

NASWF Command Master Chief retires

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's Command Master Chief ended his 30-year Naval career Friday, March 8, during a ceremony to commemorate his exceptional contributions to the Navy mission and the Sailors he supported at the base.

The 10 a.m. retirement ceremony highlighted CMD CM Rafael Rosado's military accomplishments, praised the support of his family members, and gave the NAS Whiting Field team a chance to bid the traditional "Fair Winds and Following Seas" to a man who dedicated three decades of service to the nation.

"This is obviously a big day for Master Chief and his family, but it's also a big day for us here at Whiting. A kind of bittersweet day because we get to recognize Master Chief's accomplishments over a 30-year Naval career, but unfortunately, we also say farewell to a great warrior and a great friend that we are all going to miss," Commanding

- (Cont. on Page 5)



Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin presents Command Master Chief Rafael Rosado with his Defense Meritorious Service Medal certificate. The award was presented to Rosado during his retirement ceremony Mar. 8 in the base Atrium. Command Master Chief Alton Smith, Rosado's relief, stands to the left. U.S. Navy photo by Jay Cope.

Grace to pass command of TAW-5 to Fisher



Col. James Grace

By Jay Cope, NAS Whiting Field Public Affairs

Training Air Wing FIVE will observe a change at the helm Thursday, March 21 at 10 a.m. in the Naval Air Station Whiting Field Auditorium as Col. James Grace will cede command of the unit to Capt. James Fisher.

Grace, the second Marine Commander of the unit, will retire during the ceremony after more than 30 years of military

service.

Grace was designated as a Naval Aviator in 1984



Capt. James Fisher

at NAS Whiting Field. As a UH-1N (Huey) pilot, he served multiple tours with various squadrons in California and Okinawa. He also served tours with Headquarters Marine Corps; deployed in support of Operations Joint Endeavor, Iraqi Freedom and Enduring Freedom; commanded HMLA-167, was appointed to a division chief position for the Joint Staff, and earned his Master of Arts in National Security Strategy at the

Naval War College. While serving as the Headquarters Ma-

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Beginning with the first edition in April, the Whiting Tower will begin to be published every two weeks vice the current weekly format. This change will enable us to focus more on social media endeavors, web site upkeep, and hopefully enable us to provide a more dynamic Whiting Tower.

Healthy foods stressed during Navy Nutrition Month

- Navy provides resources to help Sailors/Marines keep diet healthy

MILLINGTON, Tenn. (NNS) -- Navy Nutrition Month is a great time to focus on meal planning and ways to make it easier, said Lt. Cmdr. Jennifer Wallinger, a dietitian with the Navy Physical Readiness Office, March 8.

"Meal planning overwhelms many, but there are strategies that can keep it simple. The choosemyplate.gov website for example, shows you how a balanced plate will look and divides the plate into four components plus dairy," continued Wallinger. "Once you know what your plate will look like, it's just a matter of choosing foods within each category."

The choosemyplate.gov website walks you through building a great plate with about one-half fruits and vegetables, one-quarter whole grains, and one-quarter lean protein. Selecting the least processed foods low in added sugar, salt and fat will be among the best choices, but even if one chooses other foods, they can still strike a balance by filling the other components with good choices.

"Have fun in the kitchen when building your plate, involve your friends and family," stressed Wallinger. "In-

cluding your kids in selecting foods allows them to be part of the process and is a great way to improve eating habits. Knowing more about our food and where it comes from tends to make healthful choices easier."

Navy Physical Readiness (www.npc.navy.mil/support/physical) has several nutrition resources to help people stay energized and create a positive impact to their body and mind. The Navy Operational Fueling card deck (www.npc.navy.mil/support/physical/Documents/NOFFS_Operational%20Fueling.pdf) offers guidance on how to choose foods and portions and also includes "nutrition rules to live by."

Additionally, the Navy and Marine Corps Public Health Center has launched its Healthy Living initiative (www.nmcphc.med.navy.mil/Healthy_Living), in conjunction with DoD's Operation Live Well (www.defense.gov/home/features/2012/0812_live-well/), underscoring the relationship between physical and emotional wellness.

For more information, visit the Navy Nutrition Web Page at www.npc.navy.mil/support/navynutrition/Pages/default2.aspx.

TRICARE Notes

TAKE ADVANTAGE OF PREVENTIVE DENTAL SERVICES

Your oral health is an important part of your overall health. Your teeth and gums need to be cared for with brushing, flossing and periodic checkups with your dentist. The TRICARE Dental Program (TDP) provides preventive dental care to you at no additional cost when you visit a network dentist.

All TDP beneficiaries may receive two routine dental checkups within each 12-month period. Teeth cleaning and polishing are covered as part of the TDP's preventive services benefit. Other preventive dental care may be covered when you see the dentist for a specific dental problem or service such as fillings or surgeries on the gums or teeth. Cost-shares may apply.

Other dental treatments, including mouth guards, surgeries or X-rays, may be covered under diagnostic services and other benefits, and may include applicable cost-shares.

Early detection and prevention are key components to managing your oral and overall health, and the TDP is designed to give you access to this important care. Remember, a healthy body includes a healthy smile, and TRICARE encourages you to protect that smile by seeing your dentist regularly for exams and cleanings.

This Week in Naval History

Mar. 11

1935 - The Naval Security Group is born when OP-20G becomes the Communications Security Group.

1942 - In a Motor Patrol (PT) boat, Lt. Cmdr. John Bulkeley leaves the Philippines to take Gen. Douglas MacArthur to Australia.

1945 - The first Navy landing craft crosses the Rhine River at Bad Neuenahr.

Mar. 12

1917 - All American merchant ships to be armed in war zones.

1942 - President Franklin D. Roosevelt designates Adm. Ernest J. King to serve as the Chief of Naval Operations, and commander in chief, U.S. Fleet, to which he was appointed Dec. 30, 1941.

1956 - In the first overseas deployment of a Navy missile squadron, Attack Squadron 83 left aboard USS Intrepid (CVS 11).

Mar. 13

1895 - The first submarine building contract is awarded to John P. Holland Torpedo Boat Co.

1917 - Armed merchant ships are authorized to take action against U-boats.

1959 - The Naval Research Laboratory takes the first ultraviolet pictures of the sun.

1963 - USS Albany (CG 10) and aircraft from Navy Airborne Early Warning Squadron 4 from Roosevelt Roads, Puerto Rico, aid five ill crew members of Norwegian freighter Jotunfjell.

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

News and Notes

Uniform Change - Commander Navy Region Southeast released the latest guidance for the spring uniform shift recently. Beginning at 12:01 a.m. April 1, the annual change to service dress whites and summer whites will occur.

ERAU Registration - Embry-Riddle Aeronautical University's Pensacola Campus is holding continuous registration for the Spring II Term until March 25. Classes begin March 25. Office hours on board NAS Whiting Field are Wednesdays from 9:00 -4:00 and on board NAS Pensacola from 8:00am -5:00pm Monday through Thursday and 8:00 -4:00 pm on Fridays. Call 458-1098 or email Pensacola@erau.edu.

Cancer Prevention Study - The American Cancer Society is beginning a new research study, called Cancer Prevention Study-3 (CPS-3), to help researchers better understand the genetic, environmental and lifestyle factors that cause or prevent cancer. The study will begin enrolling participants in the Pensacola area March 14-22. The study is not clinical in nature and requires only a willingness to complete periodic survey information as well as providing a blood sample. The study is open to men or women between the ages of 30 and 65 who have not been diagnosed with cancer. For more information, check out www.cancer.org/cps3florida.

I Want to Ride My Bicycle - Come ride the trails with the Outdoor Rec Program at UWF, Friday, March 29. The trip includes bike, helmet and transportation for \$13.50. If you provide your own bike it will be \$5 for transportation. Van will leave the Outdoor Rec Shop (located in the Bowling Center) at 10 a.m. and will return to Whiting Field no later than 4 p.m.. Transportation and bikes are limited so sign up now! Call 850-623-7670 for details.

Is it Lunchtime Yet? - New Deli Express sandwiches are now available in the commissary. They are located in the three door cooler at the front entrance along with the cold drinks. Prices are good and drinks are ice cold. Small bags of chips are also available to compliment the sandwiches. Come and try one. Call Kim D. Jackson, at (850) 623-7131 and let her know what you think.

Usage Information			
Total Used			
1,653,040 kWh			
	1 Year Ago	Last Month	This Month
Total kWh Used	1,866,119	1,869,405	1,653,040
Average Daily kWh	64,349	60,303	59,037
Days In Billing Period	29	31	28

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 213,079 kilowatts of power from last year's bill. However, the power bill was still more than \$137,000 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.



Feed the Piggy
 Military Saves campaign pledge card winner, Air Traffic Controller Airman Jason Meinhardt receives a \$50 gift card and a small piggy bank from Eugene Jackson of the Fleet and Family Support Center. Kristal Kelley, the base Pen Air Federal Credit Union manager, donated the gift card for Pen Air and Meinhardt's name was drawn from all those who completed a pledge card during Military Saves Week. Photo courtesy of Eugene Jackson.

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@covenanthospiice.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.

Legoland Special - Legoland Orlando, Florida is offering a complimentary one day child (age 3-12) or senior (60+) ticket with each adult ticket purchased. Adult one day ticket \$45.50 each at ITT. Must pick up complementary ticket no later than March 31 and use by May 31, 2013. See ITT for further information, call 850-665-6250 or 850-623-7032.

Celebrate the Arts - The City of Gulf Breeze and the Gulf Breeze Arts Inc. presents the 19th annual Gulf Breeze Celebrate the Arts Festival. The festival features more than 150 artists selected by the jury from across the U.S. and one from Europe. Artwork categories include glass, sculpture, watercolor, wood, jewelry, mixed media, graphics, and photography. There will also be a special area set aside for children's entertainment and student artwork, a GBAI member art show/sale, vendor food sales, and a performance from the McGuire's Irish Bagpipe Band. Admission is free and the festival will be open 9 a.m. to 5 p.m. Saturday and 10 a.m. to 5 p.m. Sunday at Gulf Breeze High School. Call 850-572-4292 or visit www.gulfbreezearts.org for details

Ice Flyer Tickets - The Ice Flyers are nearing the end of their 2012-2013. Discount tickets available for all home games at ITT - Corner \$11.50 and Center Ice \$14.50. Limited number of tickets available for each game. For further information call ITT 850-623-7032 or 850-665-6250.

Ice Flyers vs. RiverHawks <<http://www.augustariverhawks.pointstreaksites.com/view/augustariverhawks>> at 7:05 p.m. Friday, Mar. 15.

Upcoming Events

Mar. 15, 1000 - NW Florida Blood Drive - NEX Parking Lot

Mar. 21, 1000 - Training Air Wing FIVE Change of Command

Mar. 22, 1300 - Winging Ceremony - Auditorium

Mar. 28, 1000 - NASP Change of Command - Museum

Apr. 4, 1008 - HT-8 Change of Command - Atrium

April 12, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

VA Representative - Friday, March 22 from 8 a.m. to noon. (Call 850-623-7177 for appointment)

Welcome to Whiting - Tuesday, March 19, from 1 to 3 p.m.

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

Smooth Move - Wednesday, March 20, from 10 a.m. to noon.

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.

Anger Management - Wednesday, March 20 from 1 to 3 p.m.

Is anger affecting your health, your relationships, or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Surviving Financially When Funds Are Down - Friday, March 29 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.

Be responsible during St. Patrick's Day fun

MILLINGTON, Tenn. (NNS) -- St. Patrick's Day celebrations have become both a popular opportunity to celebrate with friends and family, and also one of the most dangerous times for drunk drivers.

This year St. Patrick's Day falls on Sunday, March 17, but will likely be celebrated all weekend.

"Many will celebrate their 'Irishness' for the day, or weekend, by drinking as many pints of green beer, (Irish stout) and shots in as short a time as possible in a ritual that's turned March 17 into one of the most alcohol-fueled days of the year," said Dorice Favorite, director, Navy Alcohol and Drug Abuse Prevention Office (NADAP). "The National Highway Traffic Safety Administration reported more than 700 people were killed nationwide in accidents involving drunk drivers during the St. Patrick's Day holiday period from 2006 to 2010.

"Alcohol toxicity varies depending on the individual and the circumstances, therefore, it is difficult to determine a safe level," explained Favorite. "Just because your friend



can drink five pints of green beer and still somehow make it home okay, does not mean you will be as lucky if you try to match him. Planning ahead, just like you should any other time you go out will make St. Patrick's Day a safe time out."

Before all else, know yourself and your own limits.

- Buy a drink with ingredients that you're familiar with the effects.

- Always stay hydrated with water.

- Pace yourself when drinking.

- Never drink on an empty stomach.

- Stop drinking if you start to feel

drunk.

- Most importantly, choose a designated driver, or plan to call a cab

"Binge drinking can pose health and safety risks, including car crashes and injuries if you use poor judgment. Whether you are meeting a few friends at the local pub after work or attending a party, if you plan on drinking alcohol, don't drive, ever," Favorite said. "You'll have fun and make it home safely."

Rosado

- (Cont. from Page 1)

Officer Matthew Coughlin stated during his opening remarks as the ceremony's guest speaker.

A full-house of family, friends, shipmates, and co-workers filled the base Atrium to watch the ceremony filled with the traditional military trappings of side-boys, parading of the colors, and the passing of "Old Glory." The event provided a vibrant reminder of the pride and dedication necessary to sacrifice more than half a life in the service of the country. For Rosado, it was a life committed to helping younger Sailors succeed.

Coughlin put a portion of Rosado's career in perspective when he mentioned that 16 years, 9 months and 29 days of his 30 years in the military were spent aboard sea going vessels such as: USS Nathaniel Green (SSBN 636), USS Alexander Hamilton (SSBN 617), USS Ohio (SSBN 726), USS Tennessee (SSBN 734) and USS "The Sullivans" (DDG 68). Lengthy deployments and constant readiness requirements are also difficult on the family members left behind, a fact which Coughlin alluded to while addressing Rosado's impact on the Navy.



Above: Master Chief Avionics Technician Michael Frazier and Chief Air Traffic Controller Carl Profen laughingly lower Rosado's shadowbox so he can see over it.

Above Right: Rosado takes a moment before he begins to speak to the assembled guests. The box of tissues Coughlin jokingly placed on the podium for are still in place in case he gets "emotional."

Right: Coughlin presents an appreciation certificate to Rosado's wife, Gladys.

Below: Rosado and Gladys walk through the side-boys to begin his civilian career



"It goes to show you the magnitude of the price that his family has also had to pay along the way. I want to recognize Master Chief's family, in particular his lovely wife Gladys and his children Aaron and Ashley that made the trip to be here today. Thank you for your service and the many sacrifices that you have endured over the years," he said before reminding Master Chief of the impact a Chief has on his Sailors. "...There is also a cadre of Sailors, not only in the fleet, but out in our great society today that have benefitted from your leadership. You carried them when they needed it and you put a boot, where it doesn't belong, when it was warranted. Along the way, they respected and admired you and they remember you to this day."

Following his remarks, Coughlin presented Rosado with the Defense Meritorious Service Medal to recognize his impact and contributions to NAS Whiting Field. Other presentations followed as he received letters from past presidents, from the Master Chief Petty Officer of the Navy, a framed photograph from the Chief Petty Officer Mess and the traditional shadowbox encasing mementos from his career.

Although anxious to spend more time with his family, Rosado was also reluctant to leave the deckplate Sailors he cared for as a second family.

"If I have touched one Sailor's life or family with my love of life and humor, it has been a privilege," he said. "I cannot stop thanking you enough for the honor and privilege of serving with you."

Command Master Chief Alton Smith, a native of Dothan, Ala., assumed the duties as the new Whiting Field CMC with Rosado's formal request to be relieved. Smith, most recently served aboard the USS Carney (DDG 64).

As Rosado received permission to go "ashore" for the final time, he requested one last action of the NAS Whiting Field enlisted crew. Much as the crew does at the commissioning of a new ship, he asked the Sailors to "man the rails" of the Atrium to see him off on a new career.



BBB® partners to combat identity theft

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 useful for identity theft if they are stolen or taken out of the trash. A Javelin Strategy and Research survey found that 43 percent of identity theft cases could be traced back to stolen wallets or physical paperwork.

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.

Pensacola VITA

As Naval Air Station Whiting Field will have no Volunteer Income Tax Assistance (VITA) program this year, here are some locations where you may be able to receive assistance.

The following are the hours of operation for the VITA (Volunteer Income Tax Assistance) sites onboard NAS Pensacola, Naval Hospital Pensacola (NHP), and CID/NASP Corry Station.

NASP Bldg. 624: Monday-Thursday 8 a.m.-noon, walk-ins only; (1-3 p.m. appointments only). Friday 8 a.m.-noon walk-ins only. Call to make an appointment. (Appointments are only for disabled and wounded warriors).

NATTC Bldg. 3460 Rm. 633: Mon-Thurs. 10 a.m.-5 p.m. walk-ins only; Friday 10 a.m.-2 p.m. walk-ins only.

NHP (fifth floor): Monday-Friday 8:30-11 a.m. and noon-2:30 p.m.

CID Corry Station Bldg. 511, Rm. 121: Monday-Friday 1-3 p.m. walk-ins only; 4-6 p.m. walk-ins only.

For those who do not qualify for services on base, there are VITA sites in Escambia County. For more information or help with questions, call the United Way's central information site at 595-5905, or (855) 698-9435.

Escambia County sites include: Pathways for Change Family Center:

2050 W. Blount St., Monday, 2-6 p.m.

Pensacola State College (Pensacola Campus): 1000 College Blvd. (Bldg. 17,

Rm. 1715), Monday, Wednesday, Friday 10

a.m.-4 p.m.; Tuesday-Thursday 10 a.m.-2

p.m.; Saturday 10 a.m.-2 p.m.

Visit <http://myfreetaxes.com/unitedwayescarosa.com> 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!



Legal Briefs

Courts-martial in Navy Region Southeast recently heard the following cases:

At a General Court-Martial convened on board Joint Base Charleston, South Carolina, a Lieutenant Junior Grade was found guilty of failing to obey a lawful general order, making a false official statement, and conduct unbecoming of an officer and gentleman. The military judge sentenced the Accused to 60 days confinement and to be dismissed from the naval service.

At a General Court-Martial convened on board NS Mayport, a First Class Petty Officer was found guilty of wrongfully sexual contact, indecent exposure, wrongfully requesting to engage in sexual activities, and false official statement. The court-martial sentenced the Accused to 10 months confinement, reduction in rate to E-1, forfeiture of all pay and allowances, and a Bad Conduct Discharge.

At a Special Court-Martial convened on board Joint Base Charleston, South Carolina, a First Class Petty Officer was found guilty of unauthorized absence. The military judge sentenced the Accused to 60 days confinement and a Bad Conduct Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pre-trial agreement or clemency.

Chalkboard Minute



Chris Hendrix
School Liaison Of-

The FCAT and End of Course Exam testing dates have been set by the county. Please contact the School Liaison Officer, Chris Hendrix at Christopher.p.hendri@navy.mil or 665-6105 with any questions.

FCAT and EOC testing dates are:

April 8-19

FCAT Retakes for Math and Reading

April 15-19

FCAT 2.0 Math (grades 3,4,6,7,8)

FCAT 2.0 Reading (grades 3,4,5,7,8,10)

FCAT 2.0 Science (grades 5,8)

April 22-26

FCAT 2.0 Math (grade 5)

FCAT 2.0 Reading (grades 6,9)

U.S. History EOC Exam (All students currently enrolled in US History and US History Honors)

April 29-May 3

Biology I EOC Exam (All students currently enrolled in Biology 1 and Biology 1 Honors)

May 6-10

Algebra I EOC Exam (All students currently enrolled in Algebra I and Algebra I Honors, retakes)

May 13-17

Geometry EOC Exam (All students currently enrolled in Geometry and Geometry Honors)

1st Annual Medical Golf Tournament

4-Man Scramble

Thursday, March **14**, 2013
10:00 AM to 5:00 PM

NAS Whiting Field
Golf Course

18 Holes, Lunch Provided
\$45 Singles, \$160 Teams
Money Due by March 7th

Individual & Team Awards, Door Prizes,
Raffles, Mulligans, Tee Busters, Putting
Stings Available!!!

More Information...
HM1 Channing Smith, 665-6375, or
HM1 Steven Fearnside, 623-7609
Email: channing.smith@med.navy.mil
Email: steven.fearnside@med.navy.mil

Congrats TRAWING-5 wingers and scholars



First Row: Cmdr. Christopher Pesile, USN, CO, HT-28; Lt. j.g. Margarete Groll, USN; Ensign Katherine Quail, USN; Ensign Jessica Maxwell, USN; Ensign Kathleen Andrews, USN; 1st Lt. Cristina Polley, USMC; Lt. j.g. Rachel Kuffel, USCG;

Middle Row: Lt. Col. Robert S. White, USMC, CO, HT-18; Ensign Hector Colunga, USN; 1st Lt. Anthony Ciochetto, USMC; 1st Lt. Christopher Green, USMC; 1st Lt. Vincent Jochen, USMC; Ensign Jason Falk, USN; 1st Lt. Colum Dunleavy, USMC; Capt. Richard Catone, USN (Ret)

Third Row: Cmdr. Paul Bowdich, USN, CO, HT-8; 1st Lt. Andrew Taulbee, USMC; Ensign Clinton Brown, USN; Lt. j.g. Jared Hylander, USCG; Ensign Travis Boller, USN; 1st Lt. Timothy Haynes, USMC; Ensign Michael Holl, USN; Col. James Grace, USMC, Commodore, TW-5.



Left Photo: Lt. j.g. Jordan C. Kellam, USCG; and Ensign Justin D. Richardson, USN display their Academic Achievement Awards Mar. 8 at the Training Air Wing FIVE headquarters building. Kellam earned his for Advanced Flight Training, and Richardson received a Commodore's List Award.



Right Photo: Training Air Wing FIVE Chief Staff Officer Cmdr. Eric Seib presents Ensign Carlos A. Pena, USN his Academic Achievement Award for Primary Flight Training Mar. 1 at the TRAWING-5 headquarters building.

Congrats Aviation Maintenance Officer Class 13-040



First Row: Lt. Te-Neng Lin, Ensign Craig Lapilio, Ensign Raymond Penn Jr., Ensign Tanisha Speed, 2nd Lt. Daniel Driskell, 2nd Lt. Mark Siegel, 2nd Lt. Michael Marchbanks, Ensign Austin Hulsey, Ensign Aaron Schwarz, Lt. Chen-Yi Kung

Second Row: Ensign Keith Loedeman, Ensign David Fowler, Lt. j.g. Jermaine Nichols, Ensign Steven Dyson, Ensign Russell Huff Jr., 1st Lt. Kingslee Gourrick, Lt. j.g. Larry Hagan, 2nd Lt. Daniel Gearhart, Ensign Stephen Conlin, 2nd Lt. Brandon Thompson, 2nd Lt. Codie Finch.

SECURITY CHECKPOINT

Ways of Avoiding Getting a Ticket on Naval Base Part 1.



1) Its start before you get in your vehicle – A. Make sure you have a valid driver license; check with your state about military extensions. B. Make sure your registration is up to date. Each state is different; so check with your state dmv if you don't know. C. Make sure your vehicle is insured and that the insurance is up to date; you have proof in the vehicle and you have proper coverage (see NASWFINST 5560.5A Paragraph 11 for coverage). D. The vehicle you are driving is operational sound (everything works: lights, wipers, no cracked windshield, smog and noise, height compliant with state laws). 2) Once you're in the vehicle – A. Make sure you have on your seat belt. B. If you have any other occupants in the vehicle; make sure they have their seats belt on also (children in federally approved child restraint device age appropriate). B. Before you enter the base turn off and unplug your radar detection device. They are prohibited on all DOD installations. C. Drivers, don't use cell phones while driving on base, safely park the vehicle then use the phone. As per NASWFINST 5560.5A - The Prohibition against using hand-held cellular phones does not include hands-free cellular phone devices. Hands free devices include consoled/dash-mounted or otherwise secured cellular phones with integrated features such as voice-activation, speed dial, speakerphone, or other similar technology for sending and receiving calls. Remember it's prohibited to drive with anything in your ear canal or over your ears, except for fire and emergency response or law enforcement/security purposes (does not include hearing aids or devices designed and required for hearing enhancement).

TRAWING-5

- (Cont. from Page 1)



Col. Gary Kling

rine Corps Director of Safety, he was selected to become the deputy and then the Commodore for TRAWING-5.

As Commander of the largest wing within the Chief of Naval Air Training, Grace oversaw roughly 60 percent of the Navy, Marine Corps, and Coast Guard initial fixed-wing training and 100 percent of the initial rotary training. The six training squadrons and two flight instructor units flew more than 117,000 sorties encompassing nearly 190,000 flight hours under his guidance. The training provided more than 730 “airborne warriors” to the helicopter fleet and produced 1,500 primary completers ready to enter advanced flight training.

Grace led the advance to the T-6B Texan II primary flight trainer, helping the three primary squadrons complete their transitions as well as relieve problems associated with airspace congestion and access to landing fields for the new aircraft. He also instilled a culture of safety within the training wing that was highlighted during a 2012 Chief of Naval Air Training inspection, which resulted in the recognition of 31 “Best Practices,” a Naval Air Training high,

Fisher is a 1987 Naval Academy graduate who was designated a Naval Aviator in March 1989. This is his third tour at NAS Whiting Field, where he earned his wings as well as served as a flight instructor from 1992 to 1995, being recognized as the 1994 Chief of Naval Air Training Instructor of the Year. He has flown with Anti-Submarine Squadrons HSL-36, HSL-40, and HSL-42, as well as serving as the Airboss on the USS Bonhomme Richard (LHD-6). Fisher also earned his master’s degree at the Naval War College, was the Commanding Officer of Training Squadron TWENTY-EIGHT in Corpus Christi, Tex., and served two tours at the Pentagon – the last as the Warfighting Support Branch Head before returning to Milton, Fla.

Fisher will assume command of the Navy's busiest training wing, which flies approximately 44 percent of the Chief of Naval Air Training flight hours and nearly 11 percent of Navy and Marine Corps flight hours worldwide. Col. Gary A. Kling will become the new Deputy Commodore.

The guest speaker for the event will be Lt. Gen. Robert E. Milstead Jr. USMC, Deputy Commandant, Manpower & Reserve Affairs/Commanding Officer, Marine Corps Recruiting Command.

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