

# SUSNAP JOURNAL

THE SOCIETY OF  
UNITED STATES  
NAVAL AEROSPACE  
PHYSIOLOGISTS



VOLUME XI, ISSUE 4, August 2012



# SUSNAP JOURNAL

August 2012

Volume 11 Issue 4

## SUSNAP Leadership

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CDR Rich Folga

### Vice President

LCDR Heath Clifford

### Secretary/Treasurer

LT Shawn Dobbs

### Historian

CDR(s) Amber Biles

### SUSNAP Editor

LT Miles Erwin

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CDR Jim McAllister

CDR(s) Jeff Repass

LT Tom Annabel

LT Pat Dougherty

LT Justin Meeker



## President's Message

**CDR Rich "IVAN" Folga**

SUSNAP President

Fellow SUSNAP members,



First, let me thank you all for continued support and membership within our Society. I am humbled and honored to be your President this year. To our Board of Governors (BoG): again, I thank you for stepping up. The total membership is counting on your diligence in execution of your office to further our organization. As your new President I wanted to take this opportunity to thank our outgoing President, Tom 'Vegas' Jones for his dutiful and efficacious service to SUSNAP. Fortunately we will retain him as a Member at Large of the BoG. Other outgoing BoG members who deserve worthy praise include Kim 'Pinto' Maryman, our Secretary/Treasurer. It's a tough job herding cats, keeping up with bank accounts, dues and email addresses. She is replaced by Shawn Dobbs who I'm very confident will be equal to the task. Our entire lineup of Members at Large were replaced this year. Thank you Jim 'Jimbo' Norton, Bill 'BD' Davis, Jim 'Jimmy Mac' McAllister and Paul 'Doogie' Hauerstein for your guidance and wisdom. Your new Members at Large (class of 2014) are: Tom 'Vegas' Jones, Al 'Big Al' Bransdorfer and Andy 'Lurch' Hayes. Welcome aboard. I'm looking forward to your contributions via our SUSNAP newsletter/journal. Which leads me to our outgoing Chief Editor, Miles 'can't believe I don't really have a callsign yet' Erwin. He's done a remarkable job this year with solicitation, editing and assembly of our official publication. Finally, thanks again to all of you who took part in this year's SUSNAP officer voting. It's your right as a member, part of what your dues are paid for.

There is new business in order. First, our 2012 general membership meeting was held during FAILSAFE in San Antonio, which included a vote that affects the SUSNAP Bylaws. The vote was made to increase membership dues (all categories) from \$10 to \$20 per year. While enough members and BoG members were present to pass the motion and ratify the change to the Society Bylaws, there is one sticky wicket: we've been using the wrong Bylaws for the past few years. As pass-downs go, occasionally, there is a fumble. So, in order to set us straight I wanted to ensure each of you got to see the correct version of the current Bylaws based on changes accepted in 2005, published in the SUSNAP Journal Jan 2006. No changes since those published in 2006 could be found and therefore those published in this edition of the SUSNAP journal are current, including the dues increase to \$20 annually. You may notice that the changes from 2005 include removal of positions of President Elect and Secretary – essentially combining Secretary with Treasurer and Vice President with President Elect. You will also notice the number of Members at Large was reduced from five to two. The fumble some years back, while retaining the combination of the four positions did not drop the Members at Large from five to two. We just elected three this year and still had two from the previous year. Oops. So, to get us back on track, the BoG voted to approve the election results as is and elect two new Members at Large in 2014, essentially right sizing us to what was intended in 2005. Our outgoing Members at Large were gracious enough to assist in making this right, along with much appreciated counsel from Tony 'Ragu' Artino and Brian 'Trout' Swan. Thanks all.

I'm looking forward to a great year and a bright future for SUSNAP. Incoming talent also includes our new Chief Editor, Sue 'Cyclone' Jay, Emeritus extraordinaire Tom 'Killer' Wheaton (replacing Donna 'Mad Doc' Murdoch) and President-Elect Heath 'Red Dog' Clifford. From the entire BoG, we encourage your participation, especially your contributions to the journal, in keeping the community past and present informed and the chronology of accomplishments preserved via our esteemed Historian Amber 'Surf' Biles.

Your President,

Rich 'Ivan' Folga  
SUSNAP Plankowner



## Editor's Message

**LT Miles Erwin**

SUSNAP Editor

SUSNAP members,

It's been a great pleasure to serve as the Editor for the SUSNAP Journal. With this opportunity I've been able to interact with numerous Physiologists, been educated on multiple topics amongst our community, and been able to work with colleagues outside of my scope. Turning over the position is bittersweet as I look forward to what the rest of my career holds for me. I am certain that CDR Sue Jay will be able to take the Journal to new heights with her experience.

A special thank you goes out to my editorial staff. CDR McAllister, CDR(s) Repass, LT Annabel, LT Dougherty, and LT Meeker, you gentlemen have made my job much easier and I sincerely appreciate the time and effort you put into editing the articles I bombarded you with. I couldn't have asked for a better crew and I owe you all a few beers of your choice (LT Annabel, chocolate milk on the house for you).

One important lesson that I have learned from this role is that communication is essential to any task, relationship, or mission. My first job in the military was as an enlisted Marine working in a communication squadron out of MCAS Miramar. While all comms were up and operational, our staff usually felt out of the way and unimportant. As soon as service was impacted due to whichever reason, we soon found out just how important we were. If the communication network broke down, everything else shortly did afterward.

Within relationships, communication is equally important. My wife has taught me this. If positive communication is flowing bi-directionally and the messages are successfully being encoded and decoded, it's smooth sailing. Once one side of the interaction fails to decrypt the intent of the meaning of the message, it becomes a little more choppy.

Applying these lessons to our roles as Aerospace Physiologists, we can be very successful and impact many throughout the operational and training communities that we work within. Our profession seems to be one of the most broad jobs I have certainly ever come across, and there is absolutely no way to master every item that it encompasses. We must reach out to our colleagues across vast distances to stay in contact with one another and share our expertise. Whether it be writing articles for the journal or simply a phone call or e-mail to share our experiences, we can not afford to stop the flow of communication. The key to success is knowing who to call and when to call upon them. I'll strive to become a subject matter expert in some realm within our profession so that I can continue to stay in touch with the vast reaches of our community. As for now, if anyone needs an expert in sarcasm, I'm always available.

Very respectfully,

Miles Erwin



## By-Laws of the Society of U.S. Naval Aerospace Physiologists

### Article I.

#### Name

The name of this Society shall be the Society of U. S. Naval Aerospace Physiologists.

### Article II.

#### Object

1. The object of this Society shall be to advance the science, art, and practice of Aerospace Physiology and its application to Naval Aviation and the mission of the U.S. Navy; to foster professional development of its members and enhance the practice of Aerospace Physiology within the Navy; to strengthen professional and fraternal ties; and to optimize solidarity and the professional standing of U.S. Naval Aerospace Physiologists.

### Article III.

#### Membership

1. The membership of the Society will consist of those U.S. Navy Medical Service Corps officers who have been designated U.S. Naval Aerospace Physiologists, and all others who shall meet the qualifications of various types of membership as set forth in the By-laws of the Society.

2. General membership in the Society shall be open to all designated U.S. Naval Aerospace Physiologists:

- a. Who are currently on active duty with the U.S. Navy.
- b. Who have served at least 2 years of active duty with the U.S. Navy as Aerospace Physiologists, and were separated under honorable conditions, or
- c. Who are members of the U.S. Naval Reserve in a selected or inactive status.

3. Charter members shall be those members joining the Society prior to 01 July 2000.

4. Members have the right to seek and hold office in the Society; to nominate and vote for officers; to initiate and vote on constitutional amendments and changes to the By-laws; and have such other rights and privileges as are set forth in the By-laws of the Society. Members have the obligation of service to and financial support of the Society.

5. Membership shall be of the following classes:

- a. Members. Those individuals meeting the above qualifications, but not eligible for Emeritus status (as defined below) shall be considered members of the Society upon application for membership and payment of the first year's dues.
- b. Emeritus Members. Those individuals meeting all requirements of membership, and who have retired from active or reserve service by reason of age, length of service, or physical disability. Members will automatically become Emeritus members upon the effective date of such retirement. Emeritus members hold full membership rights and responsibilities.



c. Honorary Members. The Board of Governors may, by a two-thirds majority, elect to provide Honorary Member status any individual who has given noteworthy support to Naval Aerospace Physiology and its related fields. This membership is considered perpetual (lifetime) and free of dues, but does not allow the member the right to hold office or vote on Society issues.

d. Auxiliary Members. The husbands and wives of members and Emeritus members are considered auxiliary members. Membership is free of dues and remains in effect for the duration of the spouse's membership. This level of membership does not allow for the holding of office or voting on Society issues.

e. Newsletter Only: These individuals are not members but are merely subscribers to the Society journal or newsletter.

## **Article IV.** **Officers**

1. General. The officers of the Society shall consist of a President, Vice-President, Secretary/Treasurer, and a Historian, Emeritus member, and 2 Members-at-Large. Collectively, the officers shall constitute the Board of Governors. The Board of Governors shall be elected from members and Emeritus members of the Society, subject to the limitations contained in Article II. The Past President may participate in Board of Governors activities, but are not considered voting members of the Board.

a. Election shall be by written ballot mailed (or e-mailed) to the members and Emeritus Members prior to the annual membership meeting. The incumbent President is responsible for the tallying of votes and reporting the results.

b. The Presidency shall be transferred from the standing President to the Vice President during the annual meeting, and other offices shall be transferred as soon as practical following the conclusion of the annual meeting. Newly elected officers shall be responsible for the conduct of the affairs of the Society for the next succeeding year, and for the planning and conduct of the next annual membership meeting.

### 2. Officers

a. President. The Vice President shall succeed to the office of President the year following his election as Vice President. The President shall direct the activities of the Society and preside over the annual membership meeting. He/she shall appoint all committees on advice from the Board except the nominating committee, and shall be an ex-officio member of all committees, including the nominating committee. His/her term of office shall be 1 year. An individual may not serve more than 2 consecutive terms in this position. The immediate past President may be retained as a consultative (non-voting) member of the Board, at the discretion of the President.

b. Vice-President. The Vice-President shall assist the President in directing the activities of the Society. He/she shall act as President in the event of that officer's absence or temporary disability. If the President becomes permanently unable to discharge the duties of his/her office, as determined by a two-thirds majority of the Board of Governors, the Vice-President shall immediately succeed to the Office of President, serving as President for the remainder of the unexpired term of the predecessor. A President, who succeeded to the Office due to the disability of the preceding President, will discharge all powers of the Office of President. The term of Office of the Vice-President will be 1 year. An individual may not serve more than 2 consecutive terms in this office.



c. Secretary/Treasurer. The Secretary/Treasurer shall be responsible for the minutes of the annual meeting, the meetings of the Board of Governors and, all other general correspondence of the Society and the Board of Governors. The Secretary/Treasurer term will be 2 years. The Secretary/Treasurer may be re-elected to succeed in office for up to 2 terms (4 years total). The Secretary/Treasurer shall be responsible for the receipt, disbursement, and accounting of the Society's funds. A financial report for the preceding year will be prepared and presented at the annual membership meeting.

d. Historian. The Historian shall be responsible for the investigation, updating, archiving and chronological documentation of the Aerospace Physiology community history. Specific emphasis will be put on efforts and contributions provided during heightened operational readiness. The Historian term will be 1 year. The Historian may be re-elected to succeed in office for up to 2 terms (3 years total).

e. Emeritus Member. The Emeritus member shall be responsible for representing the Emeritus community in Board of Governor and Society activities. The Emeritus member will be elected for a 1-year term. There is no limit to the number of consecutive terms that the Emeritus Member may serve.

f. Member-at-Large of the Board of Governors. Two members will be elected to the Office of Member-at-Large of the Board of Governors. Term of Office for Members-at-Large is 2 years.

## **Article V.** Meetings

1. A general membership meeting shall be held annually. The President, with concurrence of a majority of the Board, may defer or postpone a meeting for just cause such as a National Emergency. A Quorum at a general membership meeting shall be 25% of the membership in good standing.

## **Article VI.** Board of Governors

1. General. The interim governing body of the society shall be a Board of Governors which shall consist of 7 voting members as described in Article III. The immediate past President and President Elect may be retained as consultative (non-voting) members, at the discretion of the President.

2. Duties and Powers. The Board of Governors shall be empowered to transact all business whatsoever in the name of the Society between general membership meetings, as provided in Article V of the Constitution, except that the Board cannot increase dues or levy assessments.

3. Meetings. The Board of Governors shall meet at least once in each calendar year. Special meetings of the Board may be called by the President, who shall function as the Chairman of the Board, or by written request of at least 4 members of the Board. All meetings shall be conducted following standard Parliamentary Procedures.

a. Four of the Board members shall constitute a quorum. Board members may appoint proxies to act and vote in their behalf, and these shall be counted in determining a quorum.

b. The President shall communicate in writing (or e-mail) with all members of the Board within 90 days of a previous meeting of the Board, and within 90 days of any previous written communication, submitting for approval any business of the Society requiring approval of the Board.



c. The President in any communication with the Board members shall forward formal motions submitted in writing by any Board member to the President for approval.

d. The letter from the President, combined with the written replies of the members, shall be considered to constitute a meeting of the Board.

e. The Chairman may request approval of specific proposals by Board members by electronic means (various internet methodologies).

f. In the event that the President is unable to function as Chairman at a Board meeting, the Vice-President, Secretary/Treasurer, or Historian shall assume the Chairmanship, in that order.

4. Reports. The Secretary/Treasurer, or in the Secretary/Treasurer's absence, any Officer appointed by the President, shall prepare minutes of all Board meetings, which shall be distributed to all members of the Board. A summary of these minutes shall be prepared by the Secretary covering the period between general membership meetings, and be read by the Secretary at the next meeting.

## **Article VII.**

### **Committees**

1. There may be standing committees or ad hoc committees.

a. The President of the Board, may establish such committees as are deemed appropriate, appoint a chairman, identify members for such committees, and establish rules and guidelines for such committees.

b. The President will be an ex-officio member of all committees.

c. The special conditions relating to the Nominating Committee membership are set forth in Article VIII.

## **Article VIII.**

### **Nominations and Elections**

1. Nominating Committee. The Nominating Committee shall consist of the President of the Society, and 2 members of the Board of Governors.

a. Membership on the Nominating Committee shall be for 1 year.

b. Members of the Nominating Committee may themselves be nominated by the Committee for election to an office within the Society; however, prior to being placed on the ballot, such a nominee must be approved by a simple majority of the Board of Governors.

2. Nomination. The Nominating Committee shall select at least 2 but no more than 3 nominees for each office to be filled at the next election (if available), taking into consideration the length of terms for current Members-at-Large of the Board, and any requirements specified in Article IV. Nominated individuals must verify their willingness to serve in office prior to finalization of the ballot. Individuals may be elected to only 1 office.

3. Procedures.

a. Prior to the next scheduled annual membership meeting, the Nominating Committee will submit to the Secretary/Treasurer the names of nominees for the various offices to be filled.

b. The Secretary/Treasurer shall ensure that the nominees are members/Emeritus members of the Society in good standing, and that the Board of Governors has approved any nominee who is also a member of the Nominating Committee.



c. The Secretary/Treasurer shall prepare a ballot listing the names of nominees, as well as space for write-in vote's equivalent to the number of officers to be elected, and shall mail such ballot to all members prior to the annual membership meeting.

4. Election. Ballots shall be returned to the Secretary/Treasurer by mail (or e-mail) or by hand prior to a time announced by the President and/or on the ballot. Prior to the announced close of voting, a member may request the return of a previously submitted ballot, so that a substitute new ballot may be submitted. Following the close of voting, the Nominating Committee shall count the ballots and certify the results to the President who shall announce them as soon as possible.

#### 5. Criteria for Election

a. The incumbent President shall vote only in the event of a tie for any office.

b. The nominee with the greatest number of votes for each office is considered the elected officer. Whenever more than 1 officer is being elected to Member-at-Large status, those receiving the highest number of votes will be considered elected in sequence to the number of vacating offices.

### Article IX.

#### Dues

1. Annual membership dues, for all dues-paying classification of members, is **\$20.00**. Lifetime membership is \$200.00 for Members, and \$100.00 for Emeritus Members. Dues, once paid, are non-refundable. Back dues to cover periods of non-membership shall not be required.

2. Changes to dues, and special assessments, may be levied and be effective immediately by simple majority vote of all members casting a mail ballot or a majority of voting members voting at the annual meeting where a quorum is present.

3. Annual dues are due by the close of the annual business meeting. Members who fall more than 1 year in arrears in dues will be suspended from the Society.

### Article X.

#### Finances

1. Funds shall consist of annual dues and assessments as determined by the Society, other fees received by the Society, and such income as may be derived from interest, donations, and other sources.

2. The fiscal year shall begin on the first day of the calendar year.

### Article XI.

#### Conduct of Meetings

1. In all matters not covered by these By-laws, the provisions of *Robert's Rules of Order* shall apply.

### Article XII.

#### Amendments

1. Proposed amendments to the By-laws require the endorsement of 10 or more members, or two-thirds majority of the Board of Governors.

2. All proposed amendments then will be submitted to the general membership of the Society for ratification. Ordinarily, the business of ratification will take place at the annual meeting; however, a mail (or e-mail) vote may be taken on urgent issues, with the approval of a majority of the Board of Governors.



## SUSNAP Happenings at the Annual AsMA Meeting

### CDR Rich "IVAN" Folga and LCDR Heath "RED DOG" Clifford

Head, Acceleration and Sensory Sciences, NAMRU-D and AMSO, MAWTS-1

The Aerospace Medical Association (AsMA) Annual meeting was held this year in the heart of downtown Atlanta, GA. For those not familiar with the AsMA or its constituent, Aerospace Physiology Society (AsPS), they are multi-national organizations whose membership includes both military and civilian pilots, researchers, physicians, physiologists, students and industry professionals representing a variety of related aeromedical disciplines. The annual AsMA meeting provides an excellent opportunity for professional development and networking, as well as the possibility for involvement in a variety of committees and working groups. In fact, Naval Aerospace Physiologists (specifically, SUSNAP members) continue to be very active in both AsMA and the AsPS well beyond their active duty years. This article addresses some of the roles our community plays in these organizations, and provides some highlights from the annual scientific meeting.

For those not familiar with the AsPS, the Society promotes the following objectives:

- a. To encourage, promote, and advance the science and practice of aerospace physiology by:
  1. Establishing and maintaining cooperation between aerospace physiology and other scientific disciplines;
  2. Stimulating and accomplishing physiological investigation, studying and disseminating pertinent knowledge and information through teaching and participation in scientific and technical meetings.
- b. To increase the professional stature of Aerospace Physiologists and associated disciplines within the Aerospace Medical Association (AsMA).
- c. To provide a single unified voice within the AsMA to present the views of the AsPS.

Note: you must be a member in good standing of AsMA in order to join AsPS. Go to <http://www.asma.org/> for membership information and to link to <http://aspsociety.org/> for more information. Our new web AsPS POC is LT Bill 'Chewie' Baca.

#### The Week in Review

The Certification Board crew is among the first to arrive at the meeting as the exam is held Sunday morning before the rest of the event. This year four folks sat for the Board Certification exam, three of whom were Naval Aerospace Physiologists. We will come back to the Board Certification topic shortly.

The first general gathering for Navy folks is the Navy Luncheon reliably held every Monday at the beginning of the meeting week. Each year, one of the Aerospace Medicine societies (Society of US Naval Flight Surgeons, US Naval Aerospace Optometrists, US Naval Aerospace Experimental Psychologists Society and SUSNAP) alternates as the host for this luncheon. The guest speaker this year was RDML Mike Mittleman, MSC, Deputy BUMED and Deputy Surgeon General. His presentation showcased the operational aspects of Navy Medicine.

Each year, the AsPS members gather at the AsMA meeting to further the objectives of the society, to recognize outstanding peers, and to engage in fellowship and yes, to have a little fun. It is a very busy week for those who attend. In addition to attending the more scientific sessions, other activities include the annual AsPS Board of Governors planning meeting, the general membership meeting, the Board Certification in Aerospace Physiology Exam, awards presentation at the luncheon and, always anticipated, the evening social. As previously mentioned, these gatherings are excellent opportunities to grow professionally, network, maintain friendships and develop new ones that will last beyond your career.

The AsPS sponsors an annual Training and Education Day Panel, the purpose of which is to provide information, discussion and education on a current topic in aerospace physiology. Co-chaired by CDR Folga, this year's panel focused on human factors in aircraft and systems design. The multi-service panel of experts provided information on current issues, research and relevant history. Over 130 people attended this very informative session.



One of the more rewarding programs sponsored by the AsPS is the Partnership in Education Award. The Partner in Education Award is awarded to a teacher in a school district of the host city for the current year's AsMA Annual Scientific Meeting. Nominations are solicited from the local school districts and the winner is selected by the Partnership in Education Award Committee. The winner is recognized as an individual who has brought a unique approach to teaching science in the classroom and has inspired his or her students to an interest in science. Each year a small group of AsPS members visit the award winner's classroom to engage with students and encouragement achievement in science education. Austin 'Zoolander' Latour was one of our representatives this year. Next year our very own Amanda 'Vixen' Fox will be the Partnership co-chair.

The AsMA offers an opportunity for Board Certification in Aerospace Physiology. The Board Certification process requires applicants to demonstrate their knowledge and understanding of basic and applied physiology and represents a significant career milestone. This year LCDR Kim Maryman, LCDR Austin Latour and LCDR Corey Littel were recognized at the annual AsPS luncheon for achieving Board Certification status. After ratification of their nominations for certification by the AsMA Council, they are able to add CASP to their titles. The details for Board Certification are published annually in the AsMA 'Blue Journal' Aviation Space and Environmental Medicine and in the SUSNAP journal. Heath 'Red Dog' Clifford is currently the Certification Committee Admissions Chairman and a brand new AsMA Associate Fellow. Both LCDR Maryman and LCDR Littel were added to next year's Board Certification Committee where they will continue the long standing tradition of volunteerism required to make these programs work. Congratulations to all!

Three society awards are presented to outstanding AsPS members at the annual luncheon. These awards highlight excellence in research, operational support and career contributions. CDR Mike Kavanaugh was the chair for the awards committee this year. This year the winners were all USAF Aerospace Physiologists and well deserving of their recognition. You've got to be in it to win it, so get those properly formatted, on time and eligible nominee submissions in for next year. Go to the Society web page for exact details on each award and submission instructions.

Our community can boast of a long heritage of service and participation in both AsMA and AsPS. Naval Aerospace Physiologists holding 2011-2012 positions within the AsPS included:

**Past Presidents:**

CDR (ret) Wheaton  
CDR (ret) Joe Essex

**Board of Governors:**

CDR Folga (Member at Large)  
LCDR (ret) Swan (Member at Large)

**Awards Committee:**

CDR Mike Kavanaugh (chair)  
CAPT (ret) Donna Murdoch

**Nominations Committee:**

CDR (ret) Tom Wheaton (Chair and AsMA Rep)

**Board Certification Committee:**

LCDR (ret) Brian Swan  
LCDR Heath Clifford  
CDR Amber Biles  
CDR Sean Lando  
CDR Tony Artino

**Education and Training Day:**

CDR Folga (co-chair)  
CDR (ret) Fred Patterson (presenter)

**AsMA Council Representative:**

CAPT (ret) Musache

If you are already a member of AsMA, then AsPS membership is only an additional \$15 annually. There are many paths of involvement in the AsPS, including numerous committee positions both within AsPS and also representing to and within AsMA, and all are career enhancing. Your membership also ensures your eligibility for several established society awards for excellence recognizing you as an aeromedical professional. . With all of these opportunities awaiting your membership in both AsMA and AsPS provide, you need only to take the next step and join. If you are not currently a member, talk to anyone listed above or visit the Association and Societies' websites for more information.

<http://www.asma.org/>    <http://aspsociety.org/>



## Life After Aerospace Physiology

**CDR(r) Tom “KILLER” Wheaton**

Eagle Applied Sciences, LLC.



You are a Naval Aerospace Physiologist. First and foremost, you are an Officer of the United States Navy. The leadership, team building skills and experience acquired on your path prepared you to serve beyond our Navy, in your community or a future profession. This generation of trained, experienced military professionals who have fought and won two wars will, like The Greatest Generation, bring that experience home to build and reinvent the world's greatest nation.

You are also a practitioner of Aerospace Physiology. Aerospace Physiologists master and apply a specialized body of scientific knowledge relating to human performance in extreme environments. When you leave the Navy you remain an Aerospace Physiologist, and the avenues to continued practice are many; in education, research or business, like the blossoming commercial space ventures. Aerospace Physiologists will be in the vanguard of adventurers and explorers who take humanity to the future.

The Navy has a finite shelf life for us mortals, and the transition to life after physiology is not automatic. Prepare for the inevitable day you are piped over the side.

Credentials are important. Lifetime education is one of the most valuable lessons to take from the Navy. Never stop learning. Seek higher degrees and attend schools. Take resident courses or specialty training programs. Acquire certifications in your scientific areas of interest, be they Board Certification in Aerospace Physiology, or those offered by other medical and scientific professional groups.

The most important thing you build in a professional life, inside and outside the Navy, is a strong network. The network fills the gaps in your professional knowledge. It is where you leave your professional calling card. Networking cultivates mentoring opportunities for you as a mentor and student. Networks open doors you never knew existed. Best of all, networks enrich you personally and professionally. The camaraderie alone is worth it.

Professional organizations, like the Aerospace Medicine Association, The Aerospace Physiology Society, SAFE and SUSNAP manifest a ready-made, world class professional network; a living library of experts upon whom you can depend. Be not just a joiner. Be a full participant.

When I retired I took most of the first year off. I performed periodic contract consultant work for a retired Air Force Officer I met through SAFE. It kept me engaged and allowed me to practice as a life support systems specialist. Serendipitously, my network found me. A Naval Aerospace Physiologist I knew from active duty, Dr. Guy Banta, invited me to join Eagle Applied Science. I wasn't seeking a full time job, but Eagle's noble medical and scientific work piqued my interest and motivated me to join the team. It was the right decision, and my post-retirement experience with Eagle has proven quite rewarding.

There is life after Aerospace Physiology, and it is very good. In fact, many are the ways to practice Aerospace Physiology after your Navy career. You have skills and talents in high demand, and that package affords you the luxury to follow your heart, your interests and to serve the well-being of others.

\*\*\*\*\*

*Tom “Killer” Wheaton retired as an active duty Naval Aerospace Physiologist in 2010. He is Board Certified in Aerospace Physiology and served as the President of the Aerospace Physiology Society and the Chairman of the Certification Board in Aerospace Physiology. He currently manages medical and scientific research programs and performs business development for Eagle Applied Sciences, LLC. of San Antonio, TX.*



**Society of United States Naval Aerospace Physiologists**

## Full Morale Stature

CDR Leslie “WOOD” Kindling

AMSO, HQMC

### What does it mean to be a leader?

At a Marine Corps Birthday Ball a number of years ago, I learned the story of Lieutenant Colonel Leftwich. Colonel Leftwich was a Navy Cross recipient in Vietnam. He was killed on a subsequent deployment to Vietnam while leading a nighttime helicopter extraction of one of his recon teams. A USMC leadership award now bears his name. Colonel Leftwich is said to have kept a note on his mirror with the following sayings:

Leadership is not a gift at birth; it is an award for growing to full moral stature. It is the only award that a person must earn every day. The prize is the respect of others, earned by the disciplines that generate self respect.

As a serviceman, I can do my duty, Robert E. Lee's most divine word, and do it cheerfully with common sense, seasoning and a serene spirit.

Leaders should regularly challenge themselves as to whether or not they are on the correct path towards “full moral stature”. This thought should go through a leader's mind regularly, such as when deciding whether or not to have another beer at the O Club before heading home, or when deciding whether or not to sign off on a teach back that met the objectives but not the intent of all objectives. Not everyone has the same passion for the Navy or a feeling of altruism to keep him or her on track to full moral stature. Another motivation often comes into play.

Fear is that other motivation. Examples of fear that may drive decisions and actions follow: fear of getting a DUI, fear of providing poor training that could contribute to a mishap, fear of damaging the reputation of a mentor by not living up to his or her example, fear of letting Sailors down in any way, fear of weakening the Navy by not accurately documenting performance, fear of hurting our community reputation by sending new interns to the Fleet when they are not yet ready...

Living up to full moral stature is much more than just following rules and regulations. The leader must self assess continually and make proper adjustments. The leader must assess subordinates and help them make proper adjustments. When adjustments cannot be made, it is our duty and charge as leaders to make tough decisions and act accordingly. We have the tough task of looking in the eyes of our subordinates and telling the cold, hard truth: “*You are not ready to teach to refresher aircrew.*”, “*You are not ready for promotion.*”, “*You are not recommended for internship completion.*”, “*You are not recommended for retention.*”...

It is every leader's duty to grow to full moral stature; respect, “the prize,” is thus earned and a positive reputation for adhering to or exceeding standards is built. It is also a leader's duty to put their subordinates on the path to full moral stature. In such a small community as ours, one person's professional reputation and leadership ability reflect on the whole community. As leaders, we all need to take special care in protecting the tremendous service reputation we have been afforded by those who came before us, by working diligently every day to grow to full moral stature.

Have you been doing your duty?

-Wood



## Intern Biographies

### LT Matt Shipman

Intern, ASTC Jacksonville

LT Shipman is a Naval Aerospace and Operational Physiologist currently assigned as an intern at ASTC Jacksonville. He was commissioned into the Medical Service Corps in 2011, and completed SNAOP in 2012. LT Shipman received a Bachelor of Arts in Biology from Linfield College in 1997, and a Ph.D. in Biochemistry from Montana State University in 2010. Following graduate school, he conducted postdoctoral research in metabolic engineering at Montana State University. LT Shipman has also spent several years in industry in quality control/quality engineering in the high tech sector, and as an analytical chemist for an environmental testing company.



### LT Maile Richert

Intern, ASTC Cherry Point



LT Maile L. Richert is a Naval Aerospace Operational Physiologist currently assigned to the Aviation Survival Training Center, MCAS Cherry Point, NC. LT Richert received a Bachelor of Science in Mechanical Engineering from Colorado State University in 2002, and a Doctorate in Physiology and Biomedical Engineering from the Mayo Clinic in 2009. LT Richert was commissioned into the Navy Medical Service Corps in 2011 and received her wings as a Naval Aerospace Physiologist in 2012. She is a member of the Society of U.S. Naval Aerospace Physiologists and of the American Physiological Society.

### LTJG Nathan Noakes

Intern, ASTC Patuxent River

LTJG Nathan D. Noakes is originally from Wisconsin. He was an enlisted Marine from 1991-1995. He then went on to college, earning a BS degree in Kinesiology from University of Wisconsin-Milwaukee and finally a Doctorate of Chiropractic in 2005 from Palmer College of Chiropractic in Davenport, IA. He then owned a chiropractic clinic and practiced in Las Vegas, NV until late 2010. In December 2010 he was accepted as a direct accession into the Aerospace Physiology program, and after graduating ODS and the NAMI SNAOP program, he received his wings on February 17, 2012. He is presently an intern at ASTC Patuxent River, MD.



## Intern Biographies

### LTJG Eric Anderson

Intern, ASTC Whidbey Island

LTJG Anderson was raised in Salt Lake City, Utah. LTJG Eric Anderson started his military career in January of 2001 as a Vehicle Operator in the Air Force. He deployed to Diego Garcia from September 2004 to March 2005 and to Manas AB, Kyrgyzstan from June 2006 to March 2007. In 2009 then TSgt Anderson was selected as NCO of the year for Air Force Material Command. He received his Bachelor of Science and Master of Science from Utah State University in 2003 and 2010 respectively. In March 2011 LTJG Anderson was selected for a direct commission into the United States Navy as an Aerospace Physiologist and was subsequently released from his commitment to the Air Force. LTJG Anderson is a civilian pilot and flight instructor with over 1700 total flight hours. LTJG Anderson is married and has a one year old daughter.



### ENS Hadley Sulpizio

Intern, ASTC Lemoore

ENS Hadley Sulpizio graduated from the US Naval Academy with a Bachelor's of Science in Chemistry in 2010. In 2011 she redesignated as an Aerospace and Operational Physiologist. ENS Sulpizio was raised in West Sacramento, CA. Her hobbies include working on cars, reading, cursing while listening to political commentary, and long walks on the beach with a solid glass of good scotch. She is currently an Intern at ASTC Lemoore.



## Advancements



### O-6 Selections

Matt Hebert  
Mike Prevost  
Lee Anne Vitatoe



### O-5 Promotions

Dave Buzzetti

### O-5 Selections

Jeff Repass



### O-4 Promotions

Heath Clifford  
Austin Latour  
Kim Maryman



### O-2 Promotions

Chris Murr

### O-4 Selections

Tim Welsh

## Board Certifications

LCDR Austin Latour  
LCDR Corey Little  
LCDR Kim Maryman

## SNAOP Graduates

LTJG Juliette Lyke

ASTC Miramar



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