



Photo by Clark Pierce

While the P-8A Poseidon T-5 was at NAS Jax Feb. 3-10, VP-30 personnel were tested and qualified as move directors, brake riders, chock walkers, tractor drivers, safety observers and in other specialized areas.



Photo by Clark Pierce

More than 75 ERB-affected Sailors and a handful of family members assembled in the VP-30 Auditorium Feb. 9 for the all-hands, post-ERB brief presented by (right) Capt. Steve Holmes, director, Military Community Management at Navy Personnel Command.

Post-ERB brief focuses on transition assistance

By Clark Pierce
Editor

The Post-ERB Fleet Engagement Team from Navy Personnel Command presented a full day of transition assistance briefs Feb. 9 aboard NAS Jacksonville to Sailors not selected for retention by the FY 12 Enlisted Retention Board (ERB). Sailors no longer eligible for advancement must separate no later than Sept. 1.

"Because ERB is a unique action for the Navy, the Bureau of Naval Personnel (BUPERS) placed a priority on interfacing with the fleet to publicize the latest policies, as well as bring questions about those policies back to BUPERS," said Capt. Steve Holmes, director of Military Community Management.

In his opening brief to more than 75 Sailors and some of their family members, Holmes explained, "Our visit at NAS Jacksonville is to complement your ongoing transition efforts. The more we increase your understanding of the post-board processes - the better prepared you'll be for a successful transition."

"With all due respect to the emotions involved with ERB, we've set the stage well enough so that Sailors understand that it's time to focus on moving forward. Most of our audiences are very receptive to the information on transitional benefits. We've also had some very informative sessions with spouses because, obviously, they're as emotionally vested as their service member. One area of concern is protecting medical benefits, which for the long-term may include affiliating with the Select Reserve," said Holmes.

Most audience members raised their hands when asked if they were taking advantage of the Fleet and Family Support Center TAP (Transition Assistance Program) workshops.

Also in attendance were two representatives from the outplacement firm of Challenger, Gray and Christmas Inc., which has contracted with the Navy to provide personalized career coaching and job search assistance.

NCCM Mary Burroughs of U.S. Fleet Forces Command said, "As the lead Navy career counselor for my command, I like the content of this brief. One of our Sailors' big concerns are their spouse and their house - and how transition benefits can help point them to a more secure future. As long as ERB-affected Sailors are proactive and engaged in utilizing their transition benefits, such as TAP and outplacement services, I believe they'll be well positioned to realize their next career move after separation."

AEI Melvin Young of HS-11 attended the brief with his wife, Mary Beth. They learned he would not be retained last November. "I'm still unhappy about our situation. Today, I'd like to hear a better explanation of how the board determined eligibility and evaluated sustained superior performance. As for post-separation plans, we'll be moving to Tennessee, where I plan to use my G.I. Bill to finish my degree. I'm also one of the fortunate few who qualify for the Temporary Early Retirement Authority (TERA) for Sailors who have completed at least 15 years of service."

TERA is a temporary, voluntary program that offers voluntary early retirement at a reduced monthly stipend to eligible members with 15 to 20 years of active service.

AT2 Sakima Haynes, of Southeast Regional Calibration Center, had more than 14 years in when notified of his ERB status. "Like most everybody, I felt that I was unfairly designated by the board - but that's water under the bridge now. Since then, I qualified for TERA, completed my TAP workshops and am getting ready to move to Atlanta, where I'll attend Oglethorpe University."

For more ERB information, contact the NPC Customer Support Center at 1-866-827-5672 or csc-mailbox@navy.mil.

Training up on Poseidon

By Clark Pierce
Editor

Maintainers and weapon specialists at VP-30 aboard NAS Jacksonville recently achieved certification standards essential for the safe and effective operation of the new P-8A maritime patrol and reconnaissance aircraft.

It was all part of Naval Aviation Maintenance Program that helps standardize operations of naval aviation commands.

The training focused on the organizational level (O-level) maintenance that is performed by a squadron on a day-by-day basis in support of its operations.

The O-level mission is to maintain assigned aircraft and aeronautical equipment in a full mission-capable

status. O-level functions include servicing, inspections, handling, on-equipment corrective and preventive maintenance, record keeping and reports preparation.

The P-8A test aircraft, designated T-5, was on loan Feb. 3-10 from VX-1 at NAS Patuxent River, Md.

ATCS David Wood, of VP-30 maintenance control, said that qualifications ranged from plane captain, move director, brake rider and wing walker to properly performing both daily and turnaround inspections. The VP-30 ordnance division also achieved its conventional weapons technical proficiency inspection certification.

"There were a lot of lessons-learned this week on how to service and support this highly capable new aircraft," said Wood.

"Our next goal is setting up programs for our 'safe for flight' inspection in March that requires specific qualifications from the maintenance department in order to safely operate the aircraft."

By that time, the squadron expects to receive the first of its low-rate initial production (LRIP) P-8A aircraft from Boeing. The next seven LRIP aircraft will support VP-30 in its mission of delivering qualified Poseidon aircrew and maintainers to the fleet in 2013.

The Navy plans to purchase 117 Boeing 737-based P-8A anti-submarine warfare, anti-surface warfare, intelligence, surveillance and reconnaissance aircraft to replace its aging P-3 Orion fleet.

See more photos, Page 8

'War Eagles' fly with Singapore partners

By Lt. j.g. Michael Glynn
VP-16 Public Affairs Officer

Sailors from the VP-16 "War Eagles" visited the Republic of Singapore to build goodwill and conduct a training exercise. The detachment ran from Jan. 29 through Feb. 2 and included multiple training flights in cooperation with the Singapore Armed Forces.

"The chance to work with our partners in Singapore is a great opportunity," said VP-16 Detachment Officer in Charge Lt. Cmdr. Trey Walden. "Strengthening our ties and increasing security in the area is beneficial to all."

Aircrew from VP-16 completed several training flights during the exercise to increase maritime domain awareness in the waters near Singapore. The surveillance capabilities of P-3C Orion maritime patrol aircraft make them ideal platforms to guard large areas of the ocean and keep commercial shipping safe.

The War Eagles also teamed with submariners from the Republic of Singapore Navy for a familiarization flight. Several submarine officers attended a capabilities brief and went flying with VP-16 to get an aerial view of an anti-submarine mission. The familiarization flight was a good chance for naval professionals with different backgrounds to learn about the other's community.

"I really enjoyed the chance to



Photos by MC2 Giuliana Mandi

Lt. Cmdr. Trey Walden, of the VP-16 "War Eagles," exchanges gifts with submariners from the Republic of Singapore Navy on Feb. 2. Personnel from the Singaporean Navy accompanied a VP-16 crew during an anti-submarine training flight. VP-16 is currently deployed to Kadena Air Base in Okinawa, Japan.

visit Singapore," said Lt. Jeff Eller. "It was very exciting to take several Singaporean submarine officers flying with us. The perspective that both sides brought to the table was very interesting"

U.S. Navy maritime patrol aircraft have teamed with the Singapore Armed Forces before. Last year, patrol aircraft from the Republic of Singapore Air Force completed a historic deployment to Djibouti, in the Horn of Africa, to conduct anti-piracy and maritime security operations. Singaporean crews worked closely with Navy P-3C Orions to patrol the pirate-infested waters off the coast of Somalia.

Singapore is one of the largest ports in the world, and the strategic position of the island nation at the mouth of the Malacca Strait makes maritime security a prime concern. Piracy remains a problem in the Malacca Strait and nearby waters. With over 50,000 vessels and millions of barrels of oil passing through the strait each year, the importance of safe sea-lanes cannot be overstated.

VP-16 is currently deployed to Kadena Air Base in Okinawa, Japan. The squadron conducts security, surveillance, and reconnaissance missions in support of Commander, U.S. Seventh Fleet and is home based at NAS Jacksonville.

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Shaping Up
Command Fitness Leader Class
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Pedal Party
Spin-Tastic Path To Fitness
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U.S. Navy photos

The F/A-18 Hornet is a twin engine, multi-mission tactical aircraft. The F/A-18A and C are single-seat aircraft. The F/A-18B and D are dual, tandem-seaters. The B model is used primarily for training, while the D model is used for attack, tactical air control, forward air control and reconnaissance squadrons. The latest models, the E and F "Super Hornets," were rolled out at McDonnell Douglas in September of 1995. The E is a single-seater and the F is a two-seater. Compared to the original A through D models, Super Hornet has longer range and increased survivability/lethality.



The Lockheed S-3A Viking carrier-based ASW aircraft first entered service in 1974 at NAS North Island, Calif. Fleet replacement squadron VS-41 accepted the aircraft that incorporated the latest sensors, computer-based data processing, display and weapons control systems. The S-3B version incorporated new technology for increased radar detection range and classification, advanced acoustic processing and Harpoon missile capability. The S-3 replaced the propeller-driven S-2 Tracker that was the Navy's primary carrier-based submarine hunter for more than 20 years. The S-3 was retired in 2009 after 35 years of service.

This Week in Navy History

From Staff

Feb. 13

1854 - Adm. Perry anchors off Yokosuka, Japan to receive Emperor's reply to treaty proposal.

1913 - Naval Radio Station, Arlington, Va. begins operations.

1945 - First Navy units to enter Manila Bay since 1942.

1968 - Operation Coronado XI begins in Mekong Delta.

Feb. 14

1778 - John Paul Jones in USS Ranger receives first official salute to U.S. Stars and Strips flag by European country, at Quiberon, France.

1813 - USS Essex becomes first U.S. warship to round

Cape Horn and enter the Pacific Ocean.

1814 - USS Constitution captures British Lovely Ann and Pictou.

1840 - Officers from USS Vincennes make first landing in Antarctica on floating ice.

Feb. 15

1856 - USS Supply, commanded by Lt. David Dixon Porter, sails from Smyrna, Syria, bound for Indianola, Texas, with a load of 21 camels intended for experimental use in the American desert west of the Rockies.

1898 - Battleship USS Maine explodes in Havana Harbor.

Feb. 16

1804 - Lt. Stephen Decatur, with volunteers from frigate

USS Constitution and schooner USS Enterprise, enters Tripoli harbor by night in the ketch USS Intrepid to burn the captured frigate USS Philadelphia. Decatur's raid succeeds without American losses. England's Lord Nelson calls this "the most daring act of the age."

1815 - USS Constitution captures HMS Susannah.

1967 - Operation River Raider begins in Mekong Delta.

Feb. 17

1864 - Confederate submarine H.L. Hunley sinks USS Housatonic in Charleston harbor.

1942 - First Navy Construction Battalion (Seabees) arrives Bora Bora.

1944 - Carrier aircraft strike

Japanese fleet at Truk, sinks ships and destroys aircraft.

Feb. 18

1846 - General order on Port and Starboard - because "Larboard" and "Starboard" sound confusingly similar, the word "Port" was substituted for "Larboard."

1944 - Amphibious force under Rear Adm. Hill lands troops on Engebi Island, Eniwetok.

1955 - First of 14 detonations, Operation Teapot nuclear test.

Feb. 19

1814 - USS Constitution captures British brig Catherine.

1945 - Marines with naval gunfire support land on Iwo Jima; island secured March 16.

1981 - Fleet Replacement

Squadron VFA-125 is the first squadron to receive the new F/A-18 Hornet strike fighter for training fleet operators.

Feb. 20

1815 - USS Constitution, under Capt. Charles Stewart, captures HMS Cyane and sloop-of-war Levant.

1962 - USMC Lt. Col. John Glenn becomes first American to orbit Earth. His flight in Friendship 7 (Mercury 6) consisted of 3 orbits in 88 minutes at a velocity of 17,544 mph. Recovery was by USS Noa (DD-841).

1974 - First Lockheed S-3A Viking ASW carrier jet is assigned to VS-41 "Shamrocks."

Dinner with the Smileys: Learning about cancer

By Sarah Smiley
Special Contributor

From The Homefront

So far, Dinner with the Smileys has been about us and what we are going through while Dustin is away on deployment. My boys have met interesting people who have given them unforgettable experiences and thoughtful gifts. My boys are forever changed because of it.

After the mayor's surprise limo and trip to get ice cream, Ford wanted to know why everyone is being so nice to us. I explained to him that it feels good to do things for others and that "treating" the boys is for our guests a treat in itself.

Ford decided it would be nice to do the same thing for someone else.

For our fifth Dinner with the Smileys, I asked my friend Jenifer Lloyd to show the boys what philanthropy is all about. Jenifer is a seven-year breast cancer survivor. She works for Champion the Cure Challenge. She knows a thing or two about giving back all that has been given to you.

Jenifer planned to take Ford, Owen and Lindell to the pediatric floor of our local hospital, where they could meet children who have cancer and other life-threatening illnesses.

A trip like this, of course, requires some planning . . . and lots of warning.

In the days leading up to our dinner, I talked to the boys about what they might see and how they should behave. I told them they might have questions, and if they did, either Jenifer or the nurses could help them understand.

The boys were attentive and curious. They also were a little nervous. We decided to buy small gifts for the patients. Doing so helped the boys put themselves in the other children's shoes: What would I want if I was in the hospital? Older kids, Ford decided, would want crossword puzzles. Younger kids, Lindell said, would want coloring books.

I reminded the boys that our dinner guests had done the same thoughtful planning and questioning before they came to our house.

We met Jenifer in the lobby and rode the elevator to the eighth floor. When the doors parted, the boys saw a lighthouse and a mural of fish on the walls. This was not the "hospital" they had imagined.

They hadn't seen anything yet.

Inside the double swinging doors and down the hallway past the patient rooms was an atrium filled with toys, a foosball table, books, sofas and tables

with umbrellas bathed in natural sunlight from the glass ceiling.

The boys were confused. Their faces said, So when do we get to the hospital? And in truth, I'm not sure Lindell, who is only 5, ever really understood that we were inside a hospital. Hospitals have come a long way from the time when a child's only comfort was an old television that played reruns of shows like Wheel of Fortune.

Amid such a child-friendly environment, my boys eased back into kid mode. Lindell rode on the stuffed dinosaur. Ford and Owen checked out the foosball table. There was laughter and noise.

Then a boy shuffled past in a hospital gown. He was close in age to my older boys and like them in almost all respects. Except he was carrying a bag for his catheter.

Now the boys remembered.

They made crafts with the boy in the family resource room. Then he offered to help them pass out gifts to the other patients, some of whom we could not meet because of the nature of their illnesses.

After the hospital, it was time to have a meal with our dinner guest. Jenifer

asked if she could share her cancer story with the boys.

I wasn't sure how much the boys would understand. Do they even know what breasts are? But when Jenifer showed them pictures of herself being wheeled into surgery, they "got it." The table was quiet for a couple minutes while Jenifer fiddled with her smartphone. She pulled up another picture, this one of her bald head and her naturally bald husband wearing a wig meant for her. The boys looked at me as if for permission to laugh. But Jenifer beat them to it. When she laughed, they did, too.

It's hard to know how much the boys absorbed from the day, but they've been unusually quiet ever since. Did I show them too much? Did any of it make sense? I'll probably never know.

Yet, as we left the cafe that night, Jenifer gave each of the boys a gift. It was a stuffed bear. Now, my older boys are past the age of stuffed animals, so I worried they might make a face. I held my breath.

Then Owen read the card tied to the bear's neck. All the proceeds from the stuffed animal go to Cancer Care of Maine. No one said a word. They stared at their bears. And my heart was glad because although everyone got a gift, I saw what my boys had come to know: It wasn't about them.

Hey, MoneyChic!

Dear MoneyChic!

What are some loans that I should avoid? I am working on getting my finances straight now but just wondering which ones are dangerous for my credit?

MoneyChic: Previously we discussed titles loans and now we are going to move on to discuss pawnshop loans. A typical pawnshop loan lasts anywhere from one to four months according to Leah Gliniewicz of bankrate.com. They are secured by a piece of property and interest rates vary by state but can be anywhere from 2 to 25 percent per month. Almost every state requires a grace period and the

property is sold if the interest or loan period isn't paid on time. According to Bob Benedict, executive director of the Dallas-based National Pawnbrokers Association. "Pawn loans are designed as small, short-term, quick-fix, quick-emergency cash, quick-help personal loans that the banking industry is not willing to serve because of the small amounts involved and the cost with servicing such a loan customer." He also states that, nationwide, the average loan is for \$75 to \$85, and on average, 80 percent of borrowers eventually get their items back. However it isn't a wise financial decision to pay sure high interest for such a small amount of

money.

If you are an active duty Sailor or Marine who has no outstanding NMCRS loans and is in good standing with the Society you qualify for a Quick Assist Loan (QAL). A QAL are loans up to \$300 that are designed to help with emergency needs for basic living expenses such as housing, utilities, food and clothing; medical or dental expenses; vehicle or transportation expenses, or to assist during family emergencies. Like the Society's other loans, QALs are interest-free.

Next week, I will be discussing the final loan which is high home equity loans. Stay tuned!

DoD decal renewal

By Staff

For those wishing to renew Department of Defense decals online, please go to: www.pid.cnic.navy.mil.

You must ensure that you have your vehicle license number, driver's license number and all insurance information prior to starting the process. Please follow up with the base security office by calling 542-4529/30.



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Scorby signs 'Military Saves' proclamation

By Michael Maddox
Region Southeast Public Affairs

Rear Adm. Jack Scorby Jr., commander, Navy Region Southeast, signed a proclamation declaring his support of "Military Saves" campaign Feb. 9.

Military Saves is a national campaign Feb. 19-26 to persuade, motivate and encourage Sailors and families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

Scorby addressed team members of the Fleet Readiness Division before signing the declaration sharing how important he thinks financial readiness is to the career of Sailors and civilians.

"I am so supportive of these kinds of programs. I'm an economics major with a background in finance, so from what I've seen throughout my career, there's nothing worse than seeing our young Sailors and civilians get into trouble financially," he said.

"Anything we can do to promote saving is extraordinarily important, especially in the U.S. today where we have a negative savings rate. It changes a little bit each year, but historically we've had a one or two percent savings to negative which means people are spending more than their savings."

"Supporting things which we have in place like savings bonds or Thrift Savings Plans, which I'm a huge supporter of, and using good practices like getting financial counseling, I think is really, really important," added Scorby.

Rufus Bundrige, a personal financial manager and financial educator at NAS Jacksonville's Fleet and Family Support Center, agreed that being financially stable is key to success at work and at home.

"The objective is to increase wealth and decrease debt," said Bundrige. "No matter how you do it, just do the right thing to try to eliminate debt and have some sort of retirement or financial plan for the future. Financial readiness can alleviate much of the stress on the homefront.

"It allows you to do your job without worrying about the financial end of paying your creditors on time or with living paycheck to paycheck," added Bundrige.

"You know that when you deploy your family members are securely taken care of in a financial aspect. It can eliminate those things that add pressures on you."

Since the Military Saves program began in 2007, more than 99,000 people have enrolled and more than 200 defense credit unions and military banks now participate in a wide variety of activities to promote personal financial readiness each year.

DoD active duty, National Guard and Reserve, Coast Guard, as well as civilians, retirees, veterans, defense contractors, and family members of all ages are eligible to sign up for the campaign.

To learn more about Military Saves, go to www.militarysaves.org.



Photo by Michael Maddox

Rear Adm. Jack Scorby Jr., commander, Navy Region Southeast, signs a proclamation declaring his support of Military Saves campaign as team members from the Fleet Readiness Division look on Feb. 9. Military Saves is a national campaign to persuade, motivate and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.



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AWRC James Pyle of HSM-70 (left) works on his push-ups while AWRC Gary Bryant of Navy Recruiting District Jax conducts dips at one of the circuit stations.



NAS Jax Fitness Director Tanya Henigman talks about what the Command Fitness Leader Course will cover during the first classroom session on Feb. 6 at The Zone.



NAS Jax Fitness Director Tanya Henigman (right) shows AO1 Robin Anton of VR-62 how to properly conduct an exercise routine using strengthening bands during the Command Fitness Leader Course at the base gym on Feb. 7.

Command fitness leaders train at NAS Jacksonville

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Command fitness leaders (CFLs) from Navy Region Southeast bases spent the week of Feb. 6-10 at NAS Jacksonville participating in a five-day, 40-hour CFL class to become certified to run their command physical readiness programs.

"CFLs play an integral part in the overall fitness and readiness of Sailors. This course provides the skills, education and motivation CFLs need to lead a successful PT program to help Sailors stay healthy, stay fit and stay Navy. Each command is required to have one certified CFL and one assistant CFL (ACFL) for every 25 military personnel. These CFLs are trained to conduct a



EM2(SW) Tho Nguyen of Navy Operational Support Center Alameda, Calif. works on his obliques at one of the circuit stations in the Fitness Source.

safe and constructive PRT program to keep Sailors mission ready," said NAS Jax Fitness Director Tanya Henigman.

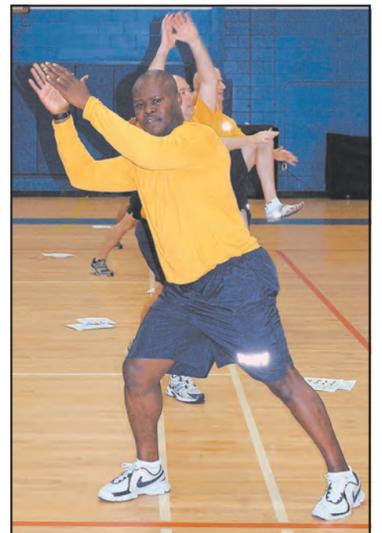
"CFLs are instructed about safety guidelines, injury prevention, exer-



HM2 Kyle Coven of Naval Hospital Jax works his chest, back and arms during the circuit training.

cise physiology, nutrition, clothing guidelines and how to design a fitness program whether it's cardio, circuit, strength training, muscle endurance or a combination of these."

After participating in a PRT test the first morning, the participants head-



DC1(SW) Charles Edemuzor of Southeast Regional Maintenance Center at NS Mayport stretches during one of the cool down sessions.



Lt. Cmdr. Carl Doud of the Navy Entomology Center of Excellence and AWRC James Pyle of HSM-70 practice one of the exercises incorporated in the Navy Operational Fitness and Fueling Series.



Lt. Ryan Larson of the Navy Entomology Center of Excellence, front, and other participants in the Command Fitness Leader Course learn new exercises to incorporate into their command fitness programs.

See FITNESS, Page 5



NAS Jax Fitness Director Tanya Henigman cues class participants on when to change circuit stations during a hands-on portion of the class.



Fitness trainer Ashley Harrell demonstrates a stretching exercise for class participants.

*Photos by
Kaylee LaRocque*

Lt. Chris Spafford of Branch Medical Clinic Mayport practices some exercises using strengthening bands during a training session at the base gym.



AWVC(NAC/AW) Chris Ofchinick of VP-30 goes over the Navy Operational Fitness and Fueling Series exercises during a short break at the gym.

FITNESS: 'It's got to be a mindset that people actually want to go out and PT every day'

From Page 4

ed to the classroom where they were greeted by NAS Jax Commanding Officer Capt. Bob Sanders.

"It's not just enough anymore to pass the PRT twice a year. The Navy is getting a lot more serious about physical fitness and that's where you come in. It's got to be a mindset that people actually want to go out and PT every day. That's where leadership comes in and we look to our command fitness leaders to facilitate our command's PRT programs," he said.

"It's up to you to motivate our Sailors to help them get in shape. At NAS Jax, we take physical fitness very seriously which is proven by a reduction in PRT failures, people losing weight and getting in better shape. It's a lifestyle change. And it starts with you."

The course consists of classroom work to learn about instructions, safety guidelines, medical screenings, waivers, nutrition, weight management, administration actions, the Physical Readiness Information Management System and the Navy Operational Fitness and Fueling System (NOFFS).

"There are a lot of changes regarding PRT instructions and waivers. This is the first time we've taught this material with the new OPNAV 6110.1 which



Participants in the Command Fitness Leader course join in for a Feb. 8 group exercise in the base gym.

describes the Navy's Physical Readiness Program, issues program requirements, defines the responsibilities for compliance, and establishes required minimum standards of physical fitness," Henigman continued.

"We also promote the NOFFS which is the new standard of fitness that the Navy is leaning towards because it's more focused on injury prevention."

NOFFS is broken down into a series of exercises based on three different levels. It can

be used in confined spaces on board ships and submarines, as an individual or group workout. It's versatile and balances exercise with proper nutrition. The program is built on a five pillars - eat clean, eat often, hydrate, recover and mindset.

Participants also got hands-on training including strength conditioning, cardiovascular conditioning and circuit training.

"This hands-on training is the meat, muscle and grind of

the course. We also train our CFLs on how to safely conduct a TRX and spin class so if we can't provide an instructor, they can teach a class utilizing our equipment," added Henigman.

Throughout the week, the 24 participants enthusiastically tried a variety of new exercises at the base gym including the TRX suspension training which was new to most of the class members.

"This is an outstanding

course and we're getting a lot of good information. I think this will make our command PT program 10 times better," said SHCS(AW/SW) Craig Freeman of Naval Hospital Jacksonville.

"We've learned different types of drills, circuit training and how to incorporate the NOFFS into our daily routines. This will be part of our Fitness Enhancement Program when we get back to work next week. I also gained a lot of knowledge from the classroom portion that I'll implement into our program at the hospital."

"This course has been absolutely amazing. I've learned about the many resources available on this base and will take this knowledge back to my Sailors and utilize this information in my command," added AO1 Robin Anton of VR-62.

"It's been a great week learning all these new workouts and I'll incorporate them into our command's PRT program."

Henigman also stressed that the fitness staff is always available to help.

"We give the CFLs a lot of information about our programs at the Fitness Source, base gym and Naval Hospital Jax Wellness Center. We want them to know we are here to help and our main focus is to get Sailors healthy, fit and help them stay Navy."

CNATTU Jax announces staff awards

By AD1 Zachary Brook
CNATTU Jax Public Affairs

The Center for Naval Aviation Technical Training Unit (CNATTU) Jacksonville announced its Sailors and Instructors of the Year for 2011.

- AWFC Randall Benson is Senior Instructor of the Year, CY-11. Benson provided 1,040 hours of training to 90 students while decreasing flight engineer attrition from 18 percent in FY-10 to an unprecedented five percent in FY-11. Additionally, he led the development of curriculum for the Acoustic Receiver Technology System course, which saved the Navy over \$300,000. His professional attitude, personal motivation, strong work ethic and dedication to student success make him an invaluable asset to CNATTU Jax.

- AE1 Jacob Stovall is Sailor of the Year, FY-11. Stovall served as an H-60 Electrical Systems instructor where he personally trained more than 453 Sailors and Marines on the upkeep, troubleshooting, and maintenance of the H-60 aircraft. Stovall also served as the command's medical readiness representative. His constant monitoring of the command's medical readiness led to the command having a 92 percent medical readiness rate for 2011. Additionally, Stovall served as the



Photos by AT1 Eric Poindexter
(From left) AWFC Randall Benson, AD1 Naqita Foster and AME2 Eduardo Acosta.

Maintenance Training Unit (MTU) 1005 Instructional Systems Development (ISD) representative. As the ISD representative, Stovall ensured the quality of instructional courses taught at MTU 1005 consistently exceeded the standard set by Naval Education and Training Command. Stovall's consistent professionalism and persistent initiative make him a tremendous asset to CNATTU Jax.

- AD1 Naqita Foster is Instructor of the Year, CY-11. As the T56-A-14 First Degree Intermediate and 54H60-77 Prop Intermediate Maintenance Training Unit 1011 Lead Power Plant instructor, she personally provided over 1,250 hours of instruction for more than 110 students while upholding an impressive 100 percent graduation rate.



AE1 Jacob Stovall (left) and AME2 Eduardo Acosta



Sgt. Phirak Kong

Foster also served as the president of the command's Morale, Welfare, and Recreation Committee, where she organized countless fundraisers that directly resulted in raising over \$8,000 for the command holiday party. Her superb leadership and inspirational guidance have made a lasting impression on CNATTU Jax.

- AME2 Eduardo Acosta is Junior Sailor of the Year, FY-11. He serves as an instructor where he teaches personnel on the upkeep and maintenance of P-3 Life Support Systems. He also serves as the CETARS testing team lead where he was responsible for the incorporation of over 11,900 questions and the creation of 297 online tests that enabled the implementation of an online testing program for CNATTU Jax. Additionally, as CNATTU Jax command fire warden, Acosta led 10 assistant fire wardens in providing maintenance and upkeep of sprinkler systems, emergency exit

lighting, and 76 fire extinguishers in five buildings while coordinating all required drills with the NAS Jax Fire Department.

- AO2 Adrian Romero is Junior Instructor of the Year, FY-11. Romero personally provided over 1,176 hours of P-3 aircraft weapons system and weapons loading training for 46 students and achieved a 100 percent completion rate while maintaining an impressive 98.6 grade point average. His technical expertise and curriculum development skills had a positive impact during major revisions for both the Initial and Career P-3C Weapon Systems courses. Romero's superb leadership and inspirational guidance have made a lasting impression on CNATTU Jax.

- Sgt. Phirak Kong is Marine of the Year, CY-11. Kong personally trained more than 250 Sailors and Marines in the upkeep, maintenance, and troubleshooting of aviation support equipment at MTU 3032 while maintaining an impressive 100 percent pass rate. Additionally, Kong earned his Black Belt in the Marine Corps Martial Arts Program and successfully trained and certified eight Sailors and 56 Marines. Kong's dynamic professional performance and unwavering dedication to duty have made him invaluable asset to CNATTU Jax's team of professionals.

Officer force management efforts lead to smaller FY13 SER board

From Chief of Naval Personnel Public Affairs

The Navy's past successful efforts to balance the officer corps resulted in the need to conduct a selective early retirement (SER) board for only two communities in the restricted line and staff corps this year as announced in NAVADMIN 048/12, Feb. 7.

Because of the force management efforts used over the past few years, the unrestricted line, and most of the restricted line and staff corps officers communities are within their manpower requirements at the

senior levels.

Due to high retention and low attrition, the Oceanographer and Supply Corps officer communities are over their requirements at senior ranks.

The Navy does not plan to conduct any further SER boards for the officer communities for fiscal year 2013.

The restricted line and staff corps communities, in Oceanography (1800 designator) and Supply Corps (3100 designator) will be part of the fiscal year 13 SER Board conducted in July 2012.

This board will help ensure

balance of these two communities and bring the number of O-5s and O-6s in line with the number authorized to meet the manpower requirement.

This action is required because of the high retention rates for active Oceanography/Supply O-5 and Oceanography O-6 officers.

Current projections indicate the SER board will select for early retirement approximately two captains and three commanders from the Oceanography community and 14 Supply Corps commanders.

These numbers may be adjusted based on the num-

ber of voluntary retirement requests received prior to the board.

The SER board will consider the records of all active duty restricted line (Oceanography) captains, with at least four years time in grade as of July 1, 2012 and whose names are not on a list of officers recommended for promotion.

In addition, Oceanography and Supply Corps commanders who have twice failed for promotion to O-6 and whose names are not on a list of officers recommended for promotion will be reviewed by the board.

Officers who wish to be exempted from consideration by the SER board may submit a voluntary retirement request no later than May 25, with a requested retirement date of Sept. 1, 2013 or earlier.

Once the voluntary retirement request is approved, the officer will be removed from consideration by the board. For those officers selected for early retirement, they must, by law, retire no later than the first day of the seventh month following Secretary of the Navy approval of the board recommendations.

The target date for this approval is Sept. 1, 2012.

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CNRSE announces Sailors of the First Quarter

By MC2(SW) Greg Johnson
Region Southeast Public Affairs

NC1(SW) Jason Davis was recognized as Commander, Navy Region Southeast (CNRSE) Senior Sailor of the First Quarter 2012.

As the regional career counselor, Davis oversees the career programs of 16 major installations, which comprises 22 individual counselors, more than 200 departmental counselors and an excess of 100,000 Southeast Region Sailors.

He recently took the lead in assessing and nominating command programs throughout the region for the 2011 Commander, Naval Installations Command Retention Excellence Awards.

"He has enjoyed a tremendous amount of success here at CNRSE because of his dedication to the Sailors in the region," said Chief Aviation Administrationman (AW/SW) Eugene Burns,



Photos by MC2 Greg Johnson

NC1(SW) Jason Davis reviews a retirement package with YNSN Christian Ediger at Navy Region Southeast headquarters.

Davis' supervisor.

Davis said he was honored to be selected and that he could not have done it alone.

"It's humbling in that no Sailor gets to this point without the support of every Sailor in our Navy. The fact that I have been given this honor is a testament to the dedication to duty of all of the Sailors that I work with," he said.

Davis added that Southeast Region Command Master Chief (SW/AW) Mac Ellis played

a major role in his success at CNRSE.

"We have a tremendous support network with our leadership and an outstanding command master chief who never fails to support not only me, but every Sailor in the region." Davis said another key to his success is his drive to maintain focus on the mission at hand. "Keep working hard, even if you think no one is watching," he said.

"Do what you do for your country, your shipmates and for the mis-



OS2(SW) Brandon Doctor gives a daily brief in the Regional Operations Center at Navy Region Southeast.

sions. Never seek personal glory - that will come from a job well done."

OS2(SW) Brandon Doctor was named CNRSE Junior Sailor of the First Quarter 2012.

While serving as regional watch specialist in the Regional Operations Center, Doctor processed more than 100 messages for 17 installations in support of real-world incident responses. In addition, he is currently taking online courses at Columbia College.

"In the short time he has been here, he's proven himself to be a valuable asset to the command and the Navy as a whole," said QMC(SW) Steven Davis, Doctor's immediate supervisor.

"He embodies everything that you could ask for in a Sailor. From his outer appearance, work ethic, drive and determination to succeed, he is well on his way to accomplishing great things for the Navy."

Receipt of the award was a source of satisfac-

tion for both Doctor and his family.

"It's a great honor to be selected. This is my first time, although I've been nominated a few times in my career," he said.

"Being selected gives me a sense of relief and sets a new standard in my personal accomplishments. And it's great pleasure to see my wife's reaction to this achievement."

While winning the award is a significant individual achievement, Doctor attributed his success to the support of his peers, supervisors and family.

"I owe my success here at CNRSE to the support of my chain of command and to the support and encouragement of my wife. Without their positivity, I don't think any of this would be possible," he said.

According to Doctor, a major factor to his success has been his willingness to constantly challenge himself and that junior Sailors who would like to follow in his footsteps should do the same.

Fleet Forces master chief visits NAS Jax to share ideas

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

The U.S. Fleet Forces Command (USFF) fleet master chief visited NAS Jacksonville Feb. 9 as part of an east coast tour to gather information and ideas from master chief petty officers at various commands here.

FLTCM(AW/NAC) Mike Stevens was accompanied by FORCM(AW/SW) Garry McClure of Commander, Naval Air Force Atlantic, FORCM(SW/AW) James Williams of Commander, Naval Surface Forces, U.S. Atlantic Fleet and AVCM(AW) Bill White also of USFF.

"I'm here today to discuss a few issues that are going on within our chief messes in our Navy. I believe our chiefs and senior chiefs have a role and by and large they are executing that role and doing a good job," said Stevens. "The success of the command is driven



Photos by Kaylee LaRocque

FLTCM(AW/NAC) Mike Stevens of U.S. Fleet Forces Command talks about some of the issues affecting the chief's mess throughout the Navy during a briefing for master chief petty officers at the VP-30 auditorium on Feb. 8.

by the success of our chief's mess. I also believe that you cannot have a successful chief's mess unless you have master chief's leading the effort. You are the influencers within your mess."

Stevens continued, "I am here because I'm looking for feedback on how our CPO messes can do better on handling their internal issues and Sailor readiness. An accomplished mission takes equipment and weapons systems to be up and running but it also takes Sailors to be mission ready. You can't be successful with one and not the other. We've identified some core fundamental programs in the fleet and found that when our chief's messes are engaged in them, you can accomplish missions effectively and efficiently."

Stevens then turned the spotlight over to McClure

See **FLTCM**, Page 8



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P-8A Poseidon visits future home



Photos by Clark Pierce

VP-30 ground crew train up on their aircraft handling skills for the P-8A Poseidon T-5 aircraft outside NAS Jax Hangar 511. They also trained on proper grounding procedures, as well as landing gear safety pins. Note the visual differences with the P-3C Orion in the background.



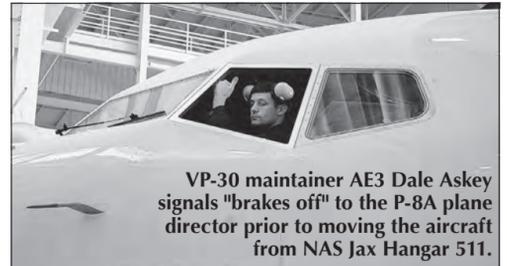
As team leader of the P-8A munitions load crew, AO2 Jonathan McLaughlin is focused on AO2 Carlton Capel as he maneuvers his self-propelled weapon loader from the bomb bay beneath the aircraft's fuselage.



VP-30 load team member AO2 Danny Benitez (center, kneeling) signals "stop" to weapon loader driver AO2 Carlton Capel as the team prepares to download two MK 54 torpedoes from the P-8A Poseidon internal weapons bay.



ATCS David Wood reminds his VP-30 maintainers to do everything by the book – NATOPS, that is – to enable safe, standardized and effective fleet operations and training.



VP-30 maintainer AE3 Dale Askey signals "brakes off" to the P-8A plane director prior to moving the aircraft from NAS Jax Hangar 511.



PR1 Chris Hines and PR1 Lloyd McCann from the VP-30 paraloft take measurements of the Poseidon's jet engine inlet and exhaust covers to fabricate a set of VIP covers for VP-30 "Pro's Nest" special events.

After downloading a MK 54 lightweight torpedo from P-8A test aircraft (T-5) in NAS Jax Hangar 511, (from left) AO2 Allen Johns, AO2 Danny Benitez and AO2 Leroy Ridgeway secure the undersea warfare weapon onto a munitions trailer.



FLTCM: 'Our master chiefs have to be educated in the selection board process'

From Page 7

who talked about some of the issues he's involved in.

"One issue I'm working on is to review the number of Sailors I have working outside the flight line in special programs such as recruiting, instructor billets and recruit company commanders. These are also considered Sailorization tours. I am fully aware of the benefits of being assigned to a Sailorization billet however, we need more of our journeyman Sailors back in the fleet on the flight lines turning wrenches

and inspecting aircraft. I am sure that we can find an equal balance between special programs and the deckplate in the fleet. We have a large number of Sailors who are in high demand doing great things in these billets but they are also good wrench turners and we need them back in the shops," said McClure.

He also stressed the need for senior enlisted members to participate in the selection board process. "I need more of you participating in selection boards. I want an aviation rated master chief from every

AOR under my claimency on a selection board. I want command master chiefs to be educated on sitting on selection boards. Our master chiefs have to be educated in the selection board process so they can train and mentor the Sailors in their commands. Knowledge is power," McClure continued.

After a short break, White presented a refresher course called "Brilliant on the Basics" which covered such topics as the command sponsor program, mentoring, career development boards, indoctrination, the ombudsmen program and

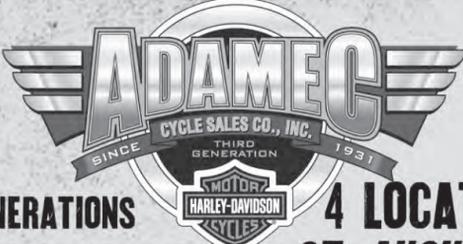
recognition of Sailors for their accomplishments.

Stevens closed out the brief by emphasizing the importance of communication. "I want all of you to have one-on-one conversations with your chiefs. When we start looking for ways of doing things more efficiently and start removing the human element, we still deliver the material but it's not face-to-face. Your direct intervention is what has the most influence on that person," said Stevens.

"Leadership is hard and requires extraordinary effort

at an extraordinary level on a continuous basis. It needs to be hard. It's about influencing and changing people's lives. I'm asking you to take the time every day to have a personal conversation with someone in your mess to build that rapport and respect. You need to show them that you are investing in them and that they have a future in the Navy," he continued.

After lunch, the group visited several P-3 Orion and helicopter squadrons aboard the station to meet with Sailors and learn about daily operations.



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Photo courtesy of NWCA No. 86

Award-winning Patriot

Navy Wives Clubs of America (NWCA) Jacksonville No. 86 President Amy Johnson (left) accepts the first place award for her patriotism essay from NWCA National Parliamentarian Cris Icenhower at the 2011 Navy Wives Clubs National Convention in Huron, S.D.

NWCA college scholarships available

From Staff

The Navy Wives Clubs of America (NWCA) Scholarship Foundation announced Feb. 6 that 30 scholarship grants will be awarded in 2012 in amounts from \$1,000 to \$1,500.

NWCA Scholarship Director Linda Hedden said those eligible for the grants are the natural born, legally adopted, or stepson/stepdaughter of an enlisted member of the Navy, Marine Corps or Coast Guard on active duty, retired with pay, or the son/daughter of a deceased member in these categories.

"The applicant must have a valid dependent ID card, show financial need, have at least a 2.5 grade-point-average, and be a high school graduate or its equivalent - or qualify for graduation prior to beginning eligibility," said Hedden.

"The grants may be used for tuition, room and board, books and fees."

Applications may be downloaded from: www.navywivesclubsofamerica.org. The deadline for applications is May 30.



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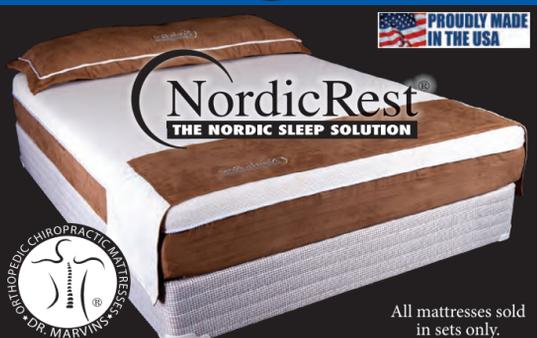
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Photos by HN Jason James

(From left, standing) Naval Hospital Jacksonville dental staff DT2 Olymphia Saincois, Cmdr. Samira Meymand, Jill Burnsed, Lt. Darien Lazaro and DT2 Guy Leppry gather with a group of children from the NAS Jax Child Development Center on Feb. 3 for Children's Dental Health Month.

Lots of smiles kick off children's dental health month

From NH Jacksonville Public Affairs

February marks Children's Dental Health Month—an opportunity for parents to help their children brush up on good oral hygiene.

This includes brushing twice daily to remove plaque, eating healthy foods and visiting a dentist regularly for

cleanings and checkups.

For older children, flossing, sealants and wearing mouth guards during sports activities are additional ways of maintaining healthy teeth and gums over the long term.

In recognition of the occasion, a team from Naval Hospital Jacksonville's Dental Clinic—Cmdr. Samira



DT2 Olymphia Saincois, dressed as a giant tooth, smiles as children at the NAS Jax Child Development Center practice good oral hygiene on her costume.

Meymand, Lt. Darien Lazaro, Jill Burnsed and DT2 Olymphia Saincois and DT2 Guy Leppry visited the NAS Jacksonville Child Development Center Feb. 3 to help ensure the dental health of about 40 preschoolers there.

To the delight of the kids, the visit included Burnsed dressed as the tooth fairy and Saincois costumed as a giant tooth demonstrating good oral hygiene in a fun way.

Children got to practice tooth-brushing with the characters, and received

donated toothbrushes, toothpaste and Navy pencils to mark the day.

"It was a great to be able to reach out to our service members' children and help them understand the importance of oral hygiene in an entertaining way," said Meymand, oral and maxillofacial surgeon and head of NH Jacksonville's Dental Clinic.

"Children who develop good habits—including caring for their teeth every day—typically maintain those healthy habits as adults."



Photo by CS2 Michelle Pereira

Navy Dentist Lt. Darien Lazaro uses a toy giraffe with a full set of teeth to teach good oral hygiene techniques to the children.

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Maritime Patrol Association opens registration for 2012 Symposium

From Staff

The Maritime Patrol Association (MPA) has launched its online registration for the 2012 Symposium, building the anticipation for three days of events that will celebrate "50 Years of the P-3 Orion" the last week of March.

The 2012 MPA Symposium will take place March 27-30 at NAS Jacksonville. Symposium attendees can register for a several events, including the P-8A Poseidon Roll-Out, Integrated Training Center dedication, a Flight Suit Social, golf tournament, 5K, Heritage Dinner, and others.

The Heritage Dinner, which will highlight the history and



Photo by Clark Pierce

One of the P-3C Orions assigned to the "Red Lancers" of VP-10 makes its landing approach to NAS Jacksonville. The plane's combat aircrew has already registered for the Maritime Patrol Association Symposium March 27-30.

heritage of the last 50 years of the P-3 aircraft, will also

serve as a ceremony for three new Hall of Honor inductees

from the Maritime Patrol and Reconnaissance community.

"Combining the history of the last 50 years of the P-3, and the introduction of a new aircraft, has created a definite sense of pride, accomplishment, and appreciation," said Capt. Trey Wheeler, president of MPA.

"We look forward to celebrating our rich heritage as we look to a promising future with all our symposium attendees in March. It will be the event of year for NAS Jacksonville," said Wheeler.

Interested parties can receive more information about the 2012 Symposium, as well as register online, by going to: www.maritimepatrolassociation.org/2012symposium.

Celebrating 50 years of the P-3 . . .

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For more information about the 2012 MPA Symposium and to register, visit:
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To register a team, contact LTJG John Leeds at: john.leeds@navy.mil

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Photos by Lt. j.g. Danae Moore

(Above) Ebony Solomon leads a high energy spin class during a lunchtime session at the Fitness Source on Feb. 6.

(Above, right) Spin instructor Ebony Solomon demonstrates her Spin-Flex Sculpt method, that combines cycling with weights during one of her recent classes.

Fitness source instructor offers spin-tastic workout

By Lt. j.g. Danae Moore
Staff Writer

High energy tunes and motivating beats provide an energetic backdrop to Ebony Solomon's Spin-Flex Sculpt class. Solomon, an accounting technician for Commander, Navy Region Southeast, is a volunteer instructor of the popular class at the NAS Jacksonville Fitness Source.

After attending six years of spin classes, Solomon became a certified instructor in 2006. "I can't use my lunch hour to just sit around. I went over to the gym and asked if they needed any Spinning instructors," Solomon said. "I enjoy it. I like to motivate the class and it also helps me stay in shape. I use music to inspire and push people to do their best. It's not about killing yourself. It's about getting a good workout and enjoying it."

Solomon stresses the importance of keeping exercise fun. "I try to

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make my class different. If it is the same thing day after day, people get bored with it and quit." It was with this in mind that Solomon created her Spin-Flex Sculpt class, a combination of cycling and weights, to offer alongside her regular spin class.

"It's not for beginners," Solomon says, "But if you have been coming to spin class awhile, then this will help you build your core."

Her students are enthusiastic about her classes. "You can't cheat yourself," comments AT2 Dan Pike, "She always pushes you."

"It's nice to participate in a class where you get a good workout

without feeling like you are training for a triathlon," said Rachel Rangel.

"Ebony maximizes my indoor cycling experience. She is passionate and ensures participants get the maximum benefit from each class. It is invigorating to have an instructor who brings fun and joy to a 45-minute workout," stated Miriam Gallet, who has attended spin classes at Fitness Center for more than seven years.

Solomon said, "I give special thanks to Bruce Grenier, region program director for Fleet and Family Readiness, as well as Fitness Director Tanya Henigman, for allowing my participation in the Civilian Employee Physical Fitness Program as an MWR spin instructor."

She instructs the Spin-Flex Sculpt class Wednesday, 11:15 a.m. to noon. For more information, call 542-3518.



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February is National Heart Month

By Capt. Joseph McQuade
NH Jacksonville Director of Public Health

Ask Dr. Joe

It goes without saying that the heart remains a very important organ in the center of our chest. We all know that heart disease remains the leading cause of natural death as we age. Heart disease has been studied very well, and we know it to be a disease that starts when we are children, and most heart disease is the result of poor choices made by smoking tobacco or by overeating and not exercising enough.

Men, women and children are at risk of heart disease. Recent guidelines from the American Academy of Pediatrics recommends providers check children for high cholesterol levels starting at age 11. Children should be screened for high blood sugar levels, thyroid disease and cholesterol if they are overweight or obese. At Naval Hospital (NH)

Jacksonville, your provider can give you a chart which plots your child's body mass index, which tells us overweight status for children.

At NH Jacksonville, I care for many women as part of both maternity care and well-woman care. Often I get looks of surprise during exams when I ask women questions about their heart health. It's still not well known that heart disease is the leading killer of women. Many women don't take the time to look closely at their risks and take action to stay heart healthy. National Red Dress Day was Feb. 3, when we publicly emphasize women's heart health.

Q. Why are women and children being followed more closely now for their risk of developing heart disease?

Increasing rates of diabetes and obesity, espe-

cially among younger women, is expected to raise the numbers of women and their children who have heart problems at earlier ages. Right now at NH Jacksonville, nearly one in five women who give birth has gestational diabetes—this gives a woman about a 50-50 chance of developing full blown diabetes as she ages. The risks of stroke and heart attack go up significantly for diabetic patients. Women need to understand the risks of gaining too much weight during pregnancy. We've set up a program to more carefully follow our gestational diabetic patients through pregnancy and follow them as they age.

Statistics also show that children of obese mothers have a tendency to grow up with extra weight, which raises their risks of early stage heart disease. Providers should check these children for obesity, using the body mass index. Ask your doctor to tell you your child's BMI—recent studies show that most providers fail to discuss this important vital sign with parents of overweight

children. The data also shows that most parents fail to recognize when their children are overweight. Prevention is the key to control of the obesity epidemic.

See DR. JOE, Page 15



Photo by HN Jason James

National Wear Red Day Health Fair

Naval Hospital Jacksonville Dietician Lt. j.g. Leslie Fiala explains the healthy plate method to Christine Williams during a health fair on National Wear Red Day, Feb. 3. The day raises awareness of women's heart health. Heart disease is the No. 1 cause of death for both women and men in the United States. Choosing a healthy plate with plenty of fruits and vegetables, and controlled portions of lean protein, whole grains and low-fat dairy, plus exercising and quitting tobacco can significantly reduce the chance of heart disease.

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Navy names littoral combat ship 'Gabrielle Giffords'

From Department of the Navy

Secretary of the Navy Ray Mabus announced Feb. 10 that the next Independence-variant littoral combat ship (LCS) will be named USS Gabrielle Giffords (LCS 10) to honor the former congresswoman from Tucson, Ariz. who is known for supporting the military and veterans, advocating for renewable energy and championing border security.

Giffords recently resigned from Congress to recover from wounds she sustained in an assassination attempt in 2011.

"The Navy motto is Semper Paratus, Always Courageous," said Mabus during a ceremony held in the Pentagon Courtyard. "Unwavering courage has defined the Navy for 236 years and it is what we expect, what we demand of our Sailors every single day. So it's very appropriate that LCS 10 be named for someone who has become synonymous with courage, who has inspired the nation with remarkable resiliency and showed the possibilities of the human spirit."

Mabus also announced the ship's sponsor will be Roxanna Green, the mother of Christina-Taylor Green, the nine-year-old girl who was killed while attending the meeting of con-



Photo by MCI Chad McNeeley

Secretary of the Navy Ray Mabus, former U.S. Congresswoman Gabrielle Giffords (D-Ariz.) and her husband, retired Navy Capt. Mark Kelly, attend a ceremony at the Pentagon announcing the naming of the U.S. Navy's next Independence-class littoral combat ship, USS Gabrielle Giffords (LCS 10). Giffords was critically wounded in 2011 by a gunman at a Tucson, Ariz., shooting rampage that left six people dead.

stituents where Giffords was shot. A ship's sponsor plays an important role in the life of the ship, naval tradition holds that her spirit and presence guide the ship throughout its service life.

"On that dark, tragic day now more than a year ago, Christina-Taylor Green was taken from us. A nine-year-old who had just been elected to the student council, she wanted to become a more active participant in our democracy. Her mother, Roxanna Green,

continues to express her daughter's hope for the future and, as the President said, 'of a nation as good as she imagined.' I am pleased to honor Gabrielle Giffords and the people of Arizona with the naming of this ship," said Mabus.

"Giffords and the ship's sponsor, Roxanna Green, are sources of great inspiration and represent the Navy and Marine Corps qualities of overcoming, adapting and coming out victorious despite great challenges."

The ship is part of a dual



U.S. Navy photo illustration

A photo illustration of the littoral combat ship USS Gabrielle Giffords (LCS 10).

block buy of LCS class ships announced by Mabus in December 2010. By procuring both versions of the LCS - Lockheed Martin's semi-planing monohull and General Dynamic's aluminum trimaran - the Navy is stabilizing the LCS program and the industrial base with an award of 20 ships each, because the two designs provides operational flexibility.

USS Gabrielle Giffords is designed to defeat growing littoral threats and provide access in the coastal waters. The LCS provides warfighting capabilities and operational flexibility to execute focused

missions close to the shore, such as mine warfare, anti-submarine warfare and surface warfare. The LCS class of ships will be outfitted with reconfigurable payloads, called mission packages, which can be changed out quickly as combat needs demand.

Gabrielle Giffords will be 419 feet in length, have a waterline beam of 103 feet, displace approximately 3,000 tons, and make speed in excess of 40 knots. The construction will be led by Austal Shipbuilding in Mobile, Ala. This is the 16th ship to be named for a woman and the 13th ship to be named for a living person since 1850.

Flag flown over Pentagon honors retiring FLC employee

By Lt.j.g. Briana Platukis
NAVSUP Fleet Logistics Center Jacksonville

On Dec. 19, 2011, an American flag was raised above the Pentagon, just as it is every morning. Except on that morning the flag was raised to honor NAVSUP Fleet Logistics Center (FLC) Jacksonville employee Darryle Hutchens. Hutchens upon his retirement after 30 years of federal service. As a tribute to Hutch, his long-time friend and one-time supervisor, Gary Bright

Hutchens upon his retirement after 30 years of federal service.

As a tribute to Hutch, his long-time friend and one-time supervisor, Gary Bright

arranged to have the flag flown for one day over the Pentagon. "I wanted to do something to show my appreciation and the appreciation of the federal government for a life well spent in the service of this great country," said Bright of his gift. After the American flag was retired at sunset, it was boxed up and sent to Hutch with a certificate of authenticity.

Hutchens' 30-year federal service career began in 1968 when he joined the Marine Corps and began boot camp at Paris Island, S.C. Shortly thereafter, he deployed to Vietnam as part of the 1st Marine Division, 3rd Battalion, 5th Marines, India Company. Hutch fought as an infantryman in Hue City and the A Shau Valley alongside his fellow Marines.

Following the receipt of his honorable discharge from the Marine Corps,

See **FLC RETIREMENT**, Page 15



Photo by Daphne Cassani

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Photos by Kaylee LaRocque

A group of runners takes off at the starting line during the annual Valentine's Day 5K Run on Feb. 10.

Annual Valentine's Day 5K brings out the runners

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

The annual Valentine's Day 5K brought out 227 runners Feb. 10. The NAS Jax Morale, Welfare and Recreation (MWR) Department sponsored the run.

Placing first overall and first in the men's 45-49 category was retired Sgt. Maj. Joe Rivera with a time of 18:31.

Nicole Amador of Navy Operational Support Command Jax took first in the women's 30-37 category and was the first female to cross the finish line with a time of 25:16.

Other winners were:

Men's 29 and under

First – Matthew Davis, VR-62 – 20:29
Second – Carlos Godina, VP-5 – 21:19
Third – Jacob Neith, Center for Naval Facilities and Engineering Command Southeast (NAVFAC SE) – 21:35

Women's 29 and under

First – Carina Podgorski, Region Legal Service Office Southeast – 25:29
Second – Alice Franco, VP-62 – 27:02
Third – Jackie Goddard, NOAD – 27:18

Men's 30-37

First – Mark Thomas, VP-5 – 20:55
Second – David Sare, NAVFAC SE –



Sgt. Maj. Joe Rivera
18:31



Nicole Amador
25:16

21:39
Third – John Herrin, NAVFAC SE – 21:50

Women's 30-37

Second – Katie Combs, Dependent – 26:05
Third – Melissa Gomez, Naval Hospital Jax – 26:14

Men's 38-44

First – Dennis Callahan, Commander, Patrol and Reconnaissance Wing Eleven, 18:36
Second – Mark Edelson, NAVFAC SE, 19:37
Third – Robert Moore, VR-58, 20:50

Women's 38-44

First – Gina Barron, Retired – 29:37

Second – Kerry Pawely, CPPD – 30:06
Third – Kim Vohrer, Dependent – 31:14

Men's 45-49

Second – William Power, NAVFAC SE – 21:54
Third – Mark Yuska, NAVFAC SE – 22:01

Women's 45-49

First – Diane Triyano, Naval Hospital Jax – 27:55
Second – Joanne Parra, Retired – 32:59
Third – Rhonda Orr, Dependent – 35:09

Men's 50 and over

First – Joseph McQuade, Naval Hospital Jax – 21:13
Second – Kingsley Nelson, Retired – 21:56
Third – Mark Seidl, Commander, Navy Region Southeast – 22:52

Women's 50 and over

First – Susan Romanelli, NAVFAC SE – 27:48
Second – Charlotte Chenowet, Navy Exchange – 29:07
Third – Elisa Jacque, Retired – 33:18

Upcoming MWR-sponsored runs include the Leprechaun Dash March 16 at 11:30 a.m. and the Capt. Chuck Cornett Navy Run April 7. Volunteers are needed for the Navy Run. For more information, call 542-3239/3518.

NAS Jax Sports

Captain's Cup Soccer League forming
Open to active duty, command DoD, DoD contractors and selective reservists. Contact the base gym for rules and required paperwork.

Captain's Cup Badminton Singles League forming

Open to active duty, command DoD, DoD contractors and selective reservists. Matches play on Monday and Wednesday at noon and 12:30 p.m. Contact the base gym for rules and required paperwork.

Captain's Cup Winter Bowling League meeting – Feb. 17, 11:30 a.m.

Meet at NAS Jax Freedom Lanes to discuss rules and required paperwork. Open to active duty, selective reservists, and command DoD personnel and DoD contractor personnel. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup points.

Captain's Cup Softball League

meetings – Feb. 22 at Gym

• 11:30 a.m. – Greybeard League. Open to active duty, selective reservists and command DoD personnel age 30 and older. Games play Tuesday & Thursday at 11:30 a.m. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup points.

• Noon – Intramural League. Open to active duty, selective reservists and command DoD and DoD contractor personnel. Games play in the evening. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup points.

• 12:30 p.m. – Women's League. Open to active duty, selective reservists, military dependents over 18 and command DoD. Games play in the evening.

Men's & Women's Open Racquetball Tournament – March 6-10
Open to all gym patrons 18 and older.

Choose the recreational division or competitive division, plus, an open division for women. Matches start at 5 p.m., with awards to winners. Call NAS Jax Gym to sign up by Feb. 29.

Leprechaun Dash 5K Run – March 16, 11:30 a.m.

This Captain's Cup event is free to all authorized gym patrons. Sign up at NAS Jax Gym or Fitness Source prior to the March 9 deadline and you may receive a T-shirt for registering early. The run is on Perimeter Road at the end of Mustin Road before the Antenna Farm at 11:30 a.m. Registration at the site is from 10:30-11:15 a.m. Awards go to the top-three male and female runners for age groups: 29 & under; 30-37; 38-44; 45-49; 50 & over.

For more information, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil. Visit the MWR website at www.cnic.navy.mil or www.facebook.com nasjaxmwr.

FLC RETIREMENT: 'I will miss the people'

From Page 14

Hutchens worked different jobs before being hired for a position in 1982 at NAS Jacksonville. His career began in inventory, but one year later, he was transferred to security where he worked for the rest of his career.

When asked what he will miss the most about working security for NAVSUP FLC Jacksonville he said simply, "I will miss the people. I've made friends here. Gary Bright and Ed Howard were former supervisors of mine. They are my best friends still," said Hutchens while looking at a group picture of the three of them together. "I also am very appreciative for the support of J. T. Langone, NAVSUP FLC Jacksonville security manager and the fellowship of Alphonso Victor,

security colleague," he said.

Former co-workers remember Hutchens with fondness. "Hutch is the go-getter, never-say-die type. He attacks a problem head on and work it through resolution," stated Bright, remembering their time together in security. "My fondest memory is of Hutch taking peoples' (unsecured government) keys from their unsecured desk and leaving them Post-it-Notes telling them to call him for their keys."

Another colleague, Director of Corporate Communications Daphne Cassani, recalls Hutchens as a man who loves his country. "I can't be sure if Hutch would bleed red, white and blue or Marine Corps green – but I know he has a deep-rooted passion for both America and the Corps. I've always

found that devotion inspirational," said Cassani.

For retirement, Hutchens plans to travel the United States with his wife. "First we're going to travel the continental U.S. in our RV, then I'm gonna fly her first class to Hawaii," said Hutchens with a smile.

He also has international travel on his mind. He has a dream of reuniting with his fellow Marines from India Company and returning to the places where they fought in Vietnam.

Those who know Hutchens know he is "Semper Fi" to the core. "Even though I didn't retire from the Marine Corps, I'm a full-blooded Marine. I love my country," said Hutchens, and he demonstrated that love by serving with commitment for 30 years.

DR. JOE: Celebrating February as Heart Health Month

From Page 13

Q. What are the low hanging fruit, the easiest first steps someone can take to start living a more heart-healthy life?

First off, we need to recognize that tobacco use and obesity are the No. 1 and 2 issues that cause the majority of heart problems in our country.

At NH Jacksonville, including the branch health clinics, our Wellness Centers and Health Promotions can help you quit smoking. We offer a full range of care that we try to make as easy to get as buying a pack of cigarettes at the store! Almost 6,000 patients enrolled in our tobacco cessation program in 2011, and our 12-month quit rate is over 25 percent. People who go "cold turkey" on their own have a quit rate of under 5 percent. Walk in to our Wellness Center or any branch health clinic and we'll get you started on a program to quit tobacco. Cigarettes cost more than \$5 a pack on base. The money spent on a pack a day habit is roughly equivalent to an E-4 losing a month of pay every year.

We offer a new Healthy Weight program with internet-guided follow-up to track your progress as you lose weight. Diet and exercise are both important factors in weight loss. We're starting a new exercise program for our pregnant and postpartum moms on base. Contact our Wellness Center (542-5292) or OB/GYN Clinic (542-7419) to learn more. Even parking your car at the outer edge of the commissary parking lot and walking in briskly is a great step forward to help keep your heart healthy. Exercising without a healthy diet is, however, futile. Just 10 types of food account for nearly half of the nation's excessive sodium intake, government researchers have found. Excess sodium has been linked to heart attacks and strokes. About 44 percent of Americans' daily sodium consumption—almost 3,300 milligrams—comes from breads, cold cuts, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes and snacks such as popcorn and chips. The American Dietetic Association promotes the concept of whole foods—foods that are not processed. Whole foods contain more nutrients, vitamins and fiber. Avoid canned vegetables, juice products that are sweetened and stripped of fiber, and out-of-season foods—they're often grown by artificial means and grown far away so travel time has robbed them of flavor and nutrients.

Watch your portion sizes. Fast food and other restaurants have increasingly served larger portions through the years. Picture the food on a plate; how does it fill up the plate? And don't eat straight out of a package—pour your portion into a small bowl and be content to finish that.

Celebrate your heart. Ask questions about getting your cholesterol and fasting blood sugar checked for diabetes next time you see your provider. Make sure your provider can show you on a graph how your child is trending toward or away from overweight or obesity. Be your own advocate. And remember a heart only goes around once.

WALKING TOGETHER FOR STRONGER, HEALTHIER BABIES

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Call 542-3521
 Play Bingo at lunch
 Mon. - Fri. at 11:15 a.m.
 Play Bingo at dinner
 Sun. - Tues. and Thurs. at 6:30 p.m.
 Cash prizes

DJ entertainment at the Bud Brew House
 Feb. 24, 8 - 10 p.m.
 Food & beverage specials

9-Ball Tournament
 Feb. 21, 4 p.m. practice, 5 p.m. tournament begins
 \$5 entry fee, gift cards awarded as prizes
 Open to all hands

FREEDOM LANES BOWLING CENTER

Call 542-3493.
 Wednesday
 Free bowling for active duty
 11 a.m. - 1 p.m.

Saturday Night Extreme Bowling
 2 sessions, 7 - 9 p.m. and 9:30 p.m. - midnight
 \$11 per person, includes shoe rental

February Family Bowling for Four Special
 Thursday, 4-10 p.m.
 \$39.95 includes, 2 hours of 1 lane bowling, rental shoes, 4 hot dogs, 2 large nachos and 4 medium drinks.
 \$17 savings!

FITNESS & AQUATICS

Call 542-2930
 Indoor pool hours
 Mon. - Fri.
 5:30 - 8 a.m.
 11 a.m. - 1 p.m.
 4:30 - 8 p.m.
 Weekend hours
 11 a.m. - 2:30 p.m.

Command Circuit Training
 Tuesday & Thursday
 8 a.m. in the base gym

Fitness class



Photos by Shannon Leonard
Fitness Instructor Ashley Freeman, right, shows Amanda Darila a set of exercises during the Family Fitness Bootcamp Class at the Youth Activities Center gym on Jan. 23.



Alethia Rains participates in the Family Fitness Bootcamp group exercise class as her daughter, Mira, cheers her on.

45-minute, high-intensity group training available at ITT! MOSH \$7 - \$12

Leprechaun Dash 5K
 March 16
 11:30 a.m. on Perimeter Rd.
 Pre-register by March 9 at the base gym or fitness center

Family Fitness Bootcamp with Ashley
 Monday & Wednesday at 9:30 a.m.
 Family Fitness Center above the Youth Center Gym
 Call (904) 778-9772

ITT EVENTS

Call 542-3318.

22nd Annual ITT Travel Fair
 NEX Courtyard
 March 10, 9:30 a.m. - 1 p.m.
 featuring ITT vendors and great door prizes!

Harlem Globetrotters
 March 2 at Veteran's Memorial Arena - \$26

Jacksonville Zoo - Adult \$12, Child \$7
 Zoo Train & Carousel - now

Jacksonville Symphony - \$27.50
 The Artist Series Broadway in Jacksonville
 First Orchestra seating available for Les Miserables.

Valdosta, Georgia historic sites bus tour
 Feb. 11, \$20
 Includes admission to Crescent House, the Art Center and the Historical Museum

Jacksonville Sharks - \$26 per person
 Daytona 500
 Feb. 18 - 26, \$27 to \$199

Monster Jam - March 3, \$25 - \$41

Phineas and Ferb tickets,
 March 10, 3:30 p.m. & 6:30 p.m. shows - \$13 each!
 Veterans Memorial Arena

Disney on Ice featuring Toy Story 3



TRX classes offered

Lt. Cmdr. Dan Stoddard, a volunteer instructor for the TRX class, observes participants perform chest presses during class Feb. 6. TRX classes are held in the base gym racquetball court area Monday through Thursday from 11:15 a.m. - noon. For more information, call 542-2930/3518.

April 6, 7:30 p.m.
 April 7, 11:30 a.m. & 7:30 p.m.
 April 8, 1 & 5 p.m.
 Lower level seating for \$13

Disney World Orlando, FL
 4-day hopper Armed Forces Ticket - \$135.50 - \$162
 Universal Circus - \$19.50
 Tampa Zoo - \$19 adult, \$17.50 child

THE VAULT LIBERTY RECREATION CENTER

Trips, activities and costs may be restricted to E1-E6 single or unaccompanied active duty members. Call 542-1335 for information.

Jacksonville International Car Show
 Feb. 18 at 11 a.m.

Learn to Fly
 Feb. 26 at 8 a.m.
 Free introductory lesson at the Navy Jax Flying Club

Walt Disney World Weekend Trip
 March 2-4
 \$100 per person includes 2-night lodging at Disney's All Star Sports Resort, 1-day park hopper and transportation.

NAS JAX GOLF CLUB

Golf course info: 542-3249
 Mulligan's info: 542-2936
 Military Appreciation Days
 \$18 per person, includes cart & green fees
 Feb. 21 for active duty
 Feb. 23 for retirees & DoD personnel

February Golf Specials
 Monday & Tuesday play 18 - holes for \$20
 Monday - Friday after 12 p.m., play 18 - holes for \$17
 Cart and green fees included
 Not applicable on holidays

Twilight Golf League
 March 20 - Aug. 30
 \$20 entry fee
 Rosters due by March 16

MULBERRY COVE MARINA

Call 542-3260.
 Free Kayak & Canoe Rental
 Every Thursday for active duty

AUTO SKILLS CENTER

Call 542-3227
 22 work bays, wheel balancing, tool checkout, paint booth and welding!
 ASE certified mechanic onsite!

YOUTH ACTIVITIES CENTER

Call 778-9772
 Drop-in care and open recreation are available!
 Family Fitness Center hours are Monday - Friday, 9 a.m. - 1 p.m. and Tuesday & Thursday 4 - 7 p.m.
 Bring your child to work out with you!
 Call 778-9772 for more information.

FLYING CLUB

Call 777-8549 /6035
 Ground School
 Feb. 27 - April 4
 \$500 per person

NEX customers save an average of 23 percent

From NEXCOM

The results of the Navy Exchange Service Command's (NEXCOM) most recent market basket survey shows customers save an average of 23 percent below civilian retail prices, not including sales tax, when they shop at their Navy Exchange (NEX). This is a one percent higher savings over the 2011 survey results.

"Shoppers have a plethora of choices out there . . . our focus is to make sure our customers think about the NEX first," said Tess Paquette, NEXCOM senior vice president chief merchandising officer.

"Being able to show customers that we save them an average of 23 percent on the merchandise they purchase is very gratifying, especially in these tough economic times."

Each fall, NEXCOM hires an outside company, RetailData, to do a price survey in different areas of the United States to obtain an average percentage number for how much customers save when shopping NEX. To determine the percentage of savings, the same items were surveyed from region to region. The items included major appliances, consumer electronics, furniture, clothing, house wares, sporting goods and more. The different stores shopped for comparison prices included discount

stores, mass merchants, full-line department stores and category-killer stores.

The survey compared prices on approximately 350 branded items in the NEX inventory against major retailers across the continental United States and Hawaii. The survey proved NEX customers saved 10.74 percent over Wal-Mart; 15.15 percent over Target; 30.56 percent over Walgreens; 39.36 percent over JCPenney; 34.61 percent over Advance Auto and 15.87 percent over Bed Bath and Beyond.

The survey also determined customers' savings in each of the eight different areas of the country surveyed. Customers in Pearl Harbor, Hawaii, save Pearl Harbor 28.87 percent; customers in Everett, Wash., save 23.58 percent; customers in San

Diego save 23.20 percent; customers in Bethesda, Md., save 22.90 percent; customers in Norfolk, Va., save 22.35 percent; customers in Great Lakes, Ill., save 22.30 percent; customers in Jacksonville, Fla., save 21.61 percent and customers in Pensacola, Fla., save 19.69 percent.

Many NEX departments offer significant savings to customers including domestics at 48.22 percent; boys at 37.02 percent; girls at 34.72 percent; automotive at 24.79 percent; house wares at 25.47 percent; and ladies at 21.23 percent.

"We want our customers to know that we are doing everything we can to have the products they need at a savings," said Paquette.

"That is our mission and the reason why we do what we do."

Challenge 4 Life

Monthly Challenge Weekly Goals Total Wellness

CHALLENGE YOURSELF

Daily exercise is one of the most important keys to long life, happiness and success. With your doctor's permission, make realistic goals to get in the habit of effective exercise and push yourself outside of your comfort zone.

Week 3 Goal: Know your resources

There are all kinds of resources to help you reach your goal (fitness centers, clubs or fitness groups, websites—and many are free). Search for resources to help you stay motivated. For military, take advantage of the numerous fitness programs on base.

FEBRUARY CHALLENGE: Increase your motivation

In order to be successful in life, you need to learn how to motivate yourself to initiate change and commit to consistent action.

Week 3 Goal: Create reminders and incentives

Give yourself visual reminders of your goal and what you stand to gain or lose. If possible give yourself a target to shoot for (i.e. sign up for a run or buy clothes in the size you want to be). Give yourself small incentives and set up a greater reward when you meet your goal.

FEBRUARY CHALLENGE: Share quality time

Time is the currency of love. The more you enjoy being together, the better your relationship will be. Find ways to increase the quantity and quality of time you spend doing things that make you feel close.

Week 3 Goal: Go on dates

Make a goal to go out together at least once a week. Take turns planning the date. Mix it up with variety (fun, romantic, silly, low-key, etc.). Don't let money, work or kids get in the way. Make the date a priority.

FEBRUARY CHALLENGE: Quiet your mind

In a noisy, stressful world, it's important to take time to quiet your mind and focus so that you can receive and understand spiritual guidance.

Week 3 Goal: Reduce noise

Limit TV, loud music, and video games to no more than 1 hour a day. While a little of these things is okay, too much can crowd the mind, increase stress, and inhibit spiritual growth (as well as cause problems in body, mind and relationships).

To get involved, send an email to: challenge4life@med.navy.mil

COMMUNITY CALENDAR

The Daily's Ortega River Run will be held Feb. 26 at 8:30 a.m. at St. Mark's Episcopal Day School, 4114 Oxford Ave., Jacksonville. For more information visit www.1stplacesports.com/ortega.

VP-47 Reunion to be held in Pensacola April 11-14. The reunion is for the P3-C Sailors as well as the P5M seaplane Sailors. For more information, please contact Johnny Jackson at jcksnjj@att.net or call (662) 801-8959.

The March of Dimes is sponsoring their annual **March for Babies Walk** May 5 in downtown Jacksonville. For more information, call 398-2821.

USS Iwo Jima Shipmates Reunion will be held June 6-10 at the Crowne Plaza Hotel in McLean, Va. For more information, call (757) 723-0317.

Military Officers Association of America N.E. Florida Chapter meets the third Wednesday of each month, for lunch or dinner, usually at the NAS Officers' club. Open to active duty and retirees of all branches of service. To make reservations or inquire about menu/entertainment, contact Cmdr. George Allen at 264-0903 or georgewallen@bellsouth.net

National Naval Officers Association meets the fourth Thursday of each month at 7 p.m. at the Urban League, 903 W. Union Street. Contact Lt. Cmdr. Paul Nix at 422-8480 or email Paul24navy@aol.com.

Disabled American Veterans Chapter 38 meets the second Tuesday of each month at 7 p.m. at 470 Madeira Dr., Orange Park. Service officers available Monday thru Friday 9 a.m. - 2 p.m. to help with VA claims, call 269-2945 for an appointment. Bingo every Thursday from 6:30-9:30 p.m. and Saturday from 10 a.m. - 3 p.m. The public is welcome.

Navy Wives Clubs of America Jax No. 86 meets the first Wednesday of each month at 7 p.m. in Building 857 (at NAS Jax main gate behind Navy-Marine Corps Relief Society). Not So New Shop open Tuesday and Thursday (9 a.m. to 1 p.m.). Call 542-1582 for info.

Navy Wives Clubs of America DID No. 300 meets the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. Call 387-4332 or 272-9489.

Fleet Reserve Association Branch 290 monthly meeting is the first Thursday at 8 p.m., 390 Mayport Rd., Atlantic Beach. Call 246-6855.

COMPASS Spouse-to-Spouse Military Mentoring Program by Naval Services Family Line. Help others help themselves. Call Melanie at 904-200-7751 or email: COMPASSMayport@NSFamilyLine.org

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, call AOC John Newman at 683-5407 or visit www.aao9.com.

Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work three hours a day, one day per week. Call 542-2766 ext. 126 from 10 a.m. to 2 p.m. weekdays to volunteer.

Navy Jacksonville Yacht Club meets the first Wednesday of every month at 7:30 p.m. at the clubhouse (Building 1956) adjacent to Mulberry Cove Marina. Open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commodore@njyc.org.

Orange Park Lions Club meets the second and fourth Monday at 7 p.m. at 423 McIntosh Avenue, Orange Park, Fla. For more information, call 298-1967.

National Active and Retired Federal Employees Westside Jacksonville Chapter 1984 meets at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. Call 786-7083.

National Active and Retired Federal Employees Clay County Chapter 1414 meets at 12:30 p.m. on the second Tuesday of each month at the Orange Park Library, 2054 Plainfield Avenue. Call 276-9415.

Ladies Auxiliary of Fleet Reserve Unit 126 meets the second Thursday of each month at 10 a.m. at the Fleet Reserve Building, 7673 Blanding Blvd. Call 771-6850.

Retired Enlisted Association meets the fourth Wednesday of each month at 1 p.m. at the Fleet Reserve Hall at 7673 Blanding Blvd. Call 772-8622 or 771-8696.

More military positions opened to women

From Department of Defense

The Defense Department announced changes to its assignment policy Feb. 9 that will result in more than 14,000 additional positions being opened to women.

"Women are contributing in unprecedented ways to the military's mission. Through their courage, sacrifice, patriotism and great skill, women have proven their ability to serve in an expanding number of roles on and off the battlefield," Secretary of Defense Leon Panetta said. "We will continue to open as many positions as possible to women so that anyone qualified to serve can have the opportunity to do so."

In a report required by the 2011 National Defense Authorization Act, the department notified Congress today it intends to make two changes to rules in place since 1994 governing the service of female members of the armed forces.

First, occupations will no longer be closed to women solely because the positions are required to be co-located with ground combat units. Second, a sizable number of positions will be opened to women at the battalion level in select direct ground combat units in specific occupations. The services also will continuously assess their experience with these changes to help determine future changes to the 1994 rules.

"The services will con-



(From left) Air Control Officer Lt. Nydia Williams, Radar Operator Lt. j.g. Ashley Ellison, Plane Commander Lt. Cmdr. Tara Refo, Pilot Lt. Ashley Ruic, and Mission Commander Lt. Cmdr. Brandy Jackson, all assigned to Carrier Airborne Early Warning Squadron (VAW) 125, prepare to fly the first all-female-crewed combat mission in an E-2C Hawkeye aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson and Carrier Air Wing (CVW) 17 are deployed to the U.S. 5th Fleet area of responsibility.

Photo by MC2 James Evans

tinue to review positions and requirements to determine what additional positions may be opened, ensuring the mission is met with the best qualified and most capable, regardless of gender," Panetta said.

The 1994 Direct Ground Combat Definition and Assignment Rule articulated five basic elements informing decisions on the service of women in the military: direct ground combat; berthing and

privacy; co-location; long range reconnaissance and special operations forces; and physically demanding tasks.

The 1994 DoD policy allowed women to be restricted from some occupational specialties if those specialties were physically co-located with direct ground combat units. Because the modern-day battlefield is non-linear and fluid, with no clearly defined front line or safer rear area, combat sup-

port operations are dispersed throughout the battlespace. Removal of the co-location exclusion will result in 13,139 Army positions being opened to women, in specialties such as tank mechanic and field artillery radar operator.

Additionally, the 1994 policy prohibited women from being assigned below brigade level to units whose principal mission was to engage in combat. The Army, Marines and Navy have

been granted exceptions to policy to allow select positions at the battalion level in specialties already open to women, opening 1,186 additional positions. These exceptions to policy will help the services assess the suitability and relevance of the direct ground combat unit assignment prohibition, and inform future policy decisions.

Regarding other policy restrictions, the department recognizes there are practical barriers that require time to resolve to ensure the services maximize the safety and privacy of all service members while maintaining military readiness. Building upon analysis and experience, the services will develop gender-neutral physical standards for use by all members.

"Gender-neutral physical standards ensure all members can meet the physical demands of the duties they are assigned, ultimately contributing to higher states of readiness through an increased understanding of the demands we place upon our members and by preventing injuries," acting Under Secretary of Defense for Personnel and Readiness Jo Ann Rooney said.

Panetta directed the services to update him in six months on assignment policy implementation and the progress made developing gender-neutral physical standards. As required by law, these changes to policy will take effect after 30 days of continuous session of Congress, which is expected to occur later this spring.

All Hands Club nearing completion

By Lt. j.g. Danae Moore
Staff Writer

Construction on the NAS Jacksonville All Hands Club, originally slated for completion in late August, is ahead of schedule.

According to Public Works Department (PWD) Project Manager Nick Bloomer, "The project is approximately 70 percent complete and is expected to be finished sometime late spring."

The \$6.5 million project will feature a spacious banquet and conference hall, a casual dining restaurant and lounge, an Irish-style Chief Petty Officers' pub, and an outdoor performance area. The 25,000-sq.-ft facility will accommodate around 700 guests as well as support staff and will replace "The Zone."

The building has an unusual profile, designed to mimic aircraft wings. Incorporated in that design are several environmentally friendly features which meet the requirements for silver Leadership in Energy and Environmental Design (LEED) certification. The parking lot will use permeable pavers to allow for storm



Photos by Lt. j.g. Danae Moore

Workers install glass on the front of the new All Hands building. The building's design incorporates natural lighting to aid in energy conservation.



Workers finish sheetrock in the conference room in the new All Hands Club.

water drainage and collection.

The building itself incorporates natural lighting and is walled with insulated concrete forms, which provide added insulation, in order to conserve energy.

Make motor vehicle safety your top priority

By April Phillips
Naval Safety Center Public Affairs

According to Naval Safety Center (NAVSAFECEN), Fiscal year 2011 was the safest on record in terms of four-wheel motor vehicle fatalities. Car and truck operators did a great job of managing the risks of driving. However, mid-way through the second quarter of FY 2012, fatalities are in danger of creeping back up.

As of Feb. 1, four Sailors lost their lives in four-wheel personal motor vehicle fatalities compared to one for the same time in 2011. Motorcycle fatality rates are static, with three so far this fiscal year - the same as last year at this time.

NAVSAFECEN's Command Master Chief Dominick Torchia recently released a "Safety Broadcast," a one-page fact sheet outlining timely information about various trending topics. His most recent covers PMV statistics, risk factors and resources for improvement.

"While we made big strides in reducing the number of four-wheel motor vehicle fatalities last year, this is no time to declare victory," Torchia said. "Be aware of the biggest risk factors - speed, alcohol, fatigue, ejection and distractions - and do everything you can to manage those risks."

Those risk factors account for the vast majority of motor vehicle mishaps in the Navy and nationwide. Motorcycle fatalities are also a continuing concern, with their own set of risk factors. However, the biggest risk factor Sailors face is completely within their control - training.

"The biggest challenge we face is closing the last tactical mile with regard to advanced motorcycle training," Torchia said.

"Every sportbike rider is required to take the Military Sportbike Rider Course (MSRC), but right now there are about 2,000 sportbike riders who have not completed it. This training has proven value. Nine out of 12 sportbike riders who died in FY11 had not attended the course."

Torchia said the MSRC is provided at no cost to Sailors and is designed to be completed during the workday. No leave is required to attend the course. It covers both the different physical handling characteristics and the required mental attitudes for safe operation of these high-performance machines.

The MSRC was created after a spike in motorcycle fatalities in 2008, when 33 Sailors lost their lives while riding. After an initial training push, the number fell to 13 in FY2010, but crept up to 16 in FY11.

Improve your life skills with free knowledge

From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues.

All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration.

- Ombudsman Basic Training - Feb. 27-29 (8 a.m.-4 p.m.), May 14-17 (5:30-10 p.m.), Aug. 13-15 (8 a.m.-4 p.m.), Nov. 13-16 (5:30-10 p.m.)
- Transition Assistance Program (TAP) Separation Workshop March 12-16, April 9-13, May 7-11, June 4-8, July 9-13
- Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m.-4:15 p.m.) - Feb. 27- March 2, March 26-30, April 23-27, May 21-25, June 18-22, July 23-27
- Executive Transition Seminar for O-5 & above (7:30 a.m.-4:15 p.m.) Jan. 30-Feb. 2 & July 30-Aug. 2
- Federal Employment Workshop (9 a.m.-noon) - Feb. 22, March 21, April 18, May 3, June 1, July 19, Aug. 3, Sept. 5, Oct. 12, Nov. 14
- Job Search & Interview Techniques Workshop (8-9:30 a.m.) - March 19, May 2, July 18, Sept. 4, Nov. 19
- Resumes & Cover Letters Workshop (9:40 a.m.-noon) - March 19, May 2, July 18, Sept. 4, Nov. 19
- Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) - Feb. 23-24, April 30-May 1, Aug. 27-28, Nov. 20-21
- Command Financial Specialist Training - (7:30 a.m.-4 p.m.) March 5-6, June 11-15, Sept. 17-21, Dec. 10-14
- Money, Debt & Credit Management Workshop (8-11 a.m.) - April 20, July 16, Oct. 3
- Strategies for First-time Home Buyers (1-3:30 p.m.) - March 20, May 30, Sept. 6
- Strategies for Best Deals in Car Buying (9-10:30 a.m.) -

- Feb. 21, May 4, Aug. 29, Nov. 13
- PCS Sponsor Training (1:30-3 p.m.) - Apr. 3, June 5, Aug. 7, Oct. 2, Dec. 4
- PCS Smooth Move Workshop (1:30-4 p.m.) - March 13, May 8, July 10, Sept. 13, Nov. 11, Nov. 13
- Military Spouse 101 Workshop - March 28 (5-7 p.m.), May 19 (10a.m.-noon), July 16 (1-3 p.m.), Sept. 12 (5-7 p.m.), Nov. 17 (10 a.m.-noon)
- What About the Kids (9-11 a.m.) - March 12, April 9, May 14, June 11, July 9, Aug. 6, Sept. 10, Oct. 15, Nov. 19, Dec. 10
- Stress Management 101 Workshop (9-10 a.m.) - March 7, April 4, May 2, June 6, July 11, Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 5
- Anger Management Workshop (8 a.m.-noon) - Feb. 21, March 20, April 17, May 15, June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20, Dec. 18

For more information or to register, call 542-5745.

Beginner Rider Course
Experienced Rider Course
Military Sportbike Rider Course
 Call for class dates
NAS Jax Safety Office
542-2584

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Appliances, buy, sell, trade & repair W/Ds, Refrigs., stove, \$85-up wrnty. Mon-Sun 9-7. Delivery 904-695-1412

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B. Langston's presents Very new & classic home filled with modern furn., high end glass & china, collectibles, jewelry, nice sale. 2827 Tuscarora Trail, Thurs/Fri 9-5, Sat 9-2. www.blangston.com

Fri 2/17 8am-5pm Sat 2/18 8am-12N office & dental supplies, furn., equipment, lots more 2948 Park St.

Farm / Planting

MF 135 TRACTOR & BOX BLADE Good operating condition, \$4000. 904-707-1308

Furniture / Household

55 gallon aquarium complete set-up. all supplies \$150. 912-576-3130

Beautiful 55" Round Solid Wood Dining Table w/4 Side Chairs (Minor Dents & Scratches). Will e-mail pix. \$450. Keith 904-415-2379

BED FRAME - Full sz, iron, 2" diameter posts w/ brass globes, very old, restored \$175. 904-268-2482

BED-NEW 4 Piece Queen Cherry Bed Set. Can deliver \$295 904-524-6037

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LAWN MOWER \$40. Gas Washer & dryer \$300. 904-755-6977

NEW Simmons Leather sofa Can deliver \$375 904-524-6037

Vintage Maple dining table (needs refinishing) \$100 OBO Lrg mirror cherry fin. frame \$50 OBO. Country style wooden potato/onion keeper \$25 Desk chair (black, cloth ex. cond.) \$35 Em: ntlwm@yahoo.com. 270-569-7847

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7.4 cu. ft. Maytag Gas Dryer Model#MDG600BW. Almost new. Ross 904-405-4193

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Jax Air News
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Malsi Puppies Stunning F1 gen 3F 1M. \$450-350. 904-312-3343
Pekapoo Malipoos Schnoodle Puppies - CKC s/w, HG, \$250. jameishgass55@hotmail.com
PRECIOUS VALENTINE PUPS. Pecan Park Flea Market 768-6063
Schnauzer, Poodle, Rat Terrier. Puppies CKC, HG, s/w \$250. jameishgass55@hotmail.com

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2009 Carolina Skiff 21.8' Elite. Immaculate and loaded for fishing. Custom T-Top w/full electronics including Simrad Chartplotter, Barchand Radar and Sounder, VHF, Stereo, separate Electronics Battery and Switch, instruments, wired for trolling motor and Mercury Optimax 115 hp. Loadmaster Aluminum Trailer. \$21,900. Call 904-806-1522 or email abcrcr@aol.net for details.
'97 SEASPORT CC 19' Suzuki 140 E/F 3 blade s/s prop. bimini top, many extras. \$5k under B/B. Jim 505-7455
JET SKI & Trailer \$12000. HD Sportster exc cond \$6800. 904-430-3221

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1997 GMC Safari Van, V6, auto, new tires, ovrg miles, dual A/C, P.W. P.L. Tom 904-891-2569 after 4pm.
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2002 LINCOLN - Exc. Blackwood, one owner, garaged, 99k miles, \$18,000. Extra tow hook, new, manuals, separate 904-384-7809
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2007 JEEP PATRIOT 59k mi's, 25 avg mpg, manual trans, asking \$10,500. Very good cond. Nodia 770-783-1897
2007 Dodge Charger 74,414mi's, \$11k, grey inter. & exter. w/1nt 24" rims, well maint, reliable. Marlink 352-219-9777
2007 Ford Mustang for sale by owner. 904-542-3441
'97 GMC Safari Van V6 AT, new tires average mi's, dual AC PW PL Tom 891-2659 after 4

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