FFSC).



Master Chief Aviation Boatswain's Mate, and acting emergency manager for Naval Air Station Whiting Field briefs the emergency Operations Center team during HURREX 2013, the annual Navy-wide exercise to prepare for hurricane season. U.S. Navy photo by Jay Cope.

Make a Plan / Build a Kit

- Ideas to prepare for a hurricane

Editor's Note: This article, originally released March 29 from Commander Navy Installations Command, is from the Ready Navy Family program office and details some ideas on preparing for hurricane season. With the beginning of the season just a few days away, reviewing the article "Spring into Action as a Ready Navy Family" is a worthwhile endeavor.

Make a Plan:

As a family, make and refine your emergency plan so that everyone in the family understands what to do, where to go, and what to take in the event of any emergency. Practice your plan by conducting a drill where all family members must gather at your designated meeting place, exiting by various doors. Your emergency plan should also include how your family will communicate with each other, particularly if normal communication methods, such as phone lines

- (Cont. on Page 6)

Jeannine DeCuir is one of the counselors at FFSC standing by to assist with the human element of disaster. She, and her team of educated professionals, is privy to the enormous amount of stress storms can dump on service members and their families.

"We begin the awareness with indoctrination briefing," DeCuir explained. "But the bulk of the work comes in the aftermath."

Command indoctrination is provided to active duty service members when they report to NAS Whiting Field. If that particular individual is later required to assist with base operations during a natural disaster, however, their family may be left unprepared and uncertain of whom to contact.

"Students are often used to [departing during a] HURREVAC (hurricane evacuation) leaving their families at home alone. The expectation is the service member will be there to help when

- (Cont. on Page 6)

Be informed and know your hurricane terminology

- **Tropical depression**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds that do not exceed 38 mph.
- **Tropical storm**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds 39–73 mph.
- **Hurricane**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds 74 mph or higher.
- **Storm surge**—A dome of water pushed ashore by winds during tropical storms and hurricanes. Storm surges can reach 25 feet high and be 50–1,000 miles wide.
- **Storm tide**—A combination of storm surge with normal tide, increasing the amount of water (e.g., a 15-foot storm surge with a 2-foot normal tide creates a 17-foot storm tide).
- **Hurricane/tropical storm watch**—Hurricane/tropical storm conditions are possible within 36 hours in specified areas. Stay tuned to radio or TV for further information.
- **Short-term watches and warnings**—Provide detailed information about specific threats during hurricanes, such as flash flooding or tornadoes.
- **Category 1**—Winds 74–95 mph, storm surge 4–5 feet, minimal damage to plants and signs.
- **Category 2**—Winds 96–110 mph, storm surge 6–8 feet, some flooding, minimal damage to mobile homes, roofs, and small crafts.
- **Category 3**—Winds 111–129 mph, storm surge 9–12 feet, extensive damage to small buildings and low-lying roofs.
- **Category 4**—Winds 130–156 mph, storm surge 13–18 feet, extreme damage with destroyed roofs and mobile homes, downed trees, cut off roads, and flooded homes.
- **Category 5**—Winds exceeding 157 mph, storm surge over 18 feet, catastrophic damage destroying most buildings and vegetation, cutting off major roads, and flooding homes.

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in reality they are not which creates stress.” DeCuir said.

DeCuir advises that every house hold should prepare a hurricane kit. This kit should include a detailed plan of action required to wait out the storm at home and another for evacuation. FFSC offers complimentary ‘Disaster Preparedness Guides’ that list items and quantities advised for the time between the storm’s impact and federal relief.

“FEMA requires time to get established in affected areas. Their motto is ‘The first 72 is on you.’ meaning, have enough essentials to last you and your family (including pets) three whole days before they can provide additional relief.”

DeCuir observed that people frequently underestimate the amount of water, gas, and medications they will consume during periods of power outages and isolation. She suggests stocking up on these materials well in advance.

Master Chief Hospital Corpsman Lennis McNutt, Naval Branch Health Clinic, is prepared to respond to an increased demand for pharmaceutical refills in the week leading up to a hurricane.

“Check your prescriptions and call in your refills as soon

as conditions warrant.” McNutt said. “We will anticipate an influx of refills but it’s helpful to call sooner than later as we’ll reduce our staffing when the storm gets closer...Early awareness, especially with medications, is the key.”

McNutt also recommends purchasing dry ice for those with medications requiring refrigeration. Because storms are regularly associated with power loss, individuals without generators should not expect to utilize their refrigerators. Those in possession of generators are encouraged to stock up on gasoline reserves to fuel them early.

“Historically, Milton has sold out of gasoline and plywood up to three days before a storm is projected to hit. You can’t ever be too prepared.” DeCuir cautioned.

“I agree one hundred percent.” Eugene Jackson, Personal Financial Manager, FFSC, seconded.

Jackson specializes in financial counseling to prepare for unforeseen costs that often accompany hurricanes close to pay day. He spoke of the need to safeguard financial data and account infor-

- (Cont. on Page 7)

Understanding Conditions of Readiness (COR)

Tropical Cyclone Conditions of Readiness (COR) are the Navy’s guidelines for estimating how long a region has and the actions necessary before it will be hit by destructive winds. Destructive winds are defined as winds of 58 mph or greater. At each COR level, installations and tenant commands have set actions or checklists to complete prior to the storms arrival. These checklists range from verifying recall procedures to closing facilities and sandbagging. Essential supplies can quickly sell out when a major storm is forecasted to hit the region, so it is vital for personnel to prepare for damaging storms before they establish themselves in the news cycle.

- **COR 5 - Indicates that we are in hurricane season. From June 1 to November 30, all vulnerable installations should maintain at a minimum COR 5 levels of readiness (note except Guam/Marianas - which maintains COR 4 year round). This is not the absence of threat; it just indicates that any storm/hurricane is greater than 72 hours away.**
- **COR 4 - Trend indicates possible threats of destructive winds are indicated within 72 hours.**
- **COR 3 - Destructive winds of force indicated are possible within 48 hours.**
- **COR 2 - Destructive winds of force indicated are anticipated within 24 hours.**
- **COR 1 - Destructive winds of force indicated are occurring or anticipated within 12 hours.**

Plan

- (Cont. from Page 5)

or cell towers, are out. Road conditions and other hazards can limit ease of movement. Have a contact person outside the area who each member of the family can notify that they are safe, if separated. Place a call to your designated contact person to be sure he or she is willing to serve in that role. The Ready Navy website provides printable forms and contact cards to guide you in your planning.

Build a Kit:

The best way to prepare for the unexpected is to have on hand one or more emergency kits that include enough water and non-perishable supplies for every family member to survive at least three days. Keep a kit prepared at home, and consider having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to any emergency more effectively. Make a game of kit building with your children. One idea is to have your children go on a scavenger hunt to find and gather necessary supplies around your house. Make note of items you are missing and shop together at your local installation commissary and NEX to complete your kit. History shows that children who are involved and informed with emergency planning are better able to react safely in an emergency.

For information about Ready Navy and tips, forms, and guidance to be prepared for and stay informed about all hazards, visit www.ready.navy.mil. Ready Navy is a CNIC-sponsored emergency preparedness program and attempt the “Ready or Not ready Preparedness Quiz”

What to do before, during and after a hurricane



The final T-6B Texan II is maneuvered into place at the North Field hangar at Naval Air Station Whiting Field. The base and Training Air Wing (TRAWING) 5 are ceasing flight operations and housing the aircraft to avoid damage from Tropical Storm Isaac which threatened the area in August 2012. U.S. Navy file photo.

Things to do before a hurricane:

- * Learn community evacuation routes and how to find higher ground.
- * Make a written family evacuation plan.
- * Make a written family communication plan in case you are separated. Keep in mind phone lines and cell phone towers may be down.
- * Install permanent storm shutters or have supplies available to board up your windows.
- * Install straps or clips to secure your roof to the frame structure.
- * Make sure trees and bushes are well trimmed and maintained.
- * Build an emergency kit.

What to Do If There Is a Hurricane

- * Avoid using the phone, except for serious emergencies.
- * Listen to the radio or TV for more information and further instructions.
- * Secure your home by closing the storm shutters and bringing outdoor furniture inside.
- * Ensure a supply of water for household purposes.
- * Turn your refrigerator to the coldest setting and keep the door closed.
- * Turn off utilities, if told to do so.

You should evacuate under the following conditions:

- If you live in a mobile home or temporary structure—such shelters are particularly hazardous during a hurricane no matter how well fastened to the ground.
- If you live in a high-rise building—hurricane winds are stronger at higher elevations.
- If you live on the coast, on a floodplain, near a river, or on an island waterway.

If you are told to evacuate:

- NEVER ignore an evacuation order.
- Follow the guidelines given regarding times and routes.
- Take only essential items and your emergency kit.
- Turn off gas, electricity, and water if you have not already done so.
- Disconnect all appliances.

- Make sure your car's gas tank is full.
- Do not walk in moving water.
- Do not drive in high water. (As little as six inches of water can cause loss of control and stalling of a vehicle).
- Follow the designated evacuation plan and expect a high volume of traffic.

If you are NOT told to evacuate:

- Stay tuned to emergency stations on TV or radio.
- Listen for further instructions.
- Stay away from windows and doors by seeking shelter in a bathroom or basement.
- Prepare to evacuate to a shelter or neighbor's home if your home is damaged.
- Do not go outside until instructed to do so even if the storm is over and it seems calm. When the eye of the hurricane passes it seems calm for a limited time, but does not remain that way.
- Once you are in a safe place, muster with your command if you are military or civilian personnel or a member of the selective reserves.

What to Do After a Hurricane

- * Listen to news reports to make sure water supplies are not contaminated.
- * Stay clear of flood waters (standing and moving) as they may be contaminated or deeper than expected.
- * Beware of downed power lines.
- * Avoid any roads where flood waters have receded as they may have weakened and could collapse under the weight of a car.
- * Be extremely cautious when entering buildings and homes as there may be unseen damage.
- * Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants.
- * After a declared emergency, register your needs with the Navy through the Navy Family Accountability and Assessment System (NFAAS) at <https://navyfamily.navy.mil> or call 1-877-414-5358 or 1-866-297-1971 (TDD).

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mation and offers a CD entitled 'Your Family Records Organizer' to simplify process.

It is also critical to verify insurance coverage before it is needed, Jackson advised. Renters, in particular, should verify with their land lords to discuss their responsibilities for protecting the property they inhabit.

Despite great efforts, many will find themselves ill prepared. Navy and Marine Corps Relief Society may be a resource to individuals ordered to evacuate. Additionally, they can grant interest-free loans on a case by case basis.

"Responding to natural disaster requires a team approach, no one agency handles everything. The base teams up with FEMA and county aid resources to better assist our service members." DeCuir said.

All those living in hurricane warning areas are encouraged to familiarize themselves with the American Red Cross, the National Weather Center, and FEMA's web sites for further guidance on preparation and emergency contact information.

Named storms for 2013

How Big of a Storm Gets a Name?

The World Meteorological Organization is in charge of assigning names to tropical storms that originate in the Atlantic Ocean and reach a sustained wind speed of 39 miles per hour. Any storm that reaches a sustained wind speed of 74 miles per hour is called a “hurricane”.

When a storm becomes a hurricane it retains the name that it was given as a tropical storm. The World Meteorological Organization has six lists of storm names which are recycled every six years.

Tropical Storms are Named Alphabetically

The first tropical storm that attains a sustained wind speed of at least 39 miles per hour in a calendar year is given the name that begins with an “A” from the appropriate list above. The second storm is given the name that begins with a “B”. Naming progresses through the year with names

assigned in alphabetical order. Andrea - Barry - Chantal - Dorian - Erin - Fernand - Gabrielle - Ingrid - Jerry - Karen - Lorenzo - Melissa - Nestor - Olga - Pablo - Rebekah - Sebastien - Tanya - Van - Wendy are the names for 2013.

The name lists are recycled, however, if you were to compare the name list from 2008 to the 2014 name list you will see that Gustav, Ike and Paloma will not be reused in 2014. These three hurricanes were so deadly and damaging that the World Meteorological Organization decided that reuse of their names would be insensitive. Their names were permanently retired from use.

Tropical storms in other basins such as the eastern and western Pacific Ocean are also given names. Name lists for these tropical storms have been compiled by the National Hurricane Center and can be viewed on their website.

Information pulled from www.geology.com.

10 Costliest Hurricanes in U.S. History

Eight of the 10 costliest hurricanes occurred between 2004 and 2012. All these hurricanes directly impacted installations and communities within Navy Region Southeast’s area of responsibility. More than 10 percent of the losses incurred from Hurricane Ivan were due to the devastation that impacted NAS Pensacola.

Hurricane Season begins June 1.

Are you ready?

No. 1: Katrina

Dates: Aug. 25-30, 2005
Region impacted: Southeast
Insured losses: \$48.68 billion

No. 2: Andrew

Dates: Aug. 24-26, 1992
Region impacted: Southeast
Insured losses: \$25.56 billion

No. 3: Sandy

Dates: Oct. 22-29, 2012
Regions impacted: Southeast/Mid-Atlantic
Insured losses: \$18.75 billion

No. 4: Ike

Dates: Sept. 12-14, 2008
Region impacted: Southeast
Insured losses: \$13.43 billion

No.5: Wilma

Date: Oct. 24, 2005
Region impacted: Southeast
Insured losses: \$11.07 billion

No. 6: Charley

Dates: Aug. 13-14, 2004
Region impacted: Southeast
Insured losses: \$9.15 billion

No. 7: Ivan

Dates: Sept. 15-21, 2004
Region impacted: Southeast/Mid-Atlantic
Insured losses: \$8.71 billion

No. 8: Hugo

Dates: Sept. 17-22, 1989
Regions impacted: Southeast/Mid-Atlantic
Insured losses: \$7.83 billion

No. 9: Rita

Dates: Sept. 20-26, 2005
Region impacted: Southeast
Insured losses: \$6.66 billion

No. 10: Frances

Dates: Sept. 3-9, 2004
Regions impacted: Southeast/Mid-Atlantic
Insured losses: \$5.63 billion

Source: MSN Money

Congrats to TRAWING-5 wingers and scholars



First Row: Cmdr. Christopher Pesile, USN, CO, HT-28; 1st Lt. Joel Nienaber, USMC; Ensign Sara Burke, USN; Ensign Hunter Briley, USN; Lt j.g. David Phillips, USN; LT j.g. Erin Hayes, USN; 1st Lt. Timothy Moore, USMC; Capt. James Fisher, USN, Commodore, TW-5.

Middle Row: Lt. Col. Robert S. White, USMC, CO, HT-18; Ensign Joy Nameth, USN; Lt. j.g. Abdulaziz Al-Mahbub, RSNF; Lt. j.g. Zachary Gross, USCG; 1st Lt. Demetrios Marinides, USMC; Ensign Christofer Siedsma, USN; 1st Lt. Jack Center, USMC; Ensign Samuel Martinette, USN; Lt. j.g. Awn Al-Faleh, RSNF; RADM Donald Quinn, USN, CO NETC.

Back Row: Cmdr. Matthew J. Bowen, USN, CO, HT-8; 1st Lt. Ryan Johnston, USMC; Lt. Thomas Mulder, USCG; Ensign Patrick Petersen, USN; Lt. j.g. Joseph Chevalier, USCG; 1st Lt. Alex Albrecht, USMC; ENS Thomas Wendt, USN; Lt. j.g. Ryan Kilway, USN; 1st Lt. Andrew Preston, USMC.



Left Photo: 1stLt Kalea Middendorf USMC; 1st Lt. Marques Williams, USMC; Ensign Ryan Williams, USN; and Lt. j.g. Jack Shadwick, USCG receive their Academic Achievement Awards May 17 in the Training Air Wing FIVE headquarters building.



Right Photo: Training Air Wing FIVE also recognized (first row) Ensign Margaret Morgan, USCG; Ensign John Mullaney, USN (second row) 2nd Lt. Traci Willemse, USMC; Lt. j.g. Timothy Olah, USCG; 2nd Lt. Ole D. D. Moe, RNOAF; Ensign Matthew Mullaney, USN and Ensign David Gregor, USN for their academic achievements May 24.

Marksmen

- (Cont. from Page 1)

mand from CNATRA has ever sent.” Spurlin said “We participated in two, one-week competitions and were shooting every day.”

The focus of the marksmanship program is to enhance the small arms training of military personnel in both rifle and pistol capabilities. Much of the time during the competition is spent in training to help improve the participants’ skills. The rules even require that each team have at least one “rookie” as a member of the team. The program has been in existence for more than 90 years, and has helped prepare several Navy personnel for Olympic competitions over the years.

“It’s also a train-the-trainer program” Bean said while emphasizing that the competition is for all interested military personnel. “It’s actually better in some cases to have someone not firmly established. New shooters are like a sponge. The soak up the information and don’t have any bad habits. Established shooters may need to break bad habits first.”

In addition to the marksmanship competition, training was given on basic marksmanship skills, firearms safety, and weapons proficiency. Chief also described other categories of training that took place in the week’s events, to include security and watch standing qualifications for use aboard ships. Approximately 50 people left the tournament

We were the first team we know of that any command from CNATRA has ever sent.

**- Lt. Cmdr. Larry Spurlin
Helicopter Training Squadron EIGHTEEN**

fully qualified to return to their home base or ship and train the next generation of shooters.

Historically, MWR had funded the competition and orders were cut to spare the participants from personal expense. That was not the case this year. The team drove themselves to Quantico, Va. and paid all their own expenses from April 5-18. Their participation wouldn’t have been possible though if other pilots had not helped cover their work load for two weeks. That enabled the team to accept the no-cost temporary orders to the event..

The magnitude of training and ammunition quality assurance from such a competition cannot easily be quantified. According to Spurlin, approximately 65,000 rounds were expended by all competitors over two weeks.

“Military, civilians, retired military, police, anyone that’s a shooter gets to do it,” Spurlin explained. “We’re all basically validating the quality of the ammunition for the SEALs. We shoot so much over a short time...we can ensure the guys using it down range have good ammo.”

“Participation was self-funded and dependant on how much time we could get off,” Chief said. “We drove,

- (Cont. on Page 11)

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UNITED STATES OF AMERICA

Marksmen

- (Cont. from Page 10)

paid for lodging, entry fees, gas - everything but ammo.”

The challenges HT-18's team needed to overcome were significant. Other services have designated specialty UIC's for their teams to ensure their attendance complete with paid orders for the event.

“It's just a big hobby for us [flyers],” Addison added. “Prior to the competition, I didn't even pull the trigger.” He explained. “But Spurlin had been [to the competition] before, and Chief is already a distinguished shooter.”

Bean is a “Distinguished Pistol shooter,” indeed. This year he claimed: an Excellence in Competition award, a SECNAV Trophy Award rifle, and a trophy pistol for ‘Top Shooter, Grand Aggregate.’ Currently his scores are competing against the West coast shooters for over-all grand aggregate scores.

Chief humbly passed on the accolades to his team's newest addition, Robeson. Robeson was presented an SECNAV M1-Garand match-grade trophy rifle in recognition of his ‘High New Shooter, Pistol’ achievement.

“He was a new shooter that just showed interest. We went to the local ranges for courses of fire training about three times.

Attempting to schedule events more than 12 hours in advance is often next to impossible for aviators. “It was difficult to train together.” Spurlin noted. “We kept getting rained out or schedules wouldn't align.”

On top of scheduling, the nation-wide ammunition shortage presented another hurdle in training. “It's hard when you can't just go to the store and find ammo to practice with.” Spurlin said.

Bean added that for the preparation they were able to do in advance, the team performed “really well.”

The team offered camaraderie. The energy and support this team shared with each other proved critical for their sustainment over the duration of the tournament.

“Twelve days is a long time to shoot.” Addison said. “They were 10-12 hour days for only one or two matches.” The matches involve differing courses of fire at different distances from the target, requiring time for moving equipment and repairing targets in between each stage.

“As you move between the various yardlines, changing stances and carrying all your rifle equipment becomes very labor intensive.” Bean seconded.

Despite the personal sacrifice required of HT-18's Marksmanship Team, they all agreed the experience was well worth it.

“There is no other opportunity in the Navy to meet that many people with shared interest in competitive shooting. It's a great way to network and we encourage anyone regardless of experience level to participate, gain experience and compete.” Chief explained. HT-18's Marksmanship Team is seeking new participants, no experience necessary. Interested parties may contact Spurlin at: Lawernce.Spurlin@navy.mil

For updates on official standings and future US Navy Marksmanship Team events, individuals may visit the official web site: www.USNST.org.

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Left: Toby Chapman, 9, son of a former executive officer of NASWF, goes round on the Cyclotron.

Center: Lt. Jason Hathaway, USCG, from HT-28 lifts his daughter Zya, 5, from the inflatable obstacle course.

Below: Abby Roy, 7, rides one of the horses provided by Hayes Ranch for the picnic.

The annual Military Appreciation Month picnic at Naval Air Station Whiting Field has proven to be a very tangible and appreciated "Thank You" to active duty and retired military in the area. "It's a great event to just say thanks. Spending one day to show our appreciation for our military is the least we can do," said Tracey Allen, the Santa Rosa County Chamber of Commerce president. With more than 50 assorted sponsors, activities for the children, food, drink, crafts, contests, music and more, the event was truly a fantastic family affair.

Below: Capt. Matt McKinley, USMC, tries to help an impatient Boyd, 2, with his Lowes wood-working project.

Below Right: Capt. Merrill Lewis and wife, Allison, watch Dean, 4, and Shaye, 2, pet the donkeys at the petting zoo. U.S. Navy photos by Jay Cope.



Protecting tenants at foreclosure

- Legal advice you need to know if you rent your home from others

By Lt. Matt Kozyra, JAGC, USN, Legal Assistance Attorney, Naval Station Mayport

It is an unfortunate fact of the modern housing world that homes across the country are going into foreclosure every day. Many of those homes are rental properties, and in many cases the tenant is the last one to know about it. If you rent your home and have come home to a “Notice of Sale” on your front door, or if you’ve started receiving court documents in the mail about your home going into foreclosure, this article is for you.

Luckily, there are steps you can take to make sure you’re protected against your landlord’s foreclosure, and resources available to assist you and your family.

How Can I Prevent This Situation?

There are simple steps you can take to make sure the home you’re about to rent is not going into foreclosure. Having this information up-front is one of the things you’ll want to consider, along with location, price, and whether there’s plenty of running space for your pet hedgehog, when you determine which house to rent.

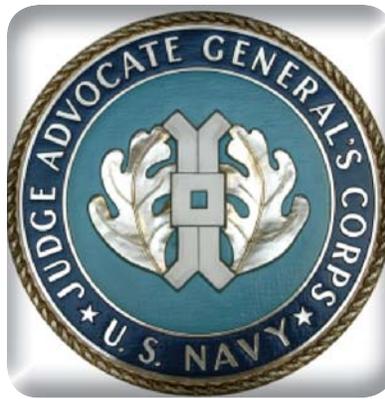
The first and easiest is to ask your landlord whether his home is in foreclosure. It’s a simple step to take, but there is no guarantee that your landlord will be honest with you. Many homeowners will avoid giving out that information to their tenants for fear that they (a) won’t sign a lease, or (b) will stop paying rent on a lease they already have. Still, it doesn’t cost anything to ask, and it’s an easy early warning system for upcoming foreclosure issues.

If your landlord refuses to answer, or if you are still suspicious, you can always check your local newspapers. Foreclosure sales will be listed daily. The downside is that you have to check every listing regularly, and it will only list homes that are just about to be put up for sale. It still won’t give you any notice that your landlord might be headed for trouble down the road.

The best way to find out if foreclosure proceedings have been filed against your landlord is to call your local Clerk of Court. Foreclosure proceedings are public record, and you will be able to get all the information you need from your local courthouse. Different states have different procedures for getting access to those files, so make sure you give the courthouse a call.

Too Late – I’ve Already Gotten the Notice!

If you start getting notifications of a pending foreclosure in the mail or on your door, you will have to decide whether you want to terminate your lease early or stick around to the end. Many families want to avoid moving in the middle of a tour, but having a bank as a landlord can be a huge hassle. The bank probably won’t care that your



plumbing is broken or there are roaches in the home. They may not fix the heating, and they probably won’t return your calls about the water heater. Many families decide that it’s better to just find a new place to live. Fortunately, the decision is yours to make.

I’ve Decided I Want to Stay

Until recently, a foreclosure nearly always meant that the tenants were about to be evicted. That all changed in 2009, when Congress passed the Protecting Tenants at Foreclosure Act (PTFA). If you don’t have

a lease, the new homeowner is required to give you 90 days’ notice before you have to move out. If you do have a lease, the PTFA requires the new homeowner to stick to the terms of that lease, unless the new owner wants to move into the home as their primary residence. Even then, though, the new owner is required to give you 90 days’ notice before you are required to leave.

In order to get the benefit of the PTFA, you should file a Notice of Tenancy in the court that’s hearing the foreclosure case. This lets the judge know that there is someone living in the property. If you are wondering whether to pay rent to the bank or to your old landlord, you can also file a Motion to Deposit Rent into the Court Registry, which will let you pay rent to the court, who will then figure out where it goes. For assistance in drafting either one of these documents, you should make an appointment with your local Legal Assistance office.

I’ve Decided I Want to Move

The Protecting Tenants at Foreclosure act does not automatically give you the right to terminate your lease if the property is foreclosed. The good news is that most banks don’t want to act as landlords. Some will even offer “Cash for Keys” programs that will pay you money in exchange for you moving out. The best way to get out of your lease if the home is being foreclosed is to talk to your landlord and the bank.

If you do decide to move, the Navy is here to help. In 2008, the Department of the Navy began authorizing funded local moves for military members who are breaking their leases as a result of their landlord’s foreclosure. You will need to bring a copy of the Notice of Foreclosure and a Notice of Lease Termination to either your command’s Staff Judge Advocate (SJA) or your local Legal Assistance office. They will be able to help you get the authorization you need.

That’s It!

Being a tenant in a home that’s being foreclosed can be a stressful and confusing situation. If you find yourself over your head, always feel free to make an appointment with your local Legal Assistance office. We’re here to help!

Fitness

- (Cont. from Page 2)

ture punch cards offering multi-session discounts. Sixty minute sessions will be held on Monday and Thursday evenings from now through August. Drop-in pricing is available to all with discounted rates for active duty members. Visit MWR's Facebook page for full details.

"I would never have tried this [water fitness] class if it weren't for Raelyn. I trusted her after going to her other classes. She is so fun and likable," Kelly Dahlman, another of Latchaw's clients said. "She is understanding of what everyone's fitness level is and she knows how to push me harder."

After multiple hospital visits including neck and knee surgeries, retired Machinist's Mate 1st Class Buddy



Raelynn Latchaw teaches a sample aerobics class during last year's MWR Health and Fitness Fair. U.S. Navy file photo.

summer!" Latchaw encouraged.

Those interested in participating in Latchaw's water fitness classes may contact the Fitness Center at 623-7412 or email Raelyn at raelynlatchaw@yahoo.com.

Faircloth sought out Latchaw's low-impact fitness class.

"I loved that class. It wasn't just old people dancing around- she really pushed you." Faircloth said. "She enjoys what she does, which is usually screaming at me!" he added playfully.

Latchaw emphasizes that the class is suitable for both the beginner and the elite athlete. It is a low-impact workout that still burns between 400 to 700 calories per session.

"Come enjoy a challenging, fun, and efficient workout this

SECURITY CHECKPOINT



Pursuant to the White House Executive Orders, text messaging is prohibited for all operators of government owned/leased vehicles (including rental cars while on Temporary Assigned Duty) on/

off Navy installations. In addition, text messaging is prohibited by all military personnel, civilian employees, family members, contractors, tenants, and visitors, while driving on a Navy installation. Fire, emergency, or law enforcement /security personnel, while conducting official business, may utilize authorized computer type keyboards which are permanently installed as part of the emergency vehicle equipment. Extreme caution will be used at all times. "Text Messaging" or Texting" means reading from or entering data into any handheld or other electronic device, including for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or engaging in any other form of electronic data retrieval of electronic data communications.

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- (Cont. from Page 1)

everything.”

Training Squadron SIX Commanding Officer Cmdr. Donald Jamiola received the award on behalf of the squadron and was one of the driving forces behind the thousands of safely flown flight hours and strict adherence to ASAP safety principles. ASAP is an anonymous, safety checklist that each pilot must fill out online upon completion of a flight. The process provides for total accountability of mission oriented events, mishaps or near misses.

Former SECNAV, Gordon R. England, established the Safety Excellence Award in 2002. His goal was to promote safe practices throughout the Department of the Navy and to recognize those commands that stand out within the safety guidelines and procedures.

The award citation commended the squadrons “outstanding safety record” and praised the unit’s leadership and airmanship.

“Throughout the year, you consistently demonstrated the utmost professionalism, superb skill, and the highest level of operational readiness. Your exemplary record and superior performance significantly contributed to the Navy’s overall safety record,” the award stated.

Vet Clinic coming June 5

The Veterinary Clinic is coming to Naval Air Station Whiting Field, Wednesday, June 5 from 8 to 11:30 a.m. and 1 to 3 p.m. The clinic offers annual vaccines and minor sick call, for example ear checks.

Here is a list of a few things that the clinic maintains for local visits; heartworm and flea medication, dental chews, tooth paste and tooth brushes, medicated shampoos and ear cleaner. The Veterinary Clinic can sell heartworm preventative if the pet has been seen within the last year at a military facility and has a current heartworm test. They sell Advantix for dogs and frontline plus for cats without an exam. Anyone who can use the Navy Hospital - DEERS enrolled, can use their services, but only with cash or checks during NAS Whiting Field visits.

The clinic also provides health certificates or help with preparing their pets to go overseas, Hawaii or Guam. Most places require your pet have a microchip and specific vaccines before traveling. Some areas have strict quarantine rules, which may be avoided if preparation for move is started early. Preparation sometimes takes six months or more.

It is also the time of year to get the household ready for hurricane season, but owners shouldn’t forget about their pets. To help ensure pets come home, the clinic will hold their annual microchipping event Saturday, June 1 from 10 a.m. to 2 p.m. at the Corry Station location. Microchipping will cost \$27 for all eligible pets. The extra exam charge will be waived.

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