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Wednesday, April 17, 2013

NGIS earns Zumwalt Award recognition

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's Navy Gateway Inn and Suites earned highly sought-after recognition as a recipient of the Admiral Elmo R. Zumwalt award for excellence in lodging management.

The award recognizes the highest level of lodging service standards, and each year, half of Navy installations go through the inspection process. Commands which attain a Five-Star rating are honored with the Adm. Elmo R. Zumwalt award.

Only ten NGIS facilities worldwide were recognized as 2012 award winners, and the NAS Whiting Field NGIS is one of only five in the United States to receive the prestigious designation. It is recognition that greatly excited the facility's staff.

"It's always great to earn recognition like that. Just knowing that all the hard work, dedication, and teamwork

- (Cont. on Page 5)



Lemarian Rasberry (center) and Betty Wallin (to his immediate left) celebrate the receipt of the Zumwalt Award for hospitality management with their staff members Wednesday, March 27 at the Navy Gateway Inn and Suites. U.S. Navy photo by Lori Aprilliano.

Bowen Assumes Command of HT-8 from Bowdich

By Jay Cope, NAS Whiting Field Public Affairs

With a simple salute and a request to assume the duties of command, Cmdr. Matthew Bowen stepped in as the newest commander for the Navy's oldest helicopter training squadron. Bowen relieved Cmdr. Paul Bowdich in the top spot for Helicopter Training Squadron EIGHT during the April 4 Change of Command ceremony at Naval Air Station Whiting Field. Cmdr. Robert Sinram will take over as the executive officer for the unit.

The Change of Command is a time honored Navy tradition that enables the entire, assembled command staff to observe the exchange of authority inherent in the commanding officer's position. It also provides an opportunity for the outgoing officer to express his appreciation to the crew and to thank their efforts, which Bowdich certainly did.

"I am going to throw out some numbers: 28,100, 16,163, 14,448 and 214. Since I took over as the [commanding officer] in December 2011, the squadron has flown 28,100 mishap free flight hours, consisting of 16,163 sorties while completing 14,448 [evolutions]. As a result, 214 stu-

- (Cont. on Page 6)



Cmdr. Matthew Bowen returns the command pennant to Chief Naval Aircrewman Joe Schafer after receiving it from Cmdr. Paul Bowdich. The transfer of the pennant from Bowdich to Bowen signified the change of command for Helicopter Training Squadron EIGHT. U.S. Navy photo by Jay Cope.

Dance/gymnastics help HT-28 family cope with military life

Editor's Note: It is a common truism that being a Navy wife is the hardest job in the Navy, and I would think it is equally true in other branches of military service. However, children also sacrifice and adapt to the demands of a military life. April is the Month of the Military Child and an appropriate time to remember and recognize some of the military children in the Naval Air Station Whiting Field area, their involvement in local organizations or endeavors, and how that engagement helps strengthen the bonds of the military family.

Every military family faces the possibility of separations, missed holidays, late birthday presents sent from overseas and any of a hundred other difficulties that are inherent in the lifestyle of any person who chooses a military career. Despite the gruff, senior enlisted assertion that "if the military wanted you to have a family, they would have assigned it to you in your duffel bag," the benefits of having a family help service members remain dedicated and grounded to the jobs they perform.



Katelyn Pesile (second to right in the back row) and Samantha Pesile (third from left) with the rest of their class at the P.A.C.E. dance studio in Pace before a special session with Brandon Ballet artistic director, Octavio Martin. The dance program has proven to be an engaging outlet for the two girls after moving to the area and not being able to continue their gymnastic training. Photo courtesy of Wendy Pesile.

Service in the Army, Navy, Air Force, Coast Guard or Marines involves sacrifices that many in the civilian world can never understand. Parents face the possibility of deployments half-way across the globe, frequent moves tear children from friends and comfortable environments, and studies are disrupted with potentially detrimental affects when reintegrated with a new school. These are scenarios that families like the Pesiles understand all too well.

Cmdr. Chris Pesile, commanding officer of Helicopter Training Squadron TWENTY-EIGHT, and his wife, Wendy, have moved ten times during their marriage with another one forthcoming in the fall. Each of their three children have experienced at least

four relocations, and while they are aware of the difficulties associated with the frequent transitions, they accept it as a fair recompense for his work in the military. It is also something they plan for and incorporate into their lives with a fairly simple rule – "Be Involved."

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TRICARE Notes

UNDERSTANDING DENTAL ANESTHESIA OPTIONS

Dental anesthesia can reduce discomfort during dental treatment. The following are options to make you feel more comfortable and help alleviate any discomfort associated with your dental care.

Local Anesthesia

Local anesthesia comes in two forms: topical (a cream or gel applied to a body surface) or injectable (given through an injection).

General Anesthesia

In order to relieve discomfort and anxiety associated with complex treatments, dentists may use general anesthesia. General anesthesia causes temporary loss of consciousness and is recommended in certain procedures for children or others who may have difficulty controlling their movement during dental treatment.

TRICARE Coverage for General Anesthesia

General anesthesia is covered under the TRICARE Dental Program (TDP) or, under certain circumstances, by the TRICARE medical benefit. With coverage under the dental benefit, you have a forty percent cost-share for general anesthesia. TDP does not cover the facility fee.

This Week in Naval History

April 16

1924 - Navy commences relief operations in Mississippi Valley floods, lasting until June 16.

1947 - Act of Congress gives Navy Nurse Corps members commissioned rank.

1959 - Helicopters from USS Edisto (AGB 2) begin rescue operations in Montevideo, Uruguay. By April 26, they had carried 277 flood victims to safety.

April 17

1778 - The Sloop-in-war Ranger captures a British brig.

April 18

1848 - A Navy expedition to explore the Dead Sea and the River Jordan, commanded by Lt. William F. Lynch, reaches the Dead Sea.

1906 - The Navy assists in relief operations during the San Francisco earthquake and fire.

1942 - USS Hornet (CV 8) launches Doolittle's Army bombers for the first attack on Japan.

1988 - Navy destroys two Iranian drilling platforms and a frigate in retaliation for attack on USS Samuel B. Roberts (FFG 58).

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

News and Notes

Relay for Life Team Drive - The Milton Relay for Life Committee is looking for teams to participate in this year's Relay for Life at Pensacola State College Milton Campus, Apr. 26-27. Please contact Pat Holtman, the event chair, at pat.holtman@covenantospice.org or call 850-380-9666. Patsy Whiddon, team development, is also available for information at patsywhiddon@miltonchevy.com, or via phone at 850-341-9642.

PREP Marriage Communication / Enrichment Workshop - PREP is a workshop for couples, married or engaged, that helps develop communication skills within a relationship and that provides valuable marriage enrichment information. The next workshop will be offered on Friday, May 3 (registration ends COB Tuesday, April 30th). For more information or to register, please contact the Chaplain's Office at 850-623-7211.

Tee Time - The Naval Aviation Schools Command Alumni Association will host their 54th NASC Invitational golf Tournament. The tournament will be held at the A.C. Read Golf Club at NAS Pensacola Friday, Saturday and Sunday April 26-28. It is a 54-hole four ball, two-man event with a modified handicap. Registration is \$130 per player (\$100 for active duty) which covers green fees, cart, range balls and hors d'oeuvres on Friday and Saturday. Teams must win their flights Friday or Saturday to play on Sunday. Prizes will be awarded. Call Chuck Lisner at 850-477-2252 for details.

ITT Opportunity - Very exciting news released from LEGOLAND Florida today! Starting today, until the end of the year, LEGOLAND Florida will be offering active Military one free LEGOLAND Florida Admission ticket. Now until October 27, it will be a LEGOLAND Florida Water Park Combo ticket and from October 28 until the end of the year, it will be a LEGOLAND Florida ticket. This offer will be available at LEGOLAND Florida's front gate. All dependents, family and friends can continue to purchase discounted tickets at ITT for the best price. If you have further questions, please contact ITT at 850-665-6250.

Usage Information			
Total Used			
	1 Year Ago	Last Month	This Month
Total kWh Used	2,056,741	1,653,040	1,786,364
Average Daily kWh	66,346	59,037	57,625
Days In Billing Period	31	28	31

Energy Conservation
 Conserving energy remain 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. As can be seen in the above graphic from the February power bill, NAS Whiting Field saved 270,277 kilowatts of power from last year's bill. However, the power bill was still more than \$143,000 for the month. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.



Recognizing Top Sailors
 Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin presents a Navy and Marine Corps Achievement Medal certificate to Aviation Boatswain's Mate 2nd Class Shawn Johnson to recognize his selection as the Navy's Gulf Coast area Firefighter of the Year. Johnson received the award April 15 in the command's mid-field hangar. U.S. Navy photo by Jay Cope.

Golf Outing - VFW Post 4833 will host their 5th Annual "Honor Your Vet" golf tournament Saturday, May 18 at Tanglewood Golf Club. Cost is \$50 per person / \$200 per team. The format is a four-man scramble with prizes awarded for first, second and third place as well as for a hole-in-one, closest to the pin, and longest drive. Entry fee includes green fees, cart, free drinks during play, and an awards dinner at the VFW with door prizes following the tournament. Call Jackie Johnson at 850-776-6275 for more details or to sign up for the event.

Tee Time - The Pace Quarterback Club is holding their annual golf tournament Saturday, April 27 at Stonebrook Country Club. The four person per team tournament will have a 12:30 p.m. check-in with a 1p.m. shotgun start. Cost is \$75 per player, and includes dinner after golf, cart, green fee, & range balls. Mulligans, red tee busters and throws will be available at check-in. Prizes will be available for first, second, and third place teams, mystery & door prizes. Contact Greg Johnson via email at gljohnson1982@gmail.com for additional information.

ITT has NASCAR - Check with the Information Tickets and Travel office for tickets to Talladega Superspeedway and the 2013 Aarons Dream Weekend - May 3-5, 2013 or for Daytona International Speedway for the Coke Zero 400 - July 5-6, 2013. They have discount tickets available. Deadlines apply to avoid will call pickups. Call ITT at 850-665-6250 for more information or to purchase your tickets.

Worlds of Possibilities - The area's largest job fair will be held in the Pensacola Bay Center, Monday, April 29 from 2 to 6 p.m. There is no fee and the event is open to the public. More than 50 area employers will be on site representing healthcare, communications, retail, education, transportation, manufacturing and other industries.

Get in Free Card - The National Park Service is offering active duty military and their families free passes to America's national parks. Visit www.nps.gov for more information about the pass and national parks across the country.

Upcoming Events

April 25, 1400 - CSX Railroad Job Interviews - FFSC

April 26, 1300 - Winging Ceremony - Auditorium

May 10, 1000 - Northwest Florida Blood Drive - NEX

May 10, 1300 - Winging Ceremony - Auditorium

May 17, 1200 - Military Appreciation Picnic - Sports Fields

May 27 - Memorial Day Holiday

Fleet and Family Support Center Classes

VA Representative - Friday, April 19 from 8 a.m. to noon. (Call 850-623-7177 for appointment)

Surviving Financially When Funds Are Down - Thursday, April 18 from 9 to 11 a.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.

Budget for Baby - Saturday, April 20 from 10 a.m. to noon

You'll discover local resource information, financial assistance, and volunteer opportunities and have fun while attending. All ranks and branches are welcome to attend the class. Eligible clients will also receive Baby's first sea bag (featuring a handmade blanket). Class will be in the Atrium Bldg., Suite 169, class room A & B (same building as ITT and NMCRS office - across from FFSC). Call 850-452-2300 to save a seat for the Budget for Baby class at Whiting Field on Saturday, April 20th.

CSX Railroad Interviews - Thursday, April 25 from 2 to 4 p.m.

Steve Toomey, a talent acquisition representative from CSX Railroad, will be available at the NAS Whiting Field Fleet and Family Support Center Thursday, April 25 to conduct a career information session to help point military personnel in the right direction for transitioning to a civilian career. Contact Darryl Johnson at 850-623-7177 for additional details.

Resume Writing - Monday, April 29 from 9 to 11 a.m.

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.

Military equal opportunity network now online

WASHINGTON (NNS) -- The Navy Equal Opportunity (EO) Office created the first centralized database within the Navy to track military Equal Opportunity formal and informal complaints.

The Military Equal Opportunity Network (MEONet) is a standalone online web-based program that standardizes, tracks and reports administrative actions associated with the primary duties of Equal Opportunity Advisors and Command Managed Equal Opportunity Program Managers.

The Military Equal Opportunity Network (MEONet) is located at www.navymeo.net, and details on the MEONet launch can be found in NAVADMIN 097/13. Equal Opportunity Advisor and Equal Opportunity Program Manager accounts for MEONet will be created by the Navy EO Office.

The MEONet allows Equal Opportunity Advisors and Command Managed Equal Opportunity Program Managers the ability to track formal and informal EO complaints, including hazing, from initiation to resolution. Additionally, it offers features for users to track general assistance provided to military members. MEONet can also generate stan-



Master Chief Petty Officer of the Navy (MCPON) Michael D. Stevens speaks to first class petty officers before CPO 365 training on equal opportunity during a visit to Naval Air Station Jacksonville. U.S. Navy file photo.

dardized, printable Memorandum for the Record (MFR).

The MEONet also serves as a valuable tool for Navy command leadership to assess command climate. The centralized database provides leadership the ability to identify complaint trends and implement corrective actions.

"MEONet is a valuable new tool in our Equal Opportunity Advisors and Command Managed Equal Opportunity Program Manager's toolbox," said George Bradshaw, Director of Navy Equal Opportunity. "The MEONet is also an additional tool to be utilized

during a command climate assessment, helping commanders foster and maintain a climate of inclusion within individual commands."

The MEONet will augment current EO data collection, including the tracking of all general assistance provided to Sailors by Equal Opportunity Advisors and Command Managed Equal Opportunity Program Managers. It can also generate general status reports, including reports broken down by type of complaint, and demographic data of alleged offenders and demographic data of complainants.

NGIS

- (Cont. from Page 1)

paid off was terrific,” Betty Wallin, the NGIS manager said about the award. “These employees work hard all the time and they deserve it.”

The Whiting Field NGIS is no stranger to the Zumwalt award with three others hanging proudly over the lobby entrance. The staff earned the five-star designation in 2001, 2003, 2008, and now 2012. Wallin, who stepped into the manager position late in 2012, emphasized that Lemarian Rasberry, the previous manager, established a goal that the facility would always be prepared for an inspection. No matter when the inspection team would come, his aim was that the rooms would always be ready, and it is still a staff-wide effort to be prepared at all times.

“Our goal is to be a five-star facility all the time,” Wallin said. “The staff goes above and beyond to make sure that everything is as perfect as it can be.”

The award was established in 1974 by the Secretary of the Navy to recognize outstanding hospitality within the Navy lodging establishments. NGIS operations receive a rating of three, four, or five stars based on several categories including amenities, service, facility quality, and financial management. A Five-Star rating is awarded to an installation’s entire NGIS operation if they achieve an overall score of 95 percent or higher.

The ratings are established by a Commander, Navy Installations Command (CNIC) accreditation team. The team conducted an unannounced inspection of the entire facility including housekeeping services, rooms, common areas, front desk operations, personnel management, financial and logistics management.

“From top to bottom the Navy Gateway Inn and Suites at Whiting Field is a first rate operation,” Capt. Matthew Coughlin, the base commanding officer stated. “This award only recognizes what I already knew – that we have a fantastic team and a facility we can be proud of.”

Shred sensitive info

Pensacola, Fla. (April 15, 2013) – Your BBB, along with Gilmore Services, CatCountry 98.7 FM and WEAR-TV3 are offering individuals an opportunity to shred their sensitive data on Friday, April 26. This shredding event is free to the public and will run from 11 a.m. to 7 p.m. at Cordova Mall in Pensacola, Fla. and Santa Rosa Mall in Mary Esther, Fla. In addition to shredding, the event site will offer resources on how to protect your identity.

In 2012, Florida was the number one state per capita for identity theft. Shredding unneeded sensitive documents keeps them from being used for identity theft.

An individual can bring up to 50 pounds of sensitive information to be shredded. Documents to be shredded should be removed from binders, but staples and paper clips are acceptable. Please do not tie bags or tape boxes!

For additional information on identity theft prevention and advice you can trust, start with bbb.org.

National Park Service
U.S. Department of the Interior



Active Duty Military Free Entry to Your National Parks!



Active duty military members and their dependents can pick up a free annual pass at any national park that charges an entry fee.

**Thank you for your service.
Please come celebrate America!**

The annual military pass also provides free entry to 2,000 additional Federal recreation sites across the country. Visit www.nps.gov for information about the military pass and to plan your visit to one of America’s 398 national parks.

Check out nearby national parks with a smartphone app at <http://www.nps.gov/nama>

EXPERIENCE YOUR AMERICA™
The National Park Service cares for special places saved by the American people so that all may experience our heritage.

HT-8

- (Cont. from Page 1)



dent Naval aviators completed flight training and were designated unrestricted Naval aviators. These are impressive numbers, if I do say so myself, but I can only take credit for a few of the flight hours. It is the men and women of HT-8 that deserve all the credit,” he stressed during his remarks.

These numbers exceeded Chief of Naval Air Training (CNATRA) production requirements for helicopter pilots by five percent. Additionally, during Bowdich’s tour, the squadron received a grade of ‘Outstanding’ during the annual CNATRA Flight Instructor Standardization inspection, volunteered more than 460 hours to the community, and enhanced safety standards that will endure long after his departure.

Bowdich received the Meritorious Service Medal for his professionalism and devotion to the squadron and the Navy.

“I know sometimes being in command can feel like the weight of the world is on your shoulders, especially as a training command [commanding officer], as careers are made and ended here all in a single day. Great commanding officers possess a combination of qualities that enable them and their units to be successful on every front: inspirational leadership, dynamic management, and dedication to their people. These are the virtues that I have seen in Cmdr. Paul Bowdich,” Capt. James Fisher, Commander, Training Air Wing FIVE stated before presenting the medal.

Bowdich leaves the “Eightballers” to take up the post of Navigator aboard the USS Theodore Roosevelt (CVN-71).

Bowen takes command of HT-8 after nearly 18 years of Naval service. Like Bowdich, he is also a graduate of the U.S. Merchant Marine Academy, and served tours aboard the USS Whidbey Island (LSD-41) and the USS Bataan (LHD-5) before transitioning to Naval aviation.

Following his winging (also as a helicopter pilot with HT-18), he reported to HC-6 in Norfolk, Va. Bowen followed that tour with service as part of HSC-26, HC-3, HS-10, HS-8 and HSC-23. He also worked as the Flag Lieutenant to the Commander, Operational Test and Evaluation Force; Director of Personnel for the Commander, Combined Joint Special Operations Air Component in Balad, Iraq; Deputy Executive Assistant to the Deputy Chief of Naval Operations; and Special Assistant and Speechwriter to the Vice Chief of Naval Operations, before earning his Master’s Degree at the Naval War College.

Bowen is now the 56th commanding officer of a squadron that traces its history back to the beginning of Naval helicopter training. Originally Helicopter Training Unit ONE, the squadron began instructing helicopter students in late 1950, and was redesignated as HT-8 in 1960. For nearly 63 years, the squadron has lived by the motto “the best helicopter pilots in the world are trained here.” Throughout that timeframe, HT-8 has rubbed shoulders with history as the unit provided familiarization training to Mercury and Gemini astronauts, trained the Apollo 11 crew, and is still the only Navy helicopter squadron to be commanded by a Medal of Honor recipient, Cmdr. Clyde Lassen.

In keeping with tradition, Bowen kept his remarks short, but still ensured that he praised the students and staff who continue the unit’s remarkable legacy.

“Cmdr. Bowdich left us a tremendous squadron, and it is an honor to continue this work,” he said. “You all come together when we ask you to and you all surge when we ask you to. We know you have the load, and we trust you. Thank you for everything that you do.”



Above Left: Cmdr. Paul Bowdich walks through the sideboys at the conclusion of the change of command ceremony. His next tour of duty is aboard the USS Theodore Roosevelt (CVN-71).

Above: Bowdich and Cmdr. Matthew Bowen, now commanding officer of Helicopter Training Squadron EIGHT, cut the cake at the change of command reception using their ceremonial swords. U.S. Navy photos by Jay Cope.

Congrats to TRAWING-5 wingers and scholars



First Row: Cmdr. Christopher Pesile, USN, CO, HT-28; Lt. j.g. Maurizo Fratini, ITNAV; Ensign Patrick Sullivan, USN; Ensign Barbara Portigue, USN; Ensign Ryan Brenner, USN; Ensign Allison Ranzau, USN; Ensign Mark Reis, USN; Ensign Lauren Taylor, USN; Lt. j.g. Federico Satta, ITNAV; Capt. Sarah Shoemaker, USMC; and Capt. James Fisher, USN, Commodore, TW-5.

Second Row: Lt. Col. Robert S. White, USMC, CO, HT-18; 1st Lt. Jansen Hayhurst, USMC; Ensign Joseph Summa, USN; 1st Lt. Chance Hughes, USMC; Ensign Matthew Debbink, USN; 1st Lt. Garret Nelson, USMC; Ensign Sean Johnson, USN; 1st Lt. Cameron Moury, USMC; Ensign Roberto Coronado, USN; Capt. John Magill, USMC; and Capt. Paul Esposito, USN, Commander HSCWINGLANT.

Third Row: Cmdr. Paul Bowdich, USN, CO, HT-8; 1st Lt. James Torres, USMC; Ensign Charles Morant, USN; Ensign Matthew Reck, USN; Lt. j.g. Marco Tracogna, ITNAV; 1st Lt. John Lee, USMC; 1st Lt. Zachary Allen, USMC; Ensign Steven Mendez, USN; 1st Lt. David Harris, USMC; Ensign Benjamin Read, USN; and 1st Lt. Daniel Lee, USMC.



Left Photo: The following students received Academic Achievement Awards during a ceremony held at Training Air Wing FIVE Apr. 5. The awardees were: First Row - Lt. j.g. Leonardo Dicarolo, ITN; and Ensign Charity E. Somma, USN. Second Row - Chief Warrant Officer Two Ryan D. Williams, USN; 2nd Lt. Thomas W. Reagan, USAF; and Ensign Carlos A. Pena, USN.



Right Photo: Ensign Patrick B. Tucker, USN; 2nd Lt. Taylor R. Carlisle, USMC; 1st Lt. Lance N. Gates, USMC; and Ensign Phillip W. Kunzig, USN display their academic awards Apr. 12 at the TRAWING-5 headquarters.

Achieving academic success for your “Smart Kids,” Part 2

By David T. Hargraves, Ph.D., Clinical Psychologist, Naval Branch Health Clinic Whiting Field

Several years ago I wrote an article for the Marine Corps Community Services Preview magazine about why and how emotional and social competence are more important than intellectual ability in young school children for achieving academic success. The research report (“School Readiness”) on which I based my article (“Smart Kids”), suggested that it is important for a child to be able to regulate or control his or her emotions and social interactions (“effortful control”) in order to be academically successful. Effortful control, or emotional control, and cognitive control are processes involved in self-regulated learning and are believed to be mediated by the same area of the brain. As one of the researchers put it, “Emotionality may be particularly relevant to brain development in areas of the cortex that underlay the cognitive processes involved in self-regulated learning.” The earlier in life that the child learns emotional control, the greater the effect—cognitive control—later when the child is in school.

In my original article, I offered some suggestions to parents as ways to help their child accomplish this apparent cause-and-effect sequence: (1) set reasonable rules of personal behavior; (2) monitor and enforce those rules; (3) have a consistent and positive emotional tone when communicating with your child; (4) spend time talking and just being with your child in a stress-free environment or situation; (5) be involved in your child’s school activities, including homework, parent-teacher meetings and extra-curricular activities.

Here is the Part 2: I serendipitously found an article from Medline Plus dated March 6, 2013 titled, “Short-Term Exercise Might Boost Young People’s Self-Control.” The researcher doing this study, Lot Verburgh at VU University in Amsterdam, said, “Tests conducted immediately after short bouts of exercise showed a clear improvement among higher-order functions like self-control, a cognitive [brain] function that is really important for daily activities in terms of both social life and academic performance.” Maybe you, as a parent, can do a few of the five things I suggested while taking

a walk, jogging or shooting hoops out in the driveway with your child. A win-win situation.

So here is another way—exercise—to possibly help your child develop greater emotional control and in turn develop greater cognitive control. I’ll take it one step further and say, as I did in my earlier article, “It may make your kid smarter.”

Hargraves is available for appointments for TRICARE enrolled beneficiaries though your Primary Care Manager as well as self referrals. Please call 850-623-7551/7552 for more information.

Outdoor Recreation Calendar of Events

March 29, 2013



Trail ride at UWF! \$13.50 per person includes bike, helmet and transportation. Van will leave the Outdoor Rec shop at 1000 and return to by 1600.

April 22, 2013

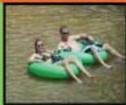


Help Navy Outdoor Recreation this Earth Day with a river clean up! **FREE**

All base eligibles are welcome. Outdoor Rec will supply the canoes, trash bags and coolers. Please sign up by Friday April 19, 2013.

Van will leave from Outdoor Rec at 0800 and return to base after the last canoe arrives back at shore!

May 11, 2013



Active Duty and dependents join us for a day of ziplining and tubing at Adventures Unlimited!

Trip includes: transportation (limited to first 20 people), “Taste of the Tour” zipline, 4 mile tubing down coldwater creek and lunch!

\$77.00

Last day to sign up 4/26/13



June 15, 2013

Join us for a day of playing on the water. All base eligibles welcome! We will leave the base at 0800 and head to the beach with our BIC standup paddle boards. 9 spots available includes board, paddle, lifejacket and transportation.

\$20



MILITARY CLIMB DAYS!

UWF Indoor Rockwall
March 30, April 27, &
May 18
0900-1200

\$15.00 per person includes transportation \$12.00 if you will be driving yourself. Van leaves at 0800.

Open to all base eligible patrons. Spots are limited so sign up today!



SECURITY CHECKPOINT

Vehicle Registration and Driver Record



A vehicle registration and driver record will be maintained on military personnel, civilian personnel, dependents of military and/or civilian personnel, and any other person (s) operating vehicles registered on this installation. This record is used for registration of privately owned vehicles and as a cumulative traffic record of personnel who are charged with motor vehicle traffic accidents, violations of traffic regulations, willful violations of motor vehicle registration requirements, and identifying those drivers who need additional training or whose point accumulation warrants suspension or revocation of station driving privileges.

VT-2 employee collects/sends books to deployed military

By Ensign Joelle Olson, NAS Whiting Field Public Affairs

A love for books and a desire to help service members deployed in distant locations successfully merged into an altruistic program for one Training Squadron TWO employee. The "Books for Troops" endeavor collects and sends reading material to Soldiers, Sailors, Airmen and Marines stationed abroad.

Beverly Wark, a logistics and statistical clerk for Training Squadron TWO, started the local "Books for Troops" drive this past January. Through a collaboration of PaperBackSwap.com and AnySolider.com, Wark established herself as a liaison between civilian and military reading enthusi-



Beverly Wark, a logistics and statistical clerk for Training Squadron TWO collects books to send to service-members deployed overseas. U.S. Navy photo by Ensign Joelle Olson.

asts.

"This just happened; it took hold of me," she explained of the project.

An avid reader, Wark joined PaperBackSwap.com simply "because I love books," she continued with a jovial laugh; "I live in a library at my house, I started (participating in PaperBackSwap.com) to downsize my collection and it's only increased!"

The online exchange program affords thousands of members the opportunity to pursue their literary passion without cluttering their homes. Participating - (Cont. on Page 10)

MONTH OF THE MILITARY CHILD AND NATIONAL CHILD ABUSE PREVENTION MONTH PROCLAMATION



Capt. Matthew Coughlin signs the 2013 Month of the Military Child and National Child Abuse Prevention Month proclamation for Naval Air Station Whiting Field. U.S. Navy photo by Jay Cope.

Whereas, April is Child Abuse Prevention Month and Month of the Military Child. This is the time to sharpen our focus on prevention efforts that support parents and create healthier communities for our children.

Whereas, The Month of the Military Child, shares with the world the important role military children play in the armed forces community. Military children deal with having parents deployed and undergo unique challenges of having to adapt to their parents military obligations. Despite the challenges they face military children remain strong and resilient; and,

Whereas, Each year children die due to child abuse and neglect. The highest percentage of child victims for abuse and neglect are under the age of three. To raise awareness regarding this problem, in 1983, Congress proclaimed every April Child Abuse Prevention Month.

Whereas, This year's National Child Abuse Prevention Month theme is "Break the Cycle", research shows that child abuse and neglect is learned behavior. This means that the most effective intervention to break the cycle is teaching healthy parenting practices. The majority of child

abuse cases stem from situations and conditions that are preventable in an engaged and supportive community; and,

Whereas, Every family should integrate six protective factors into their parenting practice to minimize the risk for child abuse and neglect: Parental Resilience, Concrete Support in Times of Need, Social Connections, Nurturing and Attachment, Knowledge of Parenting & Child Development Social and Emotional Competence of Children

Whereas, On many Navy installations Fleet and Family Support Centers have parenting and child development subject matter experts known as Home Visitors who are the service providers for The New Parent Support Home Visitation Program. The program's mission is to educate parents on healthy parenting practices that would ultimately minimize the risk for child abuse and neglect. For those installations without Home Visitors, counselors are available to provide information on parenting and to provide referral services.

Whereas, In the Navy Community, effective child abuse prevention programs require partnerships among agencies, schools, law enforcement agencies, and the greater community. Our communities become stronger through awareness of child maltreatment prevention and involvement in efforts to support parents in raising their children in safe and nurturing environments.

Now, Therefore, be it resolved that I, CAPTAIN MATTHEW COUGHLIN, Commanding Officer Naval Air Station Whiting Field do hereby proclaim April 2013 as: MONTH OF THE MILITARY CHILD & NATIONAL CHILD ABUSE PREVENTION MONTH ON BOARD NAS WHITING FIELD.

Dance

- (Cont. from Page 2)

“Not being involved is not an option. All of our children know that if they ever want to quit their chosen activity, they may do that when they have finished their current commitment, but they will have to find a replacement activity,” Wendy stated. “It is critical to us that our children be involved in something where they are interacting with peers and other adults. Gymnastics and dance have afforded them travel opportunities, [chances to perform] in front of large crowds, having setbacks and continuing to work hard and move forward – life building experiences...It also provides instant friends with a common bond when we move to different areas. “

Katelyn, 16, Samantha, 13, and Andrew, 11, enjoy the stipulation and are dedicated to their respective activities. Katelyn and Samantha dance with the Performing Arts and Creative Expressions (P.A.C.E.) dance studio while Andrew studies gymnastics in Gulf Breeze. All three kids used to perform gymnastics, however, the move from Washington D.C. to the Pensacola area left the girls without a feasible training opportunity, so they turned to dance where their previous experience partially translated to the requirements needed by dancers.

The P.A.C.E. studio, in Pace, Fla., offers a number of classes on tap, ballet, jazz, modern, hip hop and more based on age and experience level. Katelyn and Samantha

were both allowed into the program mid-semester and have been with the studio for nearly three years now. The work is intensive, involving about 16 hours per week with the instructors. It has been a hard transition for the girls, but now dance is just as ingrained in them as gymnastics was.

“We wanted to find something just as fun that was still a good workout,” Katelyn said. “We never danced before. We were just looking for something in the area. It was difficult at first and a lot different than gymnastics, but we got used to it and now we enjoy it.”

With three years in the program, the girls are already helping to teach younger students. They also enhanced their performance levels to the point that they were awarded partial scholarships to a summer intensive training session with the Brandon Ballet in Tampa, Fla. Katelyn and Samantha are also scheduled to perform in Downtown Disney and in a Disney Broadway workshop – all due to their participation within the P.A.C.E. program.

Pesile stresses that the dance program, and the gymnastics program for Andrew, accomplished everything they hoped for out of the children’s participation. As the Pesiles home school their kids, they wanted extra-curricular activities that provided opportunities for social interaction, team building and a life-long habit of working out.

- (Cont. on Page 11)

Books

- (Cont. from Page 9)

pants mail in used books for credits which serve as currency to borrow different used books, they may even share or “buddy” their purchasing power to others. One concerned “swap” member discovered via AnySolider.com that hundreds of troops are still isolated in camps with no access to base exchanges or libraries. Soldiers post their needs on an online forum and, quite frequently, books top the list.

Immediately, individuals began expressing a desire to donate their books to such deployed troops but experienced extreme difficulty navigating the postal service’s APO system. Wark expressed sympathy for busy people that dread standing in line at large post offices struggling to properly fill out a certificate of declaration for their packages. She found a solution to this problem and readily employed her military savvy to turn good natured intent into action.

“Well, my husband does it for me...so no problem!”

Together, the Warks extend the reach of PaperBack-Swap.com to our nation’s most valuable assets: The troops around the globe.

Wark was inspired to start “Books for Troops” after discovering that a previous member of her church is now serving aboard USS JOHN C. STENNIS (CVN-74). She identified with of the importance of care packages for the

moral of our troops.

“They’re sitting out there on the water and don’t know when they’re coming back. Using media mail, I can send them 100 books for only 18 dollars!” Wark freely accepted this expense and adds her own personal touch by slipping a hand written note in each box.

Wark’s initiative has enabled concerned individuals to contribute in a multitude of ways. She collects both hard and paper-back books in her office and utilizes her own book credits as well as donated “buddy credits” online to reach her goal of mailing out one, 70-pound box per month. Since she started the program, Wark has sent 115 books to Kandahar Airfield, Afghanistan; 80 books to Forward Operating Base, Afghanistan; and 75 books to Camp Buehring, Kuwait. Wark is passionate about the benefits a literary escape can provide soldiers in stressful environments.

“Sometimes when I have too much on my mind I pick up a book and get back to the issue later on. They (soldiers) need a relief,” she said.

Interested parties may contact Beverly at 623-7567, Beverly.Wark@navy.mil, or pay her a visit in the Logs and Stats office of VT-2.

Dance

- (Cont. from Page 10)



The dance company performs “Ayaka,” choreographed by P.A.C.E. dance instructor Ashley Thomas. The dance earned “Gold” at Hollywood Vibe and was recognized as , 1st place division, Best Costume. Katelyn Pesile is second from left and Samantha is far right. Photo courtesy of Wendy Pesile.

“They are all pretty highly skilled and what they learn helps build their confidence,” he said. “These are skills, that when [the kids] show up to a new location, can make an impact. It helps keep at least one thing constant when we move.”

With Pesile slated to transfer to Japan and take over as the Air Boss of the USS Bonhomme Richard (LHD-6) in November, the youths will be put to a particularly difficult test as not only will they be forced to adapt to a new location, but the language barrier will be a challenge as well. Samantha especially was not looking forward to leaving her friends in the local area, but her parents are already researching dance studios and gymnastics programs to continue the children’s studies. Knowing that the kids have the ability to step in and immediately be a part of a group is comforting as well as a key way to adapt to the new duty station.

Participation in local activities helps tremendously with adjusting to new locations and environments, according to Pat Dillenback, a clinical counselor with the NAS Whiting Field Fleet and Family Support Center. With young children, it is about making friends and playing, and with teens, it is about fitting in with a group. In each case, being involved with some form of group activity help meet those needs.

“Military children transition a lot and there are adjustment phases that accompany the moves,” she said. “Getting involved with local activities help with that adjustment. Most military children feel they are outsiders, participation can help reduce the feelings of isolation.”

Additionally, the dance and gymnastic programs offer skills that may offer opportunities for future careers. None of the children have any desire to switch from their chosen endeavors. Andrew plans to continue gymnastics until he “stops having fun with it,” and the girls checked out what it takes to be a professional. While that may not be in

their futures, they do know that they want to continue dancing for now.

But November is still seven months away. Plenty of time for the kids to focus on the here and now while enjoying the summer with their friends. The girls are focused on the spring recital coming up in a month and a half where they will perform around 15 different dances with a host of two-minute costume changes. According to Wendy, it is a crazy experience. It is also the best time to witness the improvements and talents resulting from an immense amount of effort, and what else could be more important to a proud parent.

“I am extremely impressed. I had no idea what I was throwing the girls into during this transition...When I saw their first recital, after they had been in dance for only six months, I was amazed at all they had learned, and all the choreography they remembered for each dance,” Wendy stated.

Pesile was just happy to see the passion and excitement for the activities that the children displayed. At the same time he appreciated the associated skills they were developing – many of the same skills he works to develop in his flight students at the squadron, time management, an ability to adapt and flexibility. So while it is good to know that these types of community activities can help military children adapt to what can be a chaotic lifestyle, their truest benefit may just be the chance for a parent to see their child grow.

“The family supports the service member in so many ways, and I am glad that this life isn’t stressing them,” he emphasized. “I am very proud of them, and I am happy to see them thriving in what they do.”



Moving on Up

Stan Harper from the Navy Exchange and Omar Banmally, a graphic designer with the Pensacola NEX complex, remove the package store sign signalling the closing of the remote store and its inclusion with the main NEX building at NAS Whiting Field. The renovated NEX is scheduled to have a grand opening in mid-May. U.S. Navy photo by Jay Cope.