

# Jax Air News

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## 'State of the Base' promotes NAS Jacksonville's future

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

Civic, business and government leaders from Northeast Florida attended the annual NAS Jacksonville State of the Base presentation to learn about current and future operational and construction projects May 31.

The briefing presented by NAS Jax Commanding Officer Capt. Bob Sanders, highlighted construction projects, roles of tenant commands, energy conservation efforts, transition of the P-3A Orion to the P-8A Poseidon aircraft and the transition of helicopter anti-submarine light squadrons to the new helicopter maritime strike squadrons.

"We are always planning ahead and set our eyes on the future whether it's supporting the warfighter, energy infrastructure or helping Sailors and their families with quality of life issues," said Sanders.

It's our focus on customer service that makes NAS Jax the premier station in the Navy," he



Photo by Kaylee LaRocque

NAS Jacksonville Commanding Officer Capt. Bob Sanders welcomes guests to the annual NAS Jax State of the Base Breakfast and Brief at the NAS Jax Officers' Club on May 31.

continued.

He also discussed upcoming military construction projects including building the Navy's first Broad Area Maritime Surveillance (BAMS) Unmanned Aerial System (UAS) training and mission control facilities aboard the

station.

"The \$4.4 million training facility is expected to be completed at the end of fiscal year 2012 and the \$22 million mission control facility will be completed the following year," said Sanders. "At this time, we are unsure where these sys-

tems will be based depending on the needs of the Navy, but the operators will be trained here."

Other projects planned in the near future include a new P-8A ordnance loading facility, repaving of the main runway, upgrading the base lighting

system, a new All Hands Club, renovation of the base marina, gymnasium and Navy Lodge and building a new commissary.

Sanders also stressed the importance of being a good steward of the environment.

"We continually look at how our energy consumption today will impact our future. As of today, we've installed 5,300 solar panels on our buildings saving about \$300,000 a year. And, our wastewater reuse project in which we are partnering with the City of Jacksonville, will ensure zero discharge of treated wastewater into the St. Johns River by 2014," he stated.

The presentation also highlighted the missions of tenant commands aboard the station.

"NAS Jax is primarily an airfield with about 75,000 take offs and landings each year. The station's largest operational tenant is Patrol and Reconnaissance Wing 11, consisting of six active duty P-3C Orion squadrons and one

See **STATE OF BASE**, Page 8

## Remembering the Battle of Midway

By Paige Gnann  
The Mirror Editor

Sailors and local dignitaries commemorated the 70<sup>th</sup> anniversary of the Battle of Midway with a ceremony and wreath toss on June 4 aboard the guided-missile frigate USS De Wert (FFG 45).

Guest speaker for this year's event was Rear Adm. Jack Scorby, commander, Navy Region Southeast.

"The Battle of Midway was undoubtedly the turning point of the war in the Pacific," Scorby said. "The victory at sea cemented the role of naval aviation in combat and this celebration affords us the opportunity to commemorate the heroic actions of the fighting men of the Pacific fleet."

"Celebrating the hard-earned victory at Midway provides an opportunity to . . . recognize the courage and sacrifices

of the brave veterans who fought that battle. It is a reminder of what makes our Navy great."

The Battle of Midway was fought June 4-7 and is considered one of the most decisive battles of World War II. At the end of the three days, the Japanese had lost four large carriers to the U.S. Navy, along with more than 100 trained pilots and 700 trained aircraft mechanics "whose technical expertise could not be easily replaced," Scorby added.

"The victory at Midway defeated the Japanese attempt to draw the U.S. carriers into a decisive battle and also thwarted their attempts for further offensive action," he said.

"Today, the courage, valor and innovation of our people continue to be the key to the Navy's success. We remember this historic sea battle, a battle that changed the course of history and established the



Photo by Paige Gnann

Naval Station Mayport Commanding Officer Capt. Doug Cochrane (left) is joined by Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. and NAS Jacksonville Executive Officer Capt. Roy Undersander as they toss a commemorative wreath honoring the 70th anniversary of the Battle of Midway into the basin of NS Mayport June 4.

proud traditions that clearly show we are the greatest Navy in the world. We remember those who fought and what they were fighting for."

The ceremony ended with a wreath

tossing by Scorby, NS Mayport Commanding Officer Capt. Doug Cochrane and NAS Jacksonville Executive Officer Capt. Roy Undersander into Mayport's basin from a local tug.

## Fallen hero honored



Photos by Kaylee LaRocque

(Above) Military members line the NAS Jax flightline to pay respect to Spc. Junot Cochilus who was killed in Afghanistan on May 2.

(Below) An Army Honor Guard stands at attention as the casket of Spc. Junot Cochilus is lowered from the Angel Flight onto the NAS Jacksonville flightline June 1. Cochilus, 34 of Charlotte, N.C. died May 2 in Logar Province, Afghanistan of injuries from an improvised explosive device. He was assigned to the 7th Engineer Battalion, 10th Sustainment Brigade, 10th Mountain Division, Fort Drum, N.Y. as a combat engineer.



Photo by MC1 Elizabeth Thompson

## VP-5 trains Indonesian counterparts

Lt. j.g. Tim Clemmons, assigned to the "Mad Foxes" of VP-5, discusses functions of a tactical coordinator (TACCO) station within the P-3 Orion to Indonesian aviators Cmdr. C.H. Ahdriahtoro (left) and Lt. Y. Rizali during a June 1 orientation flight as part of Cooperation Afloat Readiness and Training (CARAT) Indonesia 2012. CARAT 2012 is a nine-country, bilateral exercise between the U.S. and Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, Singapore, the Philippines, Thailand, and Timor Leste. It's designed to enhance maritime security skills and operational cohesiveness among participating forces.

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U.S. National Archives

Coast Guard-manned LST-21 unloads British Army tanks and trucks onto a "Rhino" barge during the early hours of the Normandy invasion, June 6 1944. Note the nickname "Virgin" on the Sherman tank (at left).



U.S. Navy photo

Cmdr. Rosemary Mariner sits in her A-7E Corsair II attack aircraft. In 1990, she was the first woman to assume command of a Navy aviation squadron – VAQ-34 – at NAS Point Mugu, Calif. In 1993, Mariner became one of the first female aviators to be promoted to captain.

## This Week in Navy History

### From Staff

#### June 6

1944 - In Operation Overlord, the Allied invasion fleet (more than 2,700 ships and small craft) lands troops on Normandy beaches in the largest amphibious landing in history.

#### June 7

1819 - Lt. John White on merchant ship SS Franklin, anchored off Vung Tau, is first U.S. naval officer to visit Vietnam.

1917 - U.S. Navy submarine chasers arrive at Corfu, Greece for anti-submarine patrols.

1942 - Battle of Midway ends with the loss of aircraft carrier USS Yorktown (CV-5).

1944 - Construction of artificial harbors and shel-

tered anchorages begins off Normandy coast.

1991 - Joint Task Force Sea Angel ends relief operations in Bangladesh after Cyclone Marian

#### June 8

1830 - Sloop-of-war Vincennes becomes first U.S. warship to circle the globe.

1853 - Commodore Matthew Perry arrives at Uruga, Japan to begin treaty and trade negotiations. 1880 - Congress authorizes the office of Judge Advocate General (JAG).

1958 - Navy and Post Office deliver first official missile mail when submarine USS Barbero (SS-317) fired Regulus II missile with 3,000 letters 100 miles east of Jacksonville, Fla. to Mayport, Fla.

1960 - Helicopters from air-

craft carrier USS Yorktown (CVS-10) rescue 54 crewmen of British SS Shunlee, grounded on Pratus Reef in South China Sea.

1962 - Medical team from Naval Hospital, Bethesda, Md.; Naval Medical Research Institute, Bethesda; and Naval Preventative Medicine Unit No. 2, Norfolk, Va. sent to San Pedro Sula, Honduras to fight epidemic of infectious gastroenteritis.

1967 - Intelligence ship USS Liberty (AGTR-5) attacked by Israeli forces in the Mediterranean, 34 crewmen were killed and 173 wounded.

#### June 9

1882 - Establishment of Office of Naval Records of the War of the Rebellion (became part of Naval Historical Center).

1942 - First Navy photo-

graphic interpretation unit set up in the Atlantic.

1959 - Launching of USS George Washington (SSBN-598), the first nuclear-powered fleet ballistic missile submarine, at Groton, Conn.

#### June 10

1854 - U.S. Naval Academy at Annapolis, Md., holds first formal graduation exercises. Previous classes graduated without ceremony.

#### June 11

1853 - Five Navy ships leave Norfolk, Va. on three-year expedition to survey the far Pacific.

1927 - Light cruiser USS Memphis (CL-13) arrives at Washington, D.C., with Charles Lindbergh and his plane, Spirit of St. Louis, after his non-stop flight across the Atlantic.

1944 - U.S. battleships off Normandy provide gunfire

support to troops fighting inland.

1953 - Navy ships evacuate 20,000 Koreans from West Coast Islands to safety south of 17th parallel

#### June 12

1944 - Four U.S. Carrier Groups (15 carriers) begin attack on Japanese positions in the Marianas.

1948 - The Women's Armed Forces Integration Act provides for enlistment and appointment of women in the Naval Reserve.

1970 - After earthquake in Peru, amphibious assault ship USS Guam (LPH-9) begins 11 days of relief flights to transport medical teams and supplies, as well as rescue victims.

1990 - Cmdr. Rosemary Mariner becomes first Navy woman to command a fleet jet aircraft squadron.

# Breaking bread with the principal

By Sarah Smiley  
Special Contributor

Some kids go to the principal's office. My kids have the principal come to dinner – for our 23rd "Dinner with the Smileys."

I had hoped that the presence of Lynn Silk, principal of 14th Street School in Bangor, would encourage extra good behavior from the boys. Sadly, I underestimated five-year-old Lindell's ability to embarrass me when I least expect it.

Lynn, however, knows something about managing a house full of boys. She also raised three sons, all of whom went on to serve their country and their community as policemen and soldiers. Lynn's oldest son, Staff Sgt. Brandon Silk, died in a helicopter crash on June 21, 2010, while serving with the U.S. Army's 101st Airborne Division in Afghanistan. Her two younger sons, David and Blaine, are now deployed overseas.

David's wife, Jaclyn, came with Lynn to dinner, making this only the second Dinner with the Smileys that we spent with someone who is either currently or recently dealing with a deployment. (Our sixth dinner was with the Mazzei family, whose husband/father, Lincoln, was deployed last year.) Being with people who know firsthand what you're going through is crucial for military families.

Lynn, Jaclyn and I bypassed explanations of lingo and policies often necessary for the uninitiated to military life, and we got down to the real conversation: Skype is great, but not perfect; dinnertime is the hardest time to be alone; and when people say "Thirteen months will pass really quickly," do they think about what they're actually saying?

Maybe Lindell sensed the comfort and acceptance of being with another military family. Or maybe the water balloons Jaclyn brought for the boys took over his common sense. But by the end of the night, Lindell was wearing only his swim trunks and spraying his principal with a water gun.

I was in nonstop apology mode, despite Lynn's good nature and her obvious delight in seeing three boys play together. Jaclyn's participation in the water fight, which ended with her in soaking-wet jeans and shirt, convinced me that what was unfolding on the front lawn was welcomed. In hindsight, perhaps it was exactly what everyone needed after our dinner conversation about Brandon's death.

Earlier in the day, I told the older boys it would be okay to ask Principal Silk about her son. Ford and Owen looked at me with disgust. "Why would we ask her about that?" Ford said. They thought it would be rude to "make Mrs. Silk sad," despite my insistence that she probably loves talking about her son. So at dinner, while the older boys awkwardly stared at their lasagna, I brought it up for them.

Lynn told us about Brandon as a person — how he broke records in track, how he loved to make people laugh, how he

## From The Homefront

imitated his mom — and she shared with us the details of the helicopter crash that killed him.

Dustin is a helicopter pilot.

After a long pause, Owen looked up at Mrs. Silk and said, "How can a helicopter make someone die?"

Sometimes, there is no way to protect your children from reality. Many times, we shouldn't anyway.

Lynn and Jaclyn had brought with them what they called their "flat boys," almost-to-scale (depending on which brother you ask) cardboard cutouts of Lynn's younger sons. Time prohibited them from getting a "flat Dustin" for Ford, Owen and Lindell, but they brought Dustin's likeness nonetheless: an ice cream cake with an edible photo image of Dustin on the top.

What happened next was worse than biting the ears off a helpless chocolate bunny. I held a butcher's knife above the frozen-solid cake with my husband's image on it, and when Owen and Lindell realized the horror of what was about to happen, they both screamed, "No, don't do it!"

There was no good, less horrific place to cut. I pushed the knife into the cake and cringed. It was morbid and horrible. Still, the tears of laughter — a release from all the emotion earlier in the meal — streamed down my cheeks.

"It had seemed like a good idea at the store," Lynn said, laughing, too.

"I will not eat any part with Dad on it," Owen said, which considering the size of the image, was going to be a difficult request.

"I'll take his head," Ford bravely said. And then, "Dad's going to give me a piece of his mind."

As I cut around the cake, slicing the image into a dozen wedges, I realized the next problem: Forget Dustin's head, who was going to eat the piece with his, well, um, you know.

"Go ahead, Sarah," Jaclyn said, smiling. "Take one for the team and for all the military wives out there."

I flopped the piece with my husband's lower half onto my plate.

Lynn and Jaclyn left after the final water-gun fight outside. It was, after all, a school night for Principal Silk, too. When the boys and I were back inside, Lindell, still in his bathing suit, climbed into my lap. His back was dotted with bug bites, and he had dark, tired half moons beneath his eyes. I pulled him closer to me and he rested his head on my shoulder. "Will my Daddy die in a crash?" he said.

I patted his back, unsure how to answer, and shushed him to sleep.

## Hey, MoneyMan!

**Hey, MoneyMan!** I am getting ready to purchase my first new car. The car I intend to trade in was purchased used two years ago. I financed it through my credit union and still have two more years of payments. My friends all tell me that the dealership can pay off my trade as part of the deal but I'm getting conflicting advice about something called GAP insurance. My buddies in the shop tell me that I definitely should purchase GAP, but my LPO and division chief both say that it depends on the situation. Who should I listen to?

**MoneyMan Sez:** Good question shipmate! I want to commend you for taking your time and seeking advice on such a large purchase. Based on the information you provided I am going to declare your LPO and chief the winner.

GAP, or Guaranteed Auto (or Asset) Protection, is a product you can purchase to protect you if your vehicle is declared a total loss. Typically this occurs through an auto accident but could be a result of theft, fire, flood, tornado, vandalism, or hurricanes. If your car is declared a total loss, your insurance company generally will compensate you for the actual cash value (ACV) of the vehicle. ACV may be considerably less than the retail value and is often considerably less than the actual amount you still owe on the vehicle. GAP insurance covers the difference between what the insurance company pays (ACV) and what you still owe on the vehicle.

Your LPO and chief were correct in that there are situations where GAP insurance is well worth the cost, and there are situations where purchasing GAP insurance

See **MONEYMAN**, Page 8

## JaxAir News

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# Vitali is new VP-45 commanding officer

By Lt. j.g. Matt Melfa  
VP-45 PAO

VP-45 held its 70<sup>th</sup> change of command May 25 as Cmdr. Michael Vitali relieved Cmdr. Paul Ditch as commanding officer.

The guest speaker was Commander, Patrol and Reconnaissance Wing Eleven Capt. Trey Wheeler.

Vitali, a native of Cleveland, Ohio, graduated from Purdue University in 1994 with a bachelor's degree in history and was commissioned as an ensign in the United States Navy through the Purdue University Naval Reserve Officer Training Corps.

He then earned his naval flight officer wings of gold at NAS Pensacola, Fla. During his first two tours, Vitali served as a tactical coordinator flying the S-3B Viking at VS-35 and then as an instructor at the S-3 Fleet Replacement Squadron, VS-41.

At the end of the S-3's service, Vitali transitioned to the P-3C Orion at VP-30 at NAS Jacksonville and has since served with VP-16, VP-4, and the J-5 Strategic Policy Division for the U.S. Southern Command at MacDill Air Force Base.

Ditch took command of VP-45 in May 2011. He led the squadron through a successful tri-site deployment to Comalapa, El Salvador; Djibouti, Djibouti; and Sigonella, Italy. The deployment supported U.S. Navy Fifth and Sixth Fleets involvement in Operation Enduring Freedom, Operation Unified Protector, Operation Active Endeavour, Operation Carib Shield, and Operation Caper Focus.

Of note, these operations lead to the unseating of Libyan dictator, Momar Qaddafi, the seizure of hundreds of thousands of dollars in narcotics bound for the U.S., and the prevention of piracy around the Horn of Africa.



Photo courtesy of VP-45

Commander, Patrol and Reconnaissance Wing Eleven Capt. Trey Wheeler congratulates VP-45 Commanding Officer Cmdr. Michael Vitali after the change of command ceremony on May 25, as former VP-45 Commanding Officer Cmdr. Paul Ditch looks on.

Under Ditch's leadership, VP-45 flew 568 sorties, which resulted in the execution of 5435 mishap-free, combat flight hours.

Vitali assumes command of VP-45 in the midst of a 12-month inter-deploy-

ment readiness cycle in which he will lead the squadron to prepare the squadron for their upcoming deployment to Kadena Air Base in Okinawa, Japan. He will be joined by new Executive Officer Cmdr. John Brabazon.

# Martin takes charge of Southeast Regional Calibration Center today

From SRCC Public Affairs

Lt. Kevin Martin will assume command of the Southeast Regional Calibration Center (SERCC) June 7 when he relieves the retiring CWO5 Marc Manor in a 10 a.m. combined change-of-charge/retirement ceremony to be held at the NAS Jacksonville Officers' Club.

The event's presiding officer is Capt. Paul Haas, chief-of-staff, Naval Air Forces Atlantic. Guest speaker is Capt. Marlin Anthony, commanding officer, Naval Operational Support Center, Houston, Texas.

After enlisting, Martin served at sea aboard USS Nicholson (DD 982), USS Ramage (DDG 61), USS Roosevelt (DDG 80), USS John F. Kennedy (CV 67), USS Samuel B. Roberts (FFG 58) and USS Gettysburg (CG 64).

He served ashore at Naval Computer and Telecommunications Station Sicily. He and his wife, Kathryn, are raising one son, Jarrod, age 15.

Manor, a native of Muncie, Ind., enlisted in the Navy in 1982 as a Radioman. He earned his Bachelor of Science degree in International Business from Hawaii Pacific University and a Master of Education from the University of Oklahoma. He received his commission Feb. 1, 1998.

He served sea duty tours onboard USS Bainbridge



Lt. Kevin Martin



CWO5 Marc Manor

(CGN 25), USS Arkansas (CGN 41), USS Cushing (DD 985), USS Dubuque (LPD 8), USS Klakring (FFG 42), and USS Harpers Ferry (LSD 49). Shore assignments include tours at Naval Communications Station Philippines, Defense Information Systems Agency Pacific Wahiawa Hawaii, Naval Computer and Telecommunications Station Sicily, and Southeast Regional Calibration Center, Jacksonville.

On Manor's watch, SERCC completed two Airspeed projects that resulted in significant improvements to the calibration and fleet support missions.

The first included an automated process to the UPM-155 test set that is used to calibrate Identification Friend or Foe (IFF) equipment on board ships. Implementation of the automated process reduced production time of the UPM-155 from an average of 13.8 hours to 5.7 hours.

The second Airspeed project was the implementation of streamlined logistics support processes that resulted in reducing repair part turn-around time from an average of 19.1 to 6.7 days while saving 10 percent in administrative costs.

Several other process improvement and emergent repair projects were completed under Manor's watch, including judicious management of micro-miniature repairs that resulted in a cost savings of over \$741,000.

"These cost-saving and efficiency initiatives were successful because of the superb leadership of the SERCC CPOs and the extraordinary technical ability of the SERCC crew. I will forever be grateful for the opportunity to serve with such a highly professional group of Sailors," said Manor.

"They are all aware of the importance of their mission and I am certain there will be more great things to come under the leadership of Lt. Martin."

He and his wife, Myrna, have two sons, Alex and Andrew.



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Photos by Lt.j.g. Danae Moore

NAS Jax Command Master Chief (CMDM) (AW/SW) Brad Shepherd, left, and NAS Jax Commanding Officer Capt. Bob Sanders, right, gather with recently frocked second class petty officers June 1. Newly frocked Sailors promoted were: MA2 Aaron Bloom, ABE2 Andrew Bolli, CS2 Andrew Bunce, CS2 Latoya Carter, AC2 John Castro, CS2 Marzelos Clark, ATO2 Ronald Conzo, AZ2 Mario Correajackson, GM2 Kahlil Davis, AC2 Kelley Haas, AM2 David Hall, CS2 Ray Johnson, AC2 Alyssas Martinez, ABH2 Shane Miller, MM2 Mario Miniel, ABH2 Luis Rojasnatal, ABE2 Ronnie Shephard, EM2 Nathaniel Tantype, and ABE2 Willie Washington.



## Sailors frocked

Congratulations to MA1 Brian Gamble, MA1 Ronald Hughes, CS1 Larozzo Shugart, BM1 Kakia Shuler, AC1 Fred Sigears and AC1 Amariyls Torres on promotion to first class petty officer.



Congratulations to AC3 Elisabeth Albrecht, CS3 Marissa Carolus, MA3 Vernon Colbert, MA3 Nichole Currotto, YN3 Danielle Fontaine, MA3 Geoffrey Edward, MA3 Demarcus Hires, AC3 Kimberly Janus, MA3 Josue Lopez, GSM3 Aziz Olanipekun, AZ3 Julian Richardson, OS3 David Riverapaez, MA3 Briana Roy, MA3 Bryan Russell and OS3 Sierra Sanders on promotion to third class petty officer.

# Navy seeks officers for specialty career path program

From Navy Personnel Command Public Affairs

The Navy is accepting applications from eligible officers for the Fiscal Year 2013 (FY-13) Specialty Career Path (SCP) program, according to a Navy message released May 29. Applications must be received at Navy Personnel Command (NPC) no later than June 25.

The SCP program provides officers alternatives to the traditional command-at-sea-career path and supports demand for senior unrestricted line officer expertise in growing mission areas, according to NAVADMIN 167/12.

The program is designed to develop and utilize selected officers in the following distinct specialty career paths:

- Operations Analysis
- Financial Management
- Naval Operational Planner
- Anti-terrorism/Force Protection
- Shore Installation Management
- Anti-Submarine Warfare
- Mine Warfare
- Missile Defense
- Strategic Sealift
- Education and Training Management

The FY-13 SCP Selection Board will be held July 23 - 27 at Navy Personnel Command (NPC).

Eligibility information and application procedures can be found in the NAVADMIN.

Officers who meet eligibility requirements may apply for up to two specialty career paths. The board will select eligible officers best qualified to serve the needs of the Navy in each specialty career path. Selectees will retain their original officer designator and will receive an additional qualification designator that indicates their area of specialization.

Specialty career path provide selectees jobs with increasing complexity and responsibility. Officers will gain experience and develop management and leadership skills that will best serve the Navy while providing enhanced opportunity for successful career transition upon retirement.

The FY-13 SCP Selection Board will also screen previously unselected SCP lieutenant commanders and commanders for SCP executive (XO) and commanding officer (CO) billets within their mission areas.

SCP XO and CO screened officers will be eligible to fill designated SCP milestone billets.

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# FY12 Second quarter small business advocate recognized

**By Caretha Brown-Griffin**  
 NAVSUP Fleet Logistics Center Jacksonville  
 Director of Small Business Programs

In a ceremony held May 22 on the command quarterdeck, NAVSUP Fleet Logistics Center (FLC) Jacksonville Commanding Officer Capt. Kevin Head recognized Lawrence Mark as the Acquisition Advocate for Small Business Concerns for Fiscal Year 2012, Second Quarter.

Mark's path to Jacksonville was an interesting one. He served twelve years in public safety as a firefighter and emergency medical technician in Flint, Mich., and Myrtle Beach, S.C.

Mark had always combined his passion for public safety with business. In 2009, he decided to hang up his fire helmet and focus solely on his business profession.

His career in federal service began in June 2009 with a Department of Defense (DoD) college internship in the Civilian Personnel Management Service Recruitment Assistance Division at Michigan Technological University, Houghton, Mi. He worked as a student recruiter and was one of only five students in the country that recruited fellow students for civilian careers within DoD.

Mark's enthusiasm for business and entrepreneurship blossomed at an early age. He established his first company at 17 and has created a total of four small businesses; two of those businesses were started while in he was in college.

He also helped create the Entrepreneurship Asso-



Photo by Daphne Cassani

NAVSUP Fleet Logistics Center (FLC) Jacksonville Commanding Officer Capt. Kevin Head presents Mark Lawrence with a certificate of achievement on May 22, recognizing him for his selection as NAVSUP FLC Jacksonville's Acquisition Advocate for Small Business Concerns for fiscal year 2012, second quarter.

ciation, which introduced fellow students to the business sector and assisted local small businesses to expand.

Mark's business experience is evident. He sees beyond customary practices and considers all possibilities when achieving the final product. He consistently demonstrates the discipline to get the job done right the first time.

He diligently encourages small business participation when performing market research, to include award of several 8(a) sole source acquisitions [Small Business Administration, 8(a) Business Development Program] as authorized by the Assistant Secretary of the Navy.

During this second quarter of FY12, Mark awarded nearly \$7 million dollars to small business concerns. His meticulous style and conscientious efforts have tremendously enhanced NAVSUP FLC Jacksonville in achieving the mandatory DoD/Navy small business targets.

Lawrence completed his Level I certification in the Acquisition Career Field of Contracting in just a few months and is currently pursuing his Level II certification.

Additionally, Mark received his Bachelor of Science in Business Administration from Michigan Tech in 2010 and Associate Degree in Fire Science from Lake Superior State University, Mich. in 2002.

## Free SAT/ACT prep programs for military

By Staff

Tremendous challenges face America's military families, especially when frequent relocation's are involved. Military families move approximately every two years and military children will attend six to nine different schools between kindergarten and high school graduation.

They must become acquainted with new schools and stress can affect school performance. It is especially difficult for high school students preparing for college. But, families do not need to spend a fortune preparing students for SAT and ACT exams.

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 BIRTHDAY CELEBRATION**  
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# CNATTU JAX



The full-size CNATTU JAX Composite Maintenance Trainer (CMT) for the H-60 Seahawk helicopter platform is used for teaching mechanics, electricians and airframers. During the course, a number of maintenance labs are performed by students, such as removing and installing pumps, engines, environmental control systems, hydraulic components, flight controls and blade folding.

## Providing a pathway of learning

By Clark Pierce  
Editor

More than 170 Navy, Marine Corps and civilian instructors staff the six Maintenance Training Units that annually graduate more than 21,000 students from 1,900 classes at the Center for Naval Aviation Technical Training Unit (CNATTU) on board NAS Jacksonville.

"We primarily support the fleet as the central point of advanced maintenance training for the P-3C Orion and the H-60 Seahawk in what we call 'C-squared/M-squared' or Course Curriculum Model Manager," said CNATTU JAX Commanding Officer Cmdr. Michael Gramolini Sr. in a May 23 interview.

"In addition, our learning sites provide organizational- and intermediate-level training for ground support equipment, aviation maintenance administration, undersea warfare equipment, and soon, P-8 airframes and power plants."

Another growing resource is the new CNATTU JAX Mobile Training Team



AS1 Dhodie Apoyan prepares a ground support equipment lesson presentation in one of the many CNATTU JAX electronic classrooms.

that provides on-site instruction for aviation maintenance and training divisions.

"In these days of reduced budgets, it can be more economical to teach on site at a squadron than to send a dozen maintainers to the CNATTU JAX schoolhouse. Senior-level enlisted responsible for maintenance control, maintenance data and technical publications libraries can choose from 29 courses at the organizational or intermediate levels," said Gramolini.

CNATTU JAX Executive Officer Cmdr.



In the P-3 airframe schoolhouse, MTU-1011 Department Head Rob Powden talks with instructor AM1 Chad Bull as he awaits a class of career students who will be troubleshooting simulated gripes concerning hydraulic flight controls.

Daryl Pierce explained that P-3/P-8 transition will be fully supported.

"We're working with PMA-205, Boeing, VP-30 Fleet Integration Team and Commander, Patrol and Reconnaissance Wing 11 to develop the P-8A Poseidon maintenance training unit. Until our new P-8 facility is constructed, we've identified classrooms and other spaces at CNATTU JAX that Boeing and contractors can utilize for interim training. We're scheduled to begin work with VP-16 in July as the 'War Eagles' become the Navy's first

P-3 squadron to transition to the P-8A Poseidon."

Senior Enlisted Leader ASCM(AW) Michael King said, "Our H-60 Seahawk helicopter program is very robust and our C-squared/M-squared curriculum is keeping maintainers on the leading-edge of change during the transition to MH-60R and MH-60S platforms."

Gramolini added, "In the very near future, CNATTU JAX will provide MH-60R maintenance train-

See **CNATTU JAX**, Page 7



Aviation electronics technicians use their MH-60R electronic technical manual to troubleshoot a gripe in the maintenance simulator's cockpit.



Senior instructor AWFC Randall Benson points out an electrical control to students learning about the simulated P-3 Orion hydraulic power system.



(From right) P-3C engine instructor ADC Jeffrey Jackson checks the calculations of AD3 Shane Miller and AD1 Keisha Phillips. They used a micrometer to make sure an engine bearing was performing within specifications.



Instructor AD1 Bertley Englade checks the internal components of an Allison T-56-A-14 turboprop engine prior to the arrival of students at the CNATTU JAX P-3C engine lab.



(From left) AT2 Marnicta Perry coaches ATAN Ixel Figueroa and ATAA Michael Odom in the MH-60R maintenance simulator. She said that the students learn basic troubleshooting sets in order to understand what each system does in the helicopter and how they interface with each other.



AD2 Tyler Ensign wields a plastic mallet to loosen an Allison T-56-A-14 engine component as instructor AD1 Jason Villarreal keeps an eye on the procedure.

## Photos by Clark Pierce



AS1 Marc Patag is the instructional systems development leading petty officer and is responsible for updating courses that cover more than 200 topics – from the H-60 power plant to the P-3 armament system.



Aviation Support Equipment Instructor Sgt. Joshua Sherwood introduces students to the NC-10C trailer-mounted mobile electric power plant. This diesel-powered unit is designed to provide AC and DC power for servicing, starting and maintaining aircraft.



AWFC Randall Benson, CNATTU Jax Senior Instructor of the Year, discusses the P-3 hydraulic power system with students enrolled in the flight engineer course.



Aviation Support Equipment Instructor Sgt. Kevin Rolfe, USMC, lets three students familiarize themselves with the engine components under the hood of a tug that's used to tow aircraft and equipment on the flight line.

## CNATTU JAX

From Page 6

ing to a Royal Australian Navy helicopter squadron that is procuring 24 of the new Romeo ASW Seahawks. Our instructors modified the Romeo curriculum to reflect differences in Australian maintenance rates. When the Australians complete their class work, they will embed with one of the operational HSM squadrons here at NAS Jacksonville."

The majority of students come to CNATTU JAX on PCS orders to increase their maintenance certifications and to get hands-on training from one of the Navy's finest cadres of aviation maintenance instructors. Other students are sent TAD by their aviation maintenance officers for specialized training courses.

Gramolini proudly noted, "CNATTU JAX instructors have the highest ratio of master training specialists (MTS) in the CNATTU domain. The MTS qualification provides recognition for outstanding individual effort and fosters greater command training professionalism. Our MTS instructors demonstrate highly effective teaching skills and a comprehensive understanding of learning management, training administration and curriculum management."

Another part of CNATTU JAX is Training Support Department Mayport, which satisfies many training needs of the surface community – including the Center for Surface Combat Systems, Surface Warfare Officers School, Center for Security Forces and the Center for Information Dominance.



Marine Corps aviation support equipment technicians surround a jet aircraft start unit. The trailer-mounted gas turbine air compressor is used to provide air and electrical power for starting jet aircraft such as the F/A-18 Hornet and AV-8B Harrier II.

# Hurricane Season: Severe weather information

## What hurricane conditions mean

Storm Condition IV: Estimated time of arrival (ETA) is within 72 hours

Storm Condition III: ETA is within 48 hours

Storm Condition II: ETA is within 24 hours

Storm Condition I: ETA is within 12 hours

## What to do if severe weather approaches

- Check your disaster survival kit
- Review your all hazard survival plan
- Evacuate low-lying areas
- Protect your windows with boards, shutters or tape
- Close all windows and doors (make your home airtight as possible)
- Secure outdoor objects or bring them inside
- Fuel the car
- Save at least a 3-5 day water supply
- Withdraw cash from the bank (ATM's may not be functioning after a storm)
- Monitor local media (a NOAA or Red Cross weather radio is recommended)
- Keep radio and flashlights on hand with plenty of batteries
- Know how to shelter-in-place (in your residence and your workplace)

**Important Phone Numbers**

Base Closure Line: 1-800-849-6024  
 Duty Chaplain (Emergency): (904) 542-0024  
 Fleet and Family Service Center: (904) 542-2766  
 Navy-Marine Corps Relief: (904) 542-3515  
 Navy Family Housing: (904) 779-1060  
 Naval Hospital: (904) 542-7300  
 Security: (904) 542-2661  
 Fire Dept.: (904) 542-3333  
 Emergency Management Office: (904) 542-1496/5595  
 OOD: (904) 542-2338  
 CDO: (904) 509-1106

**Important Web Sites**

Region: [www.cnrse.navy.mil](http://www.cnrse.navy.mil)  
 Installation: [www.nasjax.navy.mil](http://www.nasjax.navy.mil)  
 Red Cross: [www.redcross.org](http://www.redcross.org)  
 FEMA: [www.fema.gov](http://www.fema.gov)  
 State EM: [www.floridadisaster.org](http://www.floridadisaster.org)  
 Local EM: [www.coj.net/services](http://www.coj.net/services)  
 Homeland Security: [www.dhs.gov/dhspublic/index.jsp](http://www.dhs.gov/dhspublic/index.jsp)  
 Navy Family Accountability and Assessment System: <https://navyfamily.navy.mil>

**Mass Warning and Notification (MW&N)**

In the event of an emergency you may be notified by one or more of the following systems:  
 Giant Voice – Installed throughout NAS Jacksonville. It is the same system utilized to broadcast Taps and Colors.  
 Phone Tree – i.e. a phone call from your command  
 Base-wide (Mass) Email – from the EMO/PAO

- Follow ALL evacuation orders.
- Personnel living in the barracks: Monitor local media and follow the guidance provided by your command
- Know how to shelter-in-place

When ordered to evacuate keep your chain of command informed as to your location and status.

Local emergency shelters provide a great service however, they are often crowded and offer little to no privacy. Plan for other alternatives such as leaving the area (help a fellow sailor that may be in a similar situation) to stay with friends or relatives.

Navy Lodge and TVQ:

NAS Jacksonville does not provide transportation or maintain shelters. If ordered to evacuate the base it is your responsibility to know where to go and how to get there. Visit the following websites and type in the keyword shelters:

- [www.coj.net](http://www.coj.net)
- [www.claycountygov.com](http://www.claycountygov.com)
- [www.co.st-johns.fl.us](http://www.co.st-johns.fl.us)
- [www.nassaucountyfl.com](http://www.nassaucountyfl.com)
- [www.nefloridarecross.org](http://www.nefloridarecross.org)

For base closure and recovery status of NAS Jacksonville, call the NAS Jax Hotline at: 1-800-849-6024 for a recorded message. All Navy personnel are reminded to update their family and emergency contact information in the Navy Family Accountability and Assessment System at <https://navyfamily.navy.mil>.

# MONEYMAN

From Page 2

is a waste of money. We have all heard the terms “upside down” or “under water” to describe the situation where the amount owed on a vehicle is greater than the value of the vehicle. I prefer the term “negative equity” but all the terms mean the same thing, your vehicle is worth less than what you owe on it. When you trade in your used vehicle and have the dealership add the negative equity to the cost of your new car, you may be creating a negative equity situation on the new car you drive off the lot before the car is even one day old! In this case purchasing gap insurance is a smart move.

Another example is if you purchase a vehicle with no down payment or a very small down payment and finance for an extended period (greater than 60 months). Rapid depreciation of new vehicles could cause a negative equity situation to develop in a relatively short amount of time. In this case, GAP insurance might be something you should consider.

If you are paying cash for a vehicle or have the ability for a large down payment (greater than 20 percent) your probably will not ever see a “GAP” between the actual cash value and what you still owe on the vehicle. In this case GAP insurance is not something you need to spend money on.

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# STATE OF BASE

From Page 1

reserve squadron providing anti-submarine/surface warfare capabilities. We are also home to VP-30, the Navy's P-3C fleet replacement squadron,” explained Sanders. “We recently conducted the roll-out of the Navy's newest surveillance aircraft – the P-8A Poseidon which will transition into the fleet here this year and eventually replace the P-3C aircraft.”

On the helicopter side of the house, NAS Jax currently supports three squadrons that also provide anti-submarine/surface warfare capabilities. By 2015, NAS Jax will be home to four carrier-based helicopter maritime strike squadrons and one expeditionary squadron.

He went on to highlight Fleet Readiness Center Southeast. “They are our largest tenant command with more than 4,000 employees. They've worked on basically every Navy aircraft since the 1940s maintaining capability for and performing a complete range of depot-level rework operations,” said Sanders. “Another primary command here is Naval Supply

Systems Command Fleet Logistics Center Jacksonville which boasts 24 sites to provide combat capability though logistics throughout the southeast region. “

Sanders also discussed the \$60 million renovation of Naval Hospital Jacksonville which includes new operating rooms, expansion of the physical/occupational therapy unit, a new breast care center and much more.

“The hospital staff are committed to providing the best possible care to our military members, their families and retirees. They are also the only naval hospital working on recapturing patient care vice outsourcing,” added Sanders.

As for mission sustainment, NAS Jax proactively develops encroachment protection partnerships with the City of Jacksonville and other local governments to ensure resources such as Outlying Field (OLF) Whitehouse and Pinycastle Range Complex are available for fleet training.

“These areas are vital for our warfighters to train. OLF Whitehouse is crucial to train pilots on carrier landings and Pinycastle is the Navy's only east coast bombing range,”

said Sanders. “We continually work with area residents and partner with the local agencies to purchase land in the surrounding areas to ensure we are in compliance with the Air Installation Compatible Use Zones Program.”

Sanders concluded his presentation by emphasizing what a great relationship the military has with the local community here. “During my naval career I've been stationed in many different cities. I can definitely say that I've never seen a community that is so supportive of our military members. Thank you!”

After the event, guests discussed the great partnership between the military and surrounding communities.

“We are fortunate and blessed to have our servicemen and women working here. The retirees and veterans are a terrific addition to the workforce we need in our community. I think its important that our community continues to be one of the best supporters of our military in the nation because it will reap rewards for Jacksonville for generations to come,” said Jaxport Chief Executive Officer Paul Anderson.



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# VR-62 Wardroom bids farewell to officers

From VR-62 Public Affairs

The VR-62 Wardroom said goodbye to four Selected Reserve (SELRES) officers and two full-time support (FTS) officers May 19. Each of the SELRES officers had flown in support of VR-62 for between nine and 10 years, so it was a bittersweet ceremony for those in attendance.

VR-62 Commanding Officer Cmdr. Alex Ellermann expressed his sincere thanks to each officer for their enduring commitment to the squadron and the U.S. Navy. "Your leadership, experience and aircraft knowledge will be truly missed," he said during a brief "hail and farewell" ceremony held in conjunction with the retirement party at a Jacksonville Suns baseball game.

The SELRES officers - Cmdr. Matt Corey, Cmdr. Alex Pantaz, Cmdr. Troy Solber, and Cmdr. Chris Duffy began drilling with the squadron when VR-62 was based in Brunswick, Maine. When the squadron moved to NAS Jacksonville several years ago, they chose to commute to Jacksonville to complete their reserve careers with VR-62.

Their combined careers at VR-62 are hard to quantify. They flew count-



Photo courtesy of VR-62  
(Back row, from left) Lt. Cmdr. Barth Boyer, Cmdr. Troy Solberg, Lt. Cmdr. Marc Monbouquette. (Front row, from left) Cmdr. Alex Pantaz, Cmdr. Matt Corey, Lt. Cmdr. Mike Brady, Cmdr. Chris Duffy and Cmdr. Magnus Leslie.

less NALO missions and more than 60 detachments, carrying millions of pounds in cargo and personnel, and flying thousands of hours in support of the U.S. Navy.

The officers expressed their appreciation and respect for the VR-62 members who they have had the privilege of serving with and shared their thoughts of life in VR-62. "I had the amazing opportunity to fly across the

Pacific with a crew to Australia. I believe this is simply one of the coolest and most rewarding jobs you can do," said Pantaz.

Corey added, "I have visited places all over the world with VR-62, some of which I did not even know existed. I will miss it."

Lt. Cmdr. Barth Boyer, an FTS officer is also leaving VR-62 as he retires after 20

years of service. Boyer joined the Navy in May 1992 and started his career flying P-3's at NAS Whidbey Island, Wash.

He joined the FTS over 10 years ago and spent several years with VR-62 before going back to school for his master's degree. Boyer returned to VR-62 in 2009 and assisted with the relocation of the squadron from NAS Brunswick to NAS Jacksonville.

Lt. Cmdr. Nando Vizcarrando, another



VR-62 Commanding Officer Cmdr. Alex Ellermann (right) presents Cmdr. Chris Duffy with a squadron photo during a hail and farewell event at a Jacksonville Suns game on May 19.

er FTS officer with VR-62, was also bid farewell.

He joined VR-62 in May 2009 and will be departing the squadron in June. Vizcarrando has taken orders to VR-53, a C-130 squadron that is based at Andrews AFB, Md.

Ellermann thanked Boyer and Vizcarrando for their commitment and dedication to the squadron. "I always knew I could count on you to get the job done," he stated.

# NOFFS brings sea of change to Navy fitness

From CNIC Public Affairs

The Navy Operational Fitness and Fueling Series (NOFFS), launched Navy-wide in January 2012, represents a sea of change in the way the Navy implements fitness activities.

NOFFS employs a new methodology to keep Sailors ashore and afloat in top physical condition. Based on world-class sports science training philosophies that have produced multi-million dollar athletes, NOFFS is designed to improve operational performance, decrease the incidence and severity of musculoskeletal injuries and provide foundational nutritional guidance for Sailors.

The result is a program highly relevant to Sailors. Athlete's Performance Institute, a key partner in the development of NOFFS, provided a lead-



File photo  
Both active duty and retired patrons at the NAS Jax MWR Fitness Source may participate in a variety of aerobic classes and weight training activities. For more information on summer fitness programs, call 542-3518.

ing-edge yet proven methodology from which the Navy's experts from Center for Personal and Professional

Development; Commander, Navy Installations Command (CNIC); Navy Bureau of Medicine; and Chief of

Naval Operations' Physical Readiness Program office could draw and refine to meet the needs of every operational platform.

Sailors now have everything they will need at their fingertips to gain and sustain high levels of physical performance at home or at sea.

CNIC's recent release of the NOFFS iPhone app (available in the iTunes app store) and the 2011 launch of the NOFFS virtual trainer found at [www.navyfitness.org](http://www.navyfitness.org) round out a program delivery platform unmatched within the Department of Defense.

To learn more about incorporating NOFFS into a personal or command training plan, contact your local MWR Fitness Office or visit the "find a NOFFS instructor" tab on the website. Contact NAS Jax MWR Fitness Source at 542-3518.

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# Naval Hospital Jacksonville CO recognized for contributions to medical excellence

By Tami Begasse  
Naval Hospital Jacksonville  
Public Affairs Officer

In Jim Collins' book, Good to Great, he states that great leadership is a paradoxical blend of humility, modesty and ferocious resolve. Collins discovered that the best chief executive officers (CEOs) are usually more like Socrates and Abraham Lincoln—soft-spoken men of few words and many questions.

Collins went on to write that soft-spoken visionary leaders usually create powerful and lasting results within their companies and among those around them.

Naval Hospital (NH) Jacksonville's CEO equivalent, Commanding Officer Capt. Lynn Welling, embodies the qualities associated with great leadership. When he assumed command of the hospital and five branch health clinics in Florida and Georgia two years ago, he brought with him an open-minded approach to problems and an ability to listen.

On June 8, he moves on, leaving a lasting legacy.

"We are part of something bigger than we are. Not just in medicine...but Navy Medicine. We are here to heal our nation's heroes. And we have the honor and privilege of caring for amazing people—the warriors who go forward to fight our nation's battles, our veterans and retirees, families who took care of the children while mom or dad was deployed for six months, the kids who missed their mom and dad . . . they all stepped up to something bigger than they are. And it's my honor to take care of them. It's a huge responsibility. And we do it well," said Welling.

Along with successfully passing more than 20 command readiness inspections—including receipt of The Joint Commission Gold Seal of Accreditation, the



File photo

**NAS Jax Commanding Officer Capt. Lynn Welling addresses his physician colleagues at the annual Duval County Medical Society Navy Dinner on Sept. 22, 2011.**

hospital's premier accrediting system for hospitals—NH Jacksonville became the first hospital on Florida's First Coast to receive the prestigious Baby Friendly designation by the World Health Organization and United Nations Children's Fund.

Illustrating the hospital's clinical excellence, the Family Medicine Residency Program was named the Uniformed Services University of the Health Sciences Clinical Site of the Year.

Eleven Medical Homeport teams—the Navy-wide approach to primary care that places patients in the center of a team of caregivers—were implemented at the hospital and branch health clinics at Kings Bay and Mayport.

The Navy Inspector General recognized the command's Deployment Health Center, Third-Party Collections, Case Management and Civilian Personnel departments as best practices.

The command was twice named by First Coast Worksite Wellness Council as one of Jacksonville's healthiest companies.

Florida, Capt. Welling made sure Navy Medicine was at the forefront of all efforts in the region to enhance quality and safety," Coble observed.

Naval Hospital Jacksonville along with Nemours Children's Clinic and University of Florida & Shands Jacksonville were the first in the community participating in the Patient Centered Caring Communication Initiative to improve patient and staff satisfaction, reduce medical errors and reduce claims.

Coble also pointed out that Capt. Welling expanded the Patient Safety Symposium with the collaboration of major healthcare organizations in Northeast Florida, bringing in national experts while fully using local expertise.

Coble went on to describe Welling's determination to impact the epidemic of prescription drug abuse in Florida. In April 2011, Welling presented a plan that was enthusiastically endorsed by the Quality Collaborative of Northeast Florida, the Quality Forum, the Healthcare and Bioscience Council of Northeast Florida, and the CEOs and emergency departments of hospitals across the region.

"Implementation of a major public health initiative in such a short time by such a wide sector of the community is an extraordinary example of the power of leadership," said Coble.

"Capt. Welling's total commitment to the three fundamental traditions of medicine—caring, ethics and science—along with his personal attributes engender enormous trust and hope and the willingness to collaborate far beyond expectations on behalf of the community. He is truly a leader for all seasons," concluded Coble.

Along with the collaborative efforts, Welling was very focused on empowering the

hospital and branch health clinic staff with the knowledge and skills needed to ensure the best care available is delivered to each and every patient.

NH Jacksonville rolled out the Jacksonville Kaizen Production System (JKPS) in November 2011.

"We took an outside the box approach to ensure our patients get the best, safest care possible while staying ahead of the nation's budget crisis. We've brought together today's most powerful improvement tools and methodologies including Lean Six Sigma, industrial engineering, high-reliability organizing and industry best practices. We've added the infrastructure - stability, continuity, accountability - so we can successfully execute our readiness mission," Welling, a naval aviator turned emergency physician, explained.

"And it's all about driving quantum leaps in performance, eliminating waste and never accepting the status quo."

Using the JKPS approach, the command is already seeing measurable results.

Staff has increased productivity in its operating rooms by 29 percent, reduced Urology Clinic wait times by 25 minutes, and improved its pre-operative experience of care for patients—reducing it from a process that could take up to five hours, down to an average of only one hour.

And that's just a sampling of the results gained from the now more than 200 projects.

Another initiative builds on NH Jacksonville's history of private and public-sector collaboration across the region.

To help tackle the abuse of prescription pain medication in Florida, Welling and members of the Quality Collaborative of Northeast Florida's Rational Prescribing of Controlled Substances Task Force devel-

See **WELLING**, Page 11



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# WELLING

From Page 10

oped a set of guidelines to ensure the appropriate treatment of chronic or recurrent pain in local emergency rooms.

NH Jacksonville was the first to put the guidelines into practice in its emergency room on Oct. 1, 2011.

For this initiative, Welling received the Duval County Medical Society (DCMS) Distinguished Service Award for outstanding leadership and exemplary stewardship.

"Capt. Welling has been at the forefront of the Rational Prescribing of Controlled Substances initiative," said Duval County Medical Society Executive Director Bryan Campbell.

"His dedication to quality and compassionate care as well as his efforts spearheading the Quality Collaborative initiative will undoubtedly leave a lasting legacy throughout the entire healthcare community."

And as with many soft-spoken leaders, Welling is the first to attribute command achievements to his staff of 2,500 military and civilian personnel located at its hospital and five branch health clinics.

"They not only embraced my vision, mission and strategic plan, but can tell you exactly how they contribute to it on a daily basis," he said.

He's also quick to recognize his fortune to be able to build on the strong foundation set by those before him, such as Capt. Bruce Gillingham and Rear Adm. Raquel Bono.

So how does a leader come in and drive such positive change in only a two-year rotation? Welling explains the two things at the root of his leadership approach.

The first is to establish the mission.

"When you put the patient first, everything else falls in place. So we spent some very important time when we first got here in defining our mission. For everyone to know the mission, vision, strategic plan and know how to contribute to it on a daily basis was a huge undertaking. And when staff are actively engaged and know where they fit in, they can make positive differences," said Welling.

The second aspect of Welling's leadership is execution.

"When you give staff the vision . . . give them lateral limits so they don't step out of their lane . . . adjust the rudder every now and then to course correct . . . motivate and remove the barriers . . . it's amazing to listen to depths of discussions around the hospital, and then see the results they achieve. There's a culture of 'do it' as opposed to those who don't do it."

NH Jacksonville's mission is clear:

Provide force health protection through readiness, operational support, health promotion and quality family-centered care to all those entrusted to it, or in a word, readiness.

The command—a hospital and five branch health clinics—produces readiness.

It's interesting to compare this strategic plan with

Welling's remarks at the change of command ceremony in June 2010 when he first arrived.

He said, "We will be 'the one' all other hospitals turn to when they need advice or guidance on implementing practices that ensure each patient receives the safest, highest quality care. We will be 'the one' that not only conceives the plan for being the most effective and most efficient provider of that outstanding medical care, but 'the one' that executes. We will be 'the one' that leads in training our most important assets, our people, in achieving their own greatness. We will be 'the one' our patients go out of their way to return to because they trust us."

According to Welling, those goals were achieved.

Not only that, the goals evolved into the blueprint for Welling's strategic plan which aligned perfectly with the Military Health System's quadruple-aim—readiness, population health, patient experience of care and cost.

So what does Welling hope his NH Jacksonville legacy will be?

It's a goal he takes with him to each and every command he leads.

"If I've done my job right—when I walk out the door no one will know I'm gone. This means we've trained the staff to act on their own in alignment with the vision and mission. When they do that, we know we've changed the culture. We have embraced this change and know the imperatives out there: Patient safety and quality. Then you add the healthcare and budget crisis. We understand that we have a sacred obligation to those people we serve. And at the same time, we've got to be smart; we've got to be better. We don't have to do more with less. We have to put the right person in the right place at the right time to do the right thing. And our guys get it. We're not there yet, but we are leading from the front," Welling continued.

It's this philosophy that will pave the way on June 8 for NH Jacksonville's next leader—Capt. Gayle Shaffer, a Dental Corps officer who was previously the executive officer at NH Okinawa—who will come in and take the command to the next step.

"Getting our team of 2,500 to march in the same line, take care of thousands of patients, develop a system that helps take care of those thousands of patients in a manner that will always be there so the patients can trust it, to trust us and to know we've got their back—is huge and very rewarding," said Welling, who places NH Jacksonville as one of the two most rewarding commands he's led.

And like all good leaders, the Navy Medicine journey is never-ending.

"No matter how good we are today, we can and will become better tomorrow. Upon my departure, I know that Naval Hospital Jacksonville's team of Sailors, civilians, contractors and volunteers will continuously, passionately and relentlessly strive to deliver the care that earned us status as 'the one'," he said.

"I salute you. It has been an honor to serve with you," said Welling.

# BUMED headquarters moves

By Shoshona Pilip-Florea  
Navy Bureau of Medicine and Surgery Public Affairs

The Navy Bureau of Medicine and Surgery (BUMED), the flagship command for all of Navy and Marine Corps medicine, started relocating its staff May 30 from Washington, D.C., to Falls Church, Va., as part of the Base Realignment and Closure (BRAC) Act of 2005.

Vice Adm. Matt Nathan, U.S. Navy surgeon general and chief, BUMED, officially transferred his flag June 1, with the rest of the BUMED staff completing their move by June 5.

"BUMED is alive and strong," said Nathan, at a symbolic "Change of Port" ceremony held May 3 at its former location in Washington, D.C. "It is a culmination of the men and women who serve the Navy Medical Department, whom our Sailors, Marines, and their families are counting on to complete the mission. We are simply about to shift colors and go to a new homeport."

BUMED has been located at "the Hilltop" in the Foggy Bottom area for 70 years, but the campus has served a variety of U.S. Navy and Navy Medicine activities for nearly a century. The compound holds significant Navy historical value and houses the original Naval Observatory. "It is with mixed emotions that we are leaving here," said Rear Adm. Michael Mittelman, U.S. Navy deputy surgeon general. "It is also with excitement that we will be moving to our new location. This place will always hold a special place in our hearts. Our ethos will not change, just where we sit."

BUMED will be co-locating with its Army, Air Force, and TRICARE Management Activity medical counterparts into a new facility called the Defense Health Headquarters, but all the services will maintain their own missions and leadership structure.

In a May 9 email message to his BUMED staff, Nathan emphasized that the mission goes on, despite the move.

"Defense Health Headquarters is not an entity, it is simply a building," said Nathan. "BUMED has a long and proud tradition and an eight-mile stretch of highway does not change that. An address is only a geographic location. It is not what makes our command great—it is each and every one of you, your dedication, your hard work, and your commitment to our Sailors and Marines to provide them the very best in care and support."

The new address for BUMED is 7700 Arlington Blvd., Falls Church, Va., 22042-5113. As the Navy Surgeon General and Chief, BUMED, Nathan leads 63,000 Navy Medicine personnel that provide healthcare support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.



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Photo by Kaylee LaRocque

## Bird rescue

NAS Jax Assistant Natural Resources Manager Angela Glass carefully secures a Least Tern chick that fell from its nest before transporting it back to the rooftop nesting area at Fleet Readiness Center Southeast on May 31. Least terns, the smallest tern species found in North America, are endangered. They arrive in the spring to breed and leave at the end of summer to return to their wintering grounds in Mexico, Central and South America.



Photo by Clark Pierce

## Vet visits

NAS Jax Commanding Officer Capt. Bob Sanders welcomed World War II veteran Ed Podgorski on May 29 at Building 1. Podgorski enlisted in the

Navy after Pearl Harbor and was later assigned to NAS Jax as a chief radioman who provided instruction on the care and repair of radio transmitters. "As I expected, NAS Jax looks very different from the time I spent here," said Podgorski. Today, he is a New Jersey physician specializing in diagnostic radiology.

## CNATTU Jax welcomes new ombudsman

From CNAATTU JAX Public Affairs

The Center for Naval Aviation Technical Training Unit (CNATTU) Jacksonville recently named Christina Wagner as the new command ombudsman. The command ombudsman is an essential link between the command and family members of military service members.

Wagner, who is married to CNATTU Jax Instructor AS2 Anthony Wagner was born in The Philippines. Her father was in the Air Force and retired as a major in 1997. She graduated high school in 2006 from Putnam City North High School in Oklahoma City, Okla. She is currently a full-time student enrolled at the University of Phoenix to complete her Bachelor's of Science in Psychology.

Wagner served on active duty in the U.S. Navy from July 2006 - July 2011. She is an extremely motivated individual and is excited about serving CNATTU Jax as command ombudsman.



Wagner



Photo by Victor Pitts

## NAVSUP FLC Jacksonville Sailor receives honor

From NAVSUP Fleet Logistics Center Jacksonville, Site Key West

On May 10, the South Florida Federal Executive Board (FEB) recognized ABF1(AW/SW) David Johnson as the South Florida Federal Employee of the Year in the Trades and Crafts category. Johnson serves as the fuels contracting officer representative (COR) for NAVSUP Fleet Logistics Center (FLC) Jacksonville at NAS Key West, Fla. The FEB selected Johnson out of 35,000 federal employees in South Florida and among four finalists in his category.

"This is a huge honor for me, and I'm enormously grateful to my chain of command for nominating me for this award. Until I came to NAVSUP FLC Jacksonville, I had never gotten any recognition like this, so it makes me even more proud to serve with the supply professionals in Key West," said Johnson.

Given the large concentration of federal employees in South Florida, the South Florida FEB Employee of the Year award is very competitive, but also a great tool to honor the most outstanding personnel in the area.

"It is very competitive, and we are proud of ABF1 David Johnson for winning in the Trades and Crafts category. He is truly deserving of this award, along with his recent selection as American Petroleum Institute Navy Fuels Petty Officer of the Year," said Diane Moll, deputy site director at NAVSUP FLC Jacksonville, Site Key West.

"I'm thrilled that ABF1 Johnson has gotten the recognition he deserves for all of his hard work. He's the kind of Sailor who goes full throttle in getting the job done, and that's exactly the sort of initiative every officer hopes to see in a first class petty officer with his level of responsibility," said Lt. j.g. Taylor Burks, site director for NAVSUP FLC Jacksonville, Site Key West.



Johnson

## FRCSE supports NOAA

Flight Engineer Ken Heystek, Co-Pilot Lt. Cmdr. Scott Price and Pilot Cmdr. Mark Sweeney prepare to board "Kermit," a Lockheed WP-3D Orion aircraft at Fleet Readiness Center Southeast (FRCSE) May 21. National Oceanic and Atmospheric Administration (NOAA) uses the highly instrumented aircraft to hunt hurricanes. FRCSE artisans routinely perform planned maintenance on the aircraft, which recently underwent nondestructive inspection on the outer wings, and center wing lower section replacement.



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# Political activities and social media guidelines

By Lt. Adam Brandon, JAGC, USN  
SJA, NAS Jacksonville

Marine Sgt. Gary Stein may have thought he was simply exercising his constitutional rights when he criticized President Obama on Facebook. "Screw Obama and I will not follow all orders from him," the young Marine wrote on his "Armed Forces Tea Party" group page. The sergeant also posted an image of the commander-in-chief on a *Jackass* movie poster. The Marine further superimposed the president's image on a poster for *The Incredibles* which he changed to *The Horribles*. While sophomoric rants are common on Facebook, this episode ended predictably (and poorly) for Stein when an administrative separation board voted 3-0 to discharge Stein from the service with an "Other Than Honorable" discharge. This is the same characterization of service that may be awarded to drug users or convicted felons. While some may consider this outcome to be harsh, the young Marine violated the long-standing American tradition of a professional, non-political military force.

Department of Defense Directive (DoDD) 1344.10 lays out the basic rules for political activities by members of the Armed Forces. All service members may carry out the responsibilities of citizenship. For example, a Sailor or Marine may register to vote, vote, encourage others to participate in the political process, sign petitions, attend rallies as a spectator, give money to political organizations, and put normal sized bumper stickers on their cars.

However, active-duty<sup>1</sup> military members like Stein cross the line (and violate DoDD 1344.10) when they participate in partisan politics or campaign for or against a political candidate. Prohibited activities include putting political posters in government housing, marching in a partisan parade, attending a political dinner or fundraiser, speaking on behalf of or against a candidate, fundraising for a party or cause, distributing partisan literature, or wearing the uniform to a political event.

The prohibition on partisan political activity carries over into the social media context. Active-duty Sailors may

	Members of the Armed Forces on Active Duty	Members of the Armed Forces NOT on Active Duty
Promote and encourage voting	Yes	Yes
Attend partisan political club meetings	Yes, when not in uniform	Yes, when not in uniform
Serve in an official capacity of a partisan political club	No	Yes, when not in uniform and no appearance of DoD endorsement
Speak before a partisan political gathering	No	Yes, when not in uniform and no appearance of DoD endorsement
Perform any duties for a partisan political committee or candidate	No	Yes, when not in uniform and no appearance of DoD endorsement
Write a letter to the editor	Yes, may need disclaimer	Yes, may need disclaimer
Publish partisan political writings soliciting votes	No	Yes, when no appearance of DoD endorsement
Attend partisan fundraisers and events (merely as a spectator)	Yes, when not in uniform and no appearance of DoD endorsement	Yes, when not in uniform and no appearance of DoD endorsement
Participate in partisan fundraisers and events (more than mere spectator)	No	Yes, when not in uniform and no appearance of DoD endorsement
Contribute money to a political party or candidate	Yes	Yes
March in a partisan political parade	No	Yes, when not in uniform and no appearance of DoD endorsement

list their rank and title on their personal (not official) Facebook profiles and they may even fill in the "political views" field or "like" a political party, group, or candidate. However, DoD personnel should not advocate for or against a political party, partisan political group, or candidate for partisan political office through a blog, Facebook, Twitter, or any social media platform. If a Navy ship or command has its own official Facebook page, then it should never include political views as that would imply that the DoD engages in partisan politics.

The bottom line is that military mem-

bers are entitled to their personal political opinions. But those opinions should stay personal. Sailors and Marines should never imply that the DoD, the Department of the Navy, or an individual command is anything other than a professional, non-partisan fighting force.

A summary of the rules for political activities is below. If you have any concerns, please consult an ethics advisor or a judge advocate.

The political restrictions on reservists and civilians are slightly looser than the restrictions on active-duty Service members.



## New carrier

Photo by Ricky Thompson

The final keel section of the future USS Gerald R. Ford (CVN 78) is lowered into place on May 24 at Huntington Ingalls Industries-Newport News Shipbuilding. The 680-metric-ton, 60-foot-tall lower bow unit was joined to the other keel sections. It was the last major section of the ship installed below the waterline. Gerald R. Ford is now more than 75 percent structurally complete in the dry dock, and is on schedule to launch in 2013. The ship is scheduled to be delivered to the fleet in 2015.

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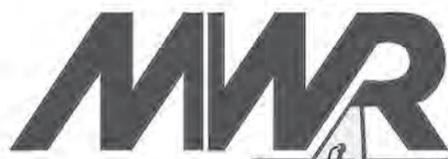
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Wednesday After Work League - 4:30 p.m.  
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Thursday Night Extreme Bowling - 6:30 p.m.  
Friday Intramural League - 11:45 a.m.  
Sunday Fun Bunch League - 4 p.m.

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Call 542-2930

Command Circuit Training  
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For more information please contact Melissa Luehrs at (904) 542-3518/4238.

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Extreme Boot Camp  
Behind the fitness center  
Wednesday at 6:30 p.m.

Outdoor Pool Open Weekends  
Saturday & Sunday 11 a.m. - 6 p.m.  
Open weekdays beginning June 11  
Free for military and DoD civilians, \$3 for guests  
Learn to swim session one begins June 18  
\$40 military, \$45 DoD  
Register for swim lessons at the base gym

Summer Splash Pool Party  
June 9, 11 a.m. - 6 p.m.  
Free food, karaoke, games and prizes!

**I.T.I. Events**

Call 542-3318.

2012 - 2013 Live Broadway Series



Photo by Brittany Brown

**Dinner at Liberty**

Liberty Center employee Kevin Harris grills some free hamburgers and bratwurst for hungry Sailors at the Liberty Center May 29. For more information about Liberty programs, call 542-1335.

West Side Story - Dec. 8  
Mary Poppins - Jan. 26  
Billy Elliot - March 2  
Rock of Ages - April 6

Jacksonville Jaguar Tickets on sale July 13 - \$58.50  
Jaguar game shuttle - \$12

Disney World Orlando FL 4 day Hopper Armed Forces Salute ticket- \$135.50- \$162

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MOSH \$7 - \$12

Jacksonville Sharks - \$25 per person

Blue Man Group in Orlando - \$59, includes City Walk venue

Jacksonville Suns \$5.50-\$11.50

Adventure Landing Season Pass - \$86.50  
Combo \$32, Wet pass \$21, 5 attractions \$20

Medieval Times - Free royalty upgrade with dinner reservation

Pirate's Dinner Adventure in Orlando  
Active and Retired military \$12 at gate  
Family members purchase at ITT  
Adult \$37, children (3-12) \$26

Daytona International Speedway  
Jalapeno 250 - \$24  
Coke Zero 400, July 7, \$70 - 80  
Coke Zero Shuttle - \$16

**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.

Wet n' Wild Day Trip  
June 9

\$10 per person includes park fee and transportation.

Dave & Buster's Trip  
June 14 at 6 p.m.

Free \$10 Powercard, 20% off food & beverages and unlimited simulator play

Mall & Movie Trip  
Orange Park Mall & AMC Theater  
June 15 at 6 p.m.

**NAS Jax Golf Club**

Golf course info: 542-3249  
Mulligan's info: 542-2936  
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# Lower your risk for heat stress – Part 1

By **Capt. Joseph McQuade**  
NH Jax Public Health Director

## Ask Dr. Joe



**Capt. Joseph McQuade**

**Q: How can I “beat the heat” while exercising or working?**

I frequently recommend that my patients regularly exercise to help with a variety of common conditions.

There really is very little bad that can come of a regular exercise regime to boost your metabolism and help to drop weight, adding years to your life. I tell patients with depression or anxiety to start an exercise program. Exercise is a natural anti-depression medicine.

But exercise comes with a caveat. Exposure to extreme heat while exercising or working in hot environments may put you at risk of heat stress.

Heat stress can result in heat stroke, heat exhaustion, heat cramps or heat rashes. Our wonderful Florida sunshine makes for a hot and humid summer when we all need to understand the warnings of a heat stress injury.

At greater risk of heat stress, are people who are 65 years of

age or older, are overweight, suffer from heart disease or high blood pressure, or take medications that may be affected by extreme heat.

**Heat stroke** is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature — the body’s temperature rises rapidly and the sweating mechanism fails, so the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Symptoms of heat stroke include:

- Hot, dry skin (no sweating)

around you.

- Move the sick person to a cool shaded area.

- Cool the person using methods such as:

- Soak their clothes with water.

- Spray, sponge or shower them with water.

- Fan their body. Evaporative cooling methods work best.

Place the person near a fan and spray them with cool water.

**Heat exhaustion** is the body’s response to excessive

loss of the water and sodium, usually through excessive sweating. Most prone to heat exhaustion are people who are elderly or have high blood pressure.

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue

- Dizziness, confusion
- Nausea

- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps

- Slightly elevated body temperature

- Fast and shallow breathing

Treat a worker suffering from heat exhaustion with the following:

- Rest in a cool, shaded or air-conditioned area.

- Drink plenty of water or other cool, nonalcoholic beverages.

- Take a cool shower or sponge bath.

**Heat syncope** is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising

from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Symptoms of heat syncope include:

- Light-headedness
- Dizziness
- Fainting

People with heat syncope should:

- Sit or lie down in a cool place.

- Slowly drink water, clear juice or a sports beverage.

Living in Florida under the beautiful warm sun brings both advantages and disadvantages. Think carefully about any exertion during the hottest part of the day.

Remember to drink clear fluids (water is best) regularly and workout with a partner who can look out for you. Exercise should be fun, always be careful in the heat.

*Next week, in part 2 of heat stress, we’ll discuss how to avoid heat cramps and heat rash. Until then, stay cool and enjoy good health.*

## ‘Red Lancer’ McClard retires from VP-10

From VP-10 Public Affairs

After 15 years of naval service, AT1 Brad McClard departed the maritime patrol community as a VP-10 “Red Lancer,” when he retired May 18.

McClard will move on to his second career as lead maintenance engineer with Allied Wireline, located in Midland, Texas, where his skills and experience earned in the military will help him build a successful second career.

McClard was born in 1979, to parents Linda and James in the small town of Perryton, Texas. At age 17, he asked his father to sign a waiver so he could join the military. In May 1997, he left for Navy Basic Training in Great Lakes, Ill.

After boot camp, McClard attended training as an aviation electronics techni-

cian at NAS Pensacola, Fla. Upon graduation, he reported to the “Golden Eagles” of VP-9, homeported at Barbers Point, Hawaii. During his tour from 1998-2001, he successfully completed two deployments to Diego Garcia and Japan.

McClard left Hawaii as an E-5 and transferred to Fleet Air Reconnaissance Squadron (VQ) 2 in Rota, Spain. While completing multiple detachments in support of Operation Enduring Freedom and Iraqi Freedom, he found his passion for being an AT and thrived in this challenging environment. By the time he transferred from VQ-2 in 2004, he had qualified as a collateral duty inspector and quality assurance representative.

His next duty was at Fleet Readiness Center Southwest, Point Mugu, Calif. where he was assigned as the 600 division supervisor in charge of the USM-449 bench and Radar

Shop. He was hand selected to lead a Lean Six Sigma event that resulted in an 85 percent production increase.

It was during this tour that he met his wife, Anais, while she was in college at Cal Lutheran University. They were married in 2007 and departed southern California for Brunswick, Maine to join the VP-10 Red Lancers.

Upon completion of his second deployment, McClard achieved the rank of E-6 and was assigned as the leading petty officer of the avionics branch. He led his Sailors to the successful completion of his final deployment in support of Operation Iraqi Freedom, Enduring Freedom, and New Dawn.

He returned home in December 2011 just in time to witness the birth of his son, Tristen. He finished out his career with VP-10 attached to the quality assurance division.

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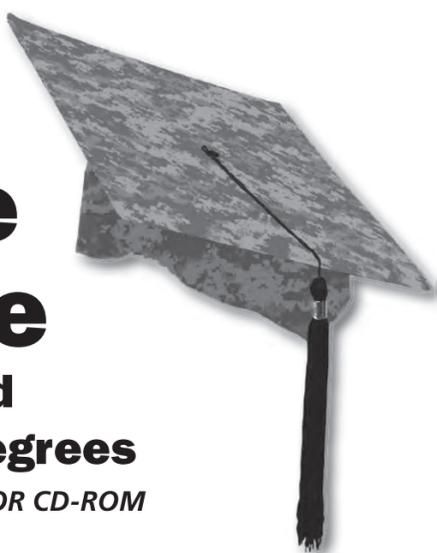


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# Blount Island to save \$500,000 annually in energy costs

From NAVFAC Southeast Public Affairs

A ribbon cutting ceremony was held May 16 at Marine Corps Support Facility Blount Island to officially celebrate the completion of their first Utility Energy Service Contracts (UESC) project saving approximately \$500,000 annually in energy costs at the Marine Corps installation.

UESC projects are viable as they reach out to utility providers to supply financing for the projects and special incentives (e.g. rebates, cover design costs, or energy audits) to the Government and help the Navy and Marine Corps meet energy goals set by the Secretary of the Navy (SECNAV) and the President.

"We see the value added by these projects as they help the installation save energy and are excited about the growing use of renewable technologies," said Lt. Col. Richard Steele, commanding officer, Marine Corps Support Facility Blount Island.

"Initial calculations estimated that Blount Island Command will realize approximately \$500,000 savings annually and reduce energy consumption by 17,000 MMBTU annually," said Tommy Sailors, facility manager, Marine Corps Support Facility Blount Island.



A ribbon cutting ceremony was held May 16 at Marine Corps Support Facility Blount Island to celebrate the completion of a \$5 million utility energy service contract saving approximately \$500,000 annually in energy costs. (From left) Dennis Maschinot, operations officer for TECO People's Gas; Tommy Sailors, facility manager for Marine Corps Support Facility Blount Island; Capt. Mark Edelson, operations officer, Naval Facilities Engineering Command Southeast; Lt. Col. Richard Steele, commanding officer, Marine Corps Support Facility Blount Island and Peter Wilk, project officer, Energy Systems Group.



Photos by Lt. Jason Boatright

Guests at the ribbon cutting view the new solar panels atop of the headquarters building at Marine Corps Support Facility Blount Island on May 16.

The \$5 million UESC project will reduce electrical energy usage by providing lighting conservation measures, replacing Air Handling Units (AHUs), installing ultra violet (UV) lights in HVAC units, HVAC component upgrades, compressed air system repairs, cubicle occupancy motion sensors, warehouse insulation upgrades, and renewable technologies (solar hot water, photovoltaic (PV) and geothermal systems) throughout 18 facilities.

It also includes the installation of 45 Advanced Meter Reading (AMR) meters, which will allow the government to more accurately track and manage facility electrical consumption, prioritize maintenance requirements and energy saving projects.

Included was replacement of thousands of T8 32W and T5 54W lamps with modern T8 28W to T5 51W, respectively, and 88 metal halide lamps with induction lamps. The new lamps were configured with motion occupancy sensors which aid in energy conservation.

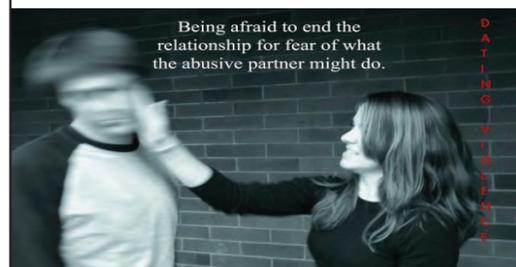
"The UV lights on the AHUs kill bacteria on the exterior of the coiling coils which provides better heat transfer over the life of the system, reduces maintenance cost, and extends the life of the system," claimed Peter Wilk, project manager, Energy Systems Group.

HVAC component upgrades included the replacement of old HVAC units with newer more efficient units, along with motor upgrades to HVAC AHU and chill water pumps on building 450. The Geothermal Systems will pump water through a piping network that utilize cooler temperatures from the aquifer (buildings 104 and 450) replacing their standard

Chiller Units.

After the ribbon cutting everyone in attendance took a tour of the new Solar Thermal and PV systems atop the Headquarters Building (B100) to see the new array.

## Dating Violence: "How to Prevent it How to Get Out of it!"



Being afraid to end the relationship for fear of what the abusive partner might do.

When: June 21 from 2-4 p.m.

Where: NAS Jacksonville Fleet and Family Support Center

For: Single active duty Sailors, teenagers 13+ and parents

Presenters: Earl Godoy, Erica Schneider, and LaTresa Henderson



For more information, contact Erica Schneider at 542-5249.

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# Cool off at NAS Freedom Lanes this summer

By Shannon Leonard  
MWR Marketing Manager

The Morale, Welfare and Recreation (MWR) Department is hosting the annual "80 Days of Summer" program through Aug. 26 at NAS Freedom Lanes.

This program includes daily, weekly and grand prize drawings. Patrons are entered into the daily drawings every time a game is bowled. Youth bowlers 17 years and younger can bowl one game daily for free until 5 p.m.

Daily prize drawings include food, beverages, games of bowling and more. The weekly drawings are held on Saturday at 7:30 p.m. and prizes are sponsored by the Kennedy Space Center, World Quest Resort Orlando, Clarion Suites Maingate, Adventure Landing, Pirates Dinner Adventure, Fleming Island Sleep Inn & Suites, WonderWorks, Arabian Nights, Quality Inn & Suites Orlando, CoCo Key Water Resort, Seralogo Hotel & Suites Kissimmee, Medieval Times Dinner Show, Sleuth's Dinner Show, Country Inn & Suites Calypso

Cay Kissimmee, St. Augustine Pirate & Treasure Museum, Alligator Farm St. Augustine, Wild Adventures Theme Park, Fairfield Inn & Suites Marriott, Wet n' Wild Orlando, Dave & Buster's, Old Town Trolley Tours St. Augustine, Casa Monica Hotel, Acapulco Resort in Daytona Beach, and the Daytona International Speedway.

The grand prize and runner up drawings are Sept. 1 at 7:30 p.m. The grand prize includes an Orlando family vacation package featuring a two-night stay at the World Quest Resort, two SeaWorld admissions and two admissions to SeaWorld's waterpark Aquatica.

First runner-up receives a two-night stay at the Acapulco Resort in Daytona Beach and four personalized tours of the Daytona International Speedway.

Second runner-up receives a two-night stay at the Fairfield Inn & Suites Marriott in Valdosta, Ga. and four adult admissions to Wild Adventures Theme Park. Third runner-up receives a two-night stay at the Quality Inn & Suites Orlando, four admissions to Wet n' Wild and four admissions to Arabian Nights

Dinner Show.

The 80 Days of Summer program is open to all authorized MWR patrons. For official rules or more information call 542-3493.

Weekly Prize Drawing Schedule - Two drawings each week, one prize drawing per person.

June 9 - Kennedy Space Center - 2 admissions

Dave & Buster's (4) \$20 Powercards  
June 16 - Clarion Suites Maingate - 2 nights stay

Adventure Landing Jax - 2 waterpark + (5) dry activities tickets

June 23 - Pirates Dinner Adventure - 4 admissions

St. Augustine Pirate & Treasure Museum - 4 admissions

June 30 - Fleming Island Sleep Inn & Suites - 2 nights stay

Kennedy Space Center - 2 admissions

July 7 - WonderWorks - 4 admissions

CoCo Key Water Resort - 2 nights stay

July 14 - Dave & Buster's (4), \$20 powercards  
Seralogo Hotel & Suites Kissimmee - 2 nights stay

July 21 - Medieval Times Dinner Show - 4 admissions

St. Augustine Pirate & Treasure Museum - 4 admissions

July 28 - Kennedy Space Center - 2 admissions

Sleuth's Mystery Dinner Show - 4 admissions

Aug. 4 - Sunday Brunch for 2 at the Casa Monica Hotel in St. Augustine

Country Inn & Suites Calypso Cay Kissimmee - 2 nights stay

Aug. 11 - St. Augustine Pirate & Treasure Museum - 4 admissions

Kennedy Space Center - 2 admissions

Aug. 18 - Alligator Farm St. Augustine - 4 admissions

Dave & Buster's, (4) \$20 powercards

Aug. 25 - Old Town Trolley Ghost & Gravestone Package St. Augustine

- 1 family packages to include 2 adult admissions and two children

Adventure Landing Jax - 3 waterpark + (5) dry activities tickets

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File photo

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From The Blood Alliance

The Blood Alliance will hold blood donation drives at NAS Jax:

June 12, 10 a.m. to 2 p.m. - Personnel Support Detachment, Building 789

June 12, 10 a.m. to 3 p.m. - Naval Facilities Engineering Command Southeast

June 13, 8-11 a.m. - Commander Navy Region Southeast

Building 919

June 18, 8:30 a.m. to 1 p.m. - Building 1

June 22, 8 a.m. to 2 p.m. - Branch Health Clinic Building 964

June 25, 10 a.m. to 2 p.m. - Center for Naval Aviation Technical Training Unit Jax Building 3032

June 26, 8 a.m. to 1 p.m. - Center for Naval Aviation Technical Training Unit Jax

For more information, call 353-8263, Ext. 2324.

### Chapel Center Calendar Sunday Services

8:15 a.m. - Protestant Liturgical Worship

9:15 a.m. - Catholic Mass

9:45 a.m. - Protestant Sunday School

10:45 a.m. - Catholic CCD

11 a.m. - Protestant Worship

Daily Catholic Mass

11:35 a.m. (except Friday)

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6 p.m. in the Barracks

Officer Christian Fellowship and Bible study

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NAS Jacksonville Chapel Center

Corner of Birmingham Avenue & Mustin Road

542-3051



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July 16-20, 9 a.m. to 1 p.m.

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# Carter: DOD puts strategy before budget for future force

By Cheryl Pellerin  
American Forces Press Service

The Department of Defense (DOD) has placed strategy before budget in facing present and anticipated threats while building its joint force for the future, Deputy Defense Secretary Ashton Carter said May 31.

"While we've been fighting [in Iraq and Afghanistan] the world has not stood still, our friends and enemies have not stood still, and technology has not stood still," the deputy defense secretary said.

"Now we must meet these changes and . . . in some places, catch up with them," Carter added.

"To do that we must let go of the old and familiar and grab hold of the new to build what [Chairman of the Joint Chiefs of Staff Army Gen. Martin] Dempsey calls the Joint Force 2020 – an agile and technologically advanced force of tomorrow."

U.S. security must face two forces simultaneously, Carter said.

"The first is obviously the



Photo by Glenn Fawcett

**Deputy Secretary of Defense Ashton Carter delivers remarks concerning budget priorities for 21st Century defense on May 30 at the American Enterprise Institute in Washington, D.C.**

Budget Control Act – but the deeper, more fundamental force is that of strategic history," he said.

The 2011 Budget Control Act is a U.S. federal statute that seeks to reduce the national deficit.

A "sequestration" mechanism in the law automatically takes more cuts out of federal spending, including another \$500 billion from DOD, which would mean a total defense budget reduction of more than \$1 trillion over 10 years.

The result of the Budget

Control Act and the new defense strategy is a balanced strategic package in three parts.

First is continued DOD discipline in spending taxpayer dollars. Second, is to retain taxpayer confidence that DOD is putting its money to good use. Third, is what DOD calls rebalancing toward the Asia-Pacific region.

"The Pacific region has enjoyed peace and stability for over 60 years, and in that climate, first Japan, then Korea, and even China have had an environment in which they could develop economically and politically without war or conflict, the deputy defense secretary said.

"That's not a birthright," he added. "That is something that was guaranteed [and] reinforced by the pivotal military power of the United States in that region."

The DOD now is bolstering defense capabilities in the Asia-Pacific region, Carter said.

Meanwhile, the Air Force continues on with the new stealth bomber, the KC-46 tanker and a host of intelli-

gence, surveillance and reconnaissance (ISR) platforms.

Other capabilities going forward include a payload module for the Virginia-class submarines, conventional prompt strike and a host of upgrades in radars, electronic protection, electronic warfare, new munitions of various kinds and more.

Cyber security is another area where DOD will spend more in the future, Carter said, along with certain aspects of the defense science and technology base, special operations forces, unmanned aerial systems, space initiatives, and countering capabilities for terrorism and weapons of mass destruction, including bio-terrorism.

"We made decisions within the constraints of the Budget Control Act. We had to. And when additions are made to that package in one area, we of necessity have to take something out elsewhere," he said.

Altering DOD's proposed budget package "could lead to an unbalanced portfolio, for example, a hollowing of the force," Carter said.

Congress, he said, is resisting several changes proposed for cost savings by DOD to the following programs:

- TRICARE, for which premiums would rise slightly for retirees;
- Aircraft retirements for some aging single-purpose aircraft in favor of newer multi-role aircraft;
- Reductions in intra-theater strategic lift, for which modeling indicates is in excess of current need;
- Reductions in size for the Army and Marine Corps to accommodate a wider spectrum of future combat capability; and
- A somewhat larger and decidedly more capable Navy.

"In all our services and in all of our activities in national security, we're embarked on a strategic transition following the wars in Iraq and Afghanistan," Carter said.

"This is just the beginning," he added.

"This ship is making a very big turn, and we need to follow through on our plan and keep moving toward the future."

## Navy awards LHA-7 construction contract

From Naval Sea Systems  
Office of Corporate Communications

The Navy awarded a \$2.3 billion contract to Huntington Ingalls Industries Inc. (HII) May 31, for the detail design and construction of the future USS Tripoli (LHA 7), the Navy's next large-deck amphibious assault ship.

"I'm very proud of our Navy-industry shipbuilding team and the tremendous effort that has culminated in the award of this critical shipbuilding program," said Secretary of the Navy Ray Mabus. "This ship will ensure that the amphibious fleet remains capable of expeditionary warfare well into the 21st Century."

The ship will be constructed at the HII operations in Pascagoula, Miss. Ship delivery is expected in fiscal year 2018.

Like the future USS America (LHA 6), LHA 7 has an

increased aviation capacity, including an enlarged hangar deck, realignment and expansion of the aviation maintenance facilities, a significant increase in available stowage for parts and support equipment, and increased aviation fuel capacity.

LHA 7 will use the same gas turbine propulsion plant, zonal electrical distribution and electric auxiliary systems designed and built for USS Makin Island (LHD 8), replacing the maintenance-intensive steam plants of earlier amphibious ships. This unique auxiliary propulsion system is designed for fuel efficiency.

The ship will provide a flexible, multi-mission platform with capabilities that span the range of military operations – from forward deployed crisis response to forcible entry operations. LHA 7 also will provide forward presence and power



U.S. Navy photo illustration

**The Navy awarded a \$2.3 billion contract to Huntington Ingalls Industries Inc. (HII) on May 31 for the detail design and construction of the future USS Tripoli (LHA 7), the Navy's next large-deck amphibious assault ship.**

projection as an integral part of joint, interagency and multinational maritime expeditionary forces.

Tripoli will operate for sustained periods in transit to

and operations in an amphibious objective area to include: embarking, transporting, controlling, inserting, sustaining and extracting elements of a Marine air-ground task force.

Supporting forces will include helicopters and Osprey tilt rotors, as well as the new joint strike fighter aircraft (F-35B Lightning II short takeoff/vertical landing).

## 'JaxReady' mobile device hurricane app now available

From City of Jacksonville Pubic Affairs

Jacksonville Mayor Alvin Brown announced June 1 a new mobile device weather app for citizens that can now be downloaded for free. The app is called "JaxReady" and it provides updates on potential storm threats, weather patterns, evacuation information, bridge and road closures, and much more.

"Our goal is to provide up-to-the-minute information regarding all things storm-related – right to users' finger tips," said Brown. "This will help residents who may be affected when power is out and they have no other line of communication except a mobile device such as a smartphone or an iPad."

JaxReady was created by the city's information technologies and emergency preparedness divisions at no cost to the taxpayer. During production of this app, the city's ITD staff researched other communities in the state and across the country that had similar apps. It found that only a small number of cities across the country have such an app, meaning Jacksonville is on the leading edge of this kind of technology for residents.

"The application serves as a great example of how our city government is working hard in tough times to increase service without increasing costs," said Mayor Brown.

The launch of the mobile app comes with a 30-second public service announcement, that is airing on local television and radio stations. The PSA and an instructional video about JaxReady are available at <http://www.youtube.com/mayoralvinbrown>.

Brown also reminded residents, that on the heels of Tropical Storm Beryl, they should make emergency kits now with items like canned food, can openers, water and blankets. Visit [JaxReady.org](http://JaxReady.org) to find out more about special needs shelter registration and how to create a family plan.

"Once a storm hits Jacksonville, it's too late to prepare. The time is now," said Brown. "The JaxReady application and [JaxReady.org](http://JaxReady.org) are here to help."

## Military libraries announce Summer Reading Program

By Commander,  
Navy Installations  
Command Public Affairs

Navy General Library Program leaders announced May 25 that registration is ongoing for a shared summer reading program that will reach military families in all branches around the globe.

Readers of all ages can dig into a wide variety of books centered around the theme, "Reading Is So Delicious."

Most programs will run eight weeks with open enrollment during the summer. Activities range by location and include everything from edible art projects to discussions of books like "James and the Giant Peach."

"Last year we saw a 400 percent increase in participation across the program, and we plan to continue this trend with creative programs that connect with readers of all ages," said Nilya Carrato, program assistant, Navy General

Library Program.

"This year's theme ties in two great flavors – reading for the fun of it and healthy eating. We want to create and support a bumper crop of voracious readers."

Research spanning 100 years shows that students typically score lower on standardized tests at the end of summer vacation than they do on the same tests at the beginning of the summer.

Summer reading programs can help to offset this loss, because studies also indicate students who read recreationally out-perform those who don't. Students read more when they can choose materials based on their own interests.

This year marks the third in which 250 base and installation libraries will participate in the shared summer reading program. Last year's program logged more than 10 million minutes spent reading by children and families.

Sponsored by the Department of Defense with program content

developed by iREAD, the Navy managed initiative, "Reading Is So Delicious" will reach thousands of families.

Resource guides for the program were developed to motivate children to read.

"Summer reading programs are valuable not only in reducing fall-off in educational attainment over the summer, but as a means for families and children to spend time together, an especially important aspect for military families," Carrato added.

For more information on the program, call Nilya Carrato with the Navy General Library Program at 202-433-0785 or email [dodsumread@navy.mil](mailto:dodsumread@navy.mil).

The Navy General Library Program is a Commander, Navy Installations Command program designed to support base libraries around the world and participate in the initial outfitting of shipboard libraries across the fleet.

## Improve your life skills with free knowledge from FFSC

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 - Aug. 13-15 (8 a.m.-4 p.m.), Nov. 13-16 (5:30-10 p.m.)  
• Transition Assistance Program (TAP) Separation Workshop - July 9-13.

• Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m.-4:15 p.m.) – June 18-22, July 23-27.  
• Executive Transition Seminar for O-5 & above (7:30 a.m.-4:15 p.m.) - July 30-Aug. 2.  
• Federal Employment Workshop (9 a.m.-noon) – July 19, Aug. 3, Sept. 5, Oct. 12, Nov. 14.  
• Job Search & Interview Techniques Workshop (8-9:30 a.m.) – July 18, Sept. 4, Nov. 19.  
• Resumes & Cover Letters Workshop (9:40 a.m.-noon) – July 18, Sept. 4, Nov. 19.  
• Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) – Aug. 27-28, Nov. 20-21.  
• Command Financial Specialist Training – (7:30 a.m.-4 p.m.) – June 11-15, Sept. 17-21, Dec. 10-14.  
• Money, Debt & Credit Management Workshop (8-11 a.m.) – July 16, Oct. 3.

• Strategies for First-time Home Buyers (1-3:30 p.m.) – Sept. 6.  
• Strategies for Best Deals in Car Buying (9-10:30 a.m.) – Aug. 29, Nov. 13.  
• PCS Sponsor Training (1:30-3 p.m.) – Aug. 7, Oct. 2, Dec. 4.  
• PCS Smooth Move Workshop (1:30-4 p.m.) – July 10, Sept. 13, Nov. 11, Nov. 13.  
• Military Spouse 101 Workshop – 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.) – June 11, July 9, Aug. 6, Sept. 10, Oct. 15, Nov. 19, Dec. 10.  
• Stress Management 101 Workshop (9-10 a.m.) – July 11, Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 5.  
• Anger Management Workshop (8 a.m.-noon) – June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20, Dec. 18.

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

# Obama announces military-to-civilian skills certification program

By **Claudette Roulo**  
American Forces Press Service

President Barack Obama has announced a new presidential initiative aimed at preparing service members for civilian employment.

Obama provided details about the military-to-civilian certification program during his visit to a Honeywell International Inc. plant in Golden Valley, Minn. Defense contractor Honeywell reportedly has hired hundreds of military veterans at its plants and facilities since early 2011.

"Let me tell you something -- if you can save a life on the battlefield, you can save a life in an ambulance. If you can oversee a convoy or millions of dollars of assets in Iraq, you can help manage a supply chain or balance its books here at home," Obama said at the plant.

"If you can maintain the most advanced weapons in the world, if you're an electrician on a Navy ship, well, you can manufacture the next generation of advanced technology in our factories like this one. If you're working on complex machinery, you should be able to take those skills and find a manufacturing job right here -- right here at home."

But unfortunately, Obama said, many returning veterans with such advanced skills

"don't get hired simply because they don't have the civilian licenses or certifications that a lot of companies require."

At the same time, the president noted, business leaders often say they can't find enough workers with the skills necessary to fill open positions.

"Eighty percent of manufacturers say this, according to one survey," Obama said. "So think about it -- we got all these openings and all these skilled veterans looking for work, and somehow they're missing each other."

That doesn't make any sense, the president said, noting it's time to fix it.

"Today, I'm proud to announce new partnerships between the military and manufacturing groups that will make it easier for companies to hire returning service members who prove they've earned the skills our country needs," Obama said.

"Soldiers, sailors, Marines, airmen, Coast Guardsmen -- if they've got skills in machining or welding or weapons maintenance, for example, you'll have a faster track to good-paying manufacturing jobs."

"Service members with experience in logistics or maintenance on the front lines" will "have a faster track to jobs in those fields here at home," he added.

The initiative will enable up

to 126,000 service members to obtain civilian credentials and certifications in a number of high-demand industries, officials said.

"I applaud President Obama's initiative to help thousands of service members obtain industry-recognized certifications for the trade skills they have learned and worked hard to master while in uniform," Defense Secretary Leon E. Panetta said in a statement issued today.

The Defense Department has created a military credentialing and licensing task force as part of the initiative, officials said. It developed partnerships with major manufacturing credentialing agencies to expand certifications to active duty military personnel in the fields of engineering, logistics, maintenance and welding.

"Supported by the efforts of the Defense Department's military credentialing and licensing task force, these certifications will give our returning troops a leg up in a competitive job market, and they will make it easier for veterans to transition to civilian life," Panetta said.

Service members can earn these credentials free of charge. The services will also explore how credentialing opportunities can be integrated into existing military training programs and expanded to

include everyone with relevant skills and training, the officials said.

The initiative was developed in response to a report on veterans' employment by the President's Council of Economic Advisers and the National Economic Council. The report, Military Skills for America's Future: Leveraging Military Service and Experience to Put Veterans and Military Spouses Back to Work, describes the difficulties faced by veterans and military spouses in transitioning their military experience to civilian employment.

Three such partnerships will begin this summer, the officials said.

The first, a partnership between the Manufacturing Skills Standards Council and the Army, Navy, Air Force and Marine Corps, will involve a pilot program for a limited number of service members. They will be eligible to "achieve industry-recognized credentials that can support a transition from military service to frontline jobs in the growing fields of advanced manufacturing and logistics," according to a statement issued by the White House.

The second partnership, among the Army, the American Welding Society and the National Institute for Metalworking Skills, will

provide unlimited certification testing at the U.S. Army Ordnance School at Fort Lee, Va., for soldiers in certain machinist and welding specialties.

The school trains about 20,000 service members each year to develop, produce and maintain weapons. Service members who acquire these specialties will automatically receive the equivalent civilian credentials.

The third partnership, between the Army and the Society of Manufacturing Engineers, will expand certification opportunities for officers and warrant officers at the Army's Engineer School at Fort Leonard Wood, Mo. The school will conduct a one-year pilot program for students to qualify as Certified Manufacturing Technologists and earn Lean Bronze Certification -- industry-standard manufacturing engineering certifications.

"Going forward, the president and I will remain committed to addressing the full range of challenges our troops and their families face as they leave the service, and to making sure that these men and women have the support they so richly deserve," Panetta said in his statement.

"They are a national asset, and they stand ready to continue making our country great in their civilian careers."



Photo courtesy of NAVSUP FLC Jax

Following a commencement ceremony from an intense two-week course at First Coast Technical College of Culinary Arts in St. Augustine May 25, Navy culinary specialists gather with instructor Chef David Bearl (left) and commencement speaker NAVSUP Fleet Logistics Center Jax Executive Officer Cmdr. Tom Dailey.

## Navy culinary specialists hone skills at FCTC

By **Lt. j.g. William Davant**  
NAVSUP Fleet Logistics Center Jacksonville

Eleven Sailors honed their culinary skills and graduated from First Coast Technical College (FCTC) of Culinary Arts in St. Augustine, Fla., May 25.

The Sailors, who represented the 2011 Ney Award winning commands, spent two intense weeks learning new recipes and advanced culinary techniques.

The Capt. Edward F. Ney award for food service excellence award program was established in 1958 when the International Food Services Executives Association approached the Secretary of the Navy to sponsor this award program.

The Sailors proudly represented their commands at the commencement ceremony. The graduates were CS2 Anthony Oaks, CSSN Carmelo Ramos, and CSSN Ruel Jacob of USS Rentz (FFG 46), CS2 Krystle Mattia of Commander Fleet Activities Yokosuka, CS2 of Gerald Winley of Naval Amphibious Base Coronado, CS3 Hannah Forrester, CS3 Tacora Williams, CS3 Amit Shivanni, CSSN Tori Thornton of USS Abraham Lincoln (CVN 72), and CSSN John Eppers and CSSN Victor Robinson of USS Fitzgerald (DDG 62).

The Navy culinary specialists learned various garnishing techniques, cooking preparation, knife skills, and sanitation from instructors Chef David Bearl, Chef Kevin Gallagher, and Chef Anthony Lowman.

At the course's completion, the culinary specialists took a certification test, which all passed with flying colors. Although the culinary specialists wished the course had been longer, they all agreed they had gained a tremendous amount of knowledge. As a bonus, they were able to fit in some site seeing during their two-week stay in the city, which founded in 1565.

NAVSUP Fleet Logistics Center Jacksonville Executive Officer Cmdr. Tom Dailey delivered the ceremony's commencement address. His speech reflected on the history of Navy food service, the advancement in the quality of its product, and also the sacrifices that Navy food service personnel have made along the way.

"Congratulations to your ships and stations in winning the Captain Ney Food Service Excellence Awards," said Dailey, a former culinary specialist.

"I also congratulate you for succeeding here at First Coast Technical College . . . Your peers and seniors will envy this opportunity to hone our craft."

The FCTC course was a great reward for the hard work these Sailors put in every single day. The opportunity to perfect their craft is something these Sailors will carry with them for a career and a lifetime.

A cook's job is never done, and the importance of their contribution to their shipmates' quality of life cannot be overestimated.

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# NAS Jax Sports

## Captain's Cup Indoor Volleyball League forming

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The games will be played at lunchtime on Tuesdays and Thursdays. All interested personnel should contact the base gymnasium to get a packet of the rules and required paperwork to join the league. Rosters and entry forms are due by June 8.

## Captain's Cup Men and Women's Racquetball Tourney – June 25-29

The tournament is open to all NAS Jax active duty, selective reservists, and command DoD men and women. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing first, second or third. There will be a separate men and women's division. Call NAS Jax Athletics to sign up by June 19.

*For more information, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil.*

Team	Wins	Losses
Air Ops	14	2
FRCSE Screwballs	12	4
VP-5	10	4
HSL-42	10	5
Dirty 30	11	7
FRCSE 900 Misfits	8	7
VPU-1	8	7
CBMU202	8	8
NMC Bombers	8	9
CNRSE	7	10
MSRON10	6	9
DLA Scared Hitless	8	12
NavHosp Dirty Birdz	5	8
VR-62	5	9
FRCSE Rabid Possums	5	10
VR-45	4	11
NCTS	3	13
NBHC	2	14

### Intramural Soccer

Team	Wins	Losses
NAVFAC	6	1
FRCSE	7	2
WTU	6	2
FACSFAC Jax	6	2
VP-45	5	2
USCG	4	2
VP-30 O's	5	3
VR-58	4	4
Naval Hospital	4	4
HSL-42	3	3
NCTS	3	4
VP-30 E's	2	7
BMC Jax	2	7
VR-62	1	6
HSM-74 Swamp Fox	1	7

## Standings

### As of June 1

#### Intramural Spring Softball

#### Final Standings

Team	Wins	Losses
HSM-70	15	1
VR-58	14	2

# Roth TSP to expand financial readiness options

By Claudette Roulo  
*American Forces Press Service*

A major retirement savings tool available to all service members and DOD civilians is the Thrift Savings Plan, and soon there will be a new way to save for retirement -- the Roth TSP, a senior Defense Department official said June 1.

The Roth TSP, which uses after-tax dollars, will begin phased implementation this month for the Marine Corps, and in July for DOD civilians, said Barbara Thompson, director of the Defense Department's Office of Family Policy/Children and Youth.

The Roth TSP plan will be available for Navy, Air Force and Army members in October of this year, Thompson said.

The phased implementation will ensure each customer's taxable wages and TSP contributions are computed accurately, according to Defense Finance and Accounting Service officials. The schedule allows for thorough testing of the complex changes made to the various civilian, active duty military and reserve component payroll systems, DFAS officials said.

"The TSP website has a wealth of information to help guide you on the differences between the [TSP] plans," Thompson said.

Financial readiness, including choosing the right investments and savings plans, is crucial to service members' financial futures, Thompson said.

Service members should start saving for retirement early, she said, because they never know what path their careers might take.

"If you don't put something away in that retirement plan, you may not have something if you don't reach your 20 years as a military member," Thompson said.

And, because of compound interest, she added, service members who wait to save until late in their careers can lose hundreds of thousands of dollars.

However, financial readiness "also includes debt management, managing your credit card[s] and basically [practicing] impulse control on your buying to make sure that you don't live outside your means," Thompson said.

Free financial consulting services are available through installation family assistance centers and Military OneSource, Thompson said.

Military OneSource provides advice and assistance for service member family issues such as deployments, parenting, financial management, education, child care, military spouse employment, and more.

In any event, financial decisions should not be made in isolation, Thompson said.

"It's important to get expert advice," she said, "and our personal financial counselors -- both on the military installations and through Military OneSource -- are certified financial counselors."

# Community Calendar

**Battle of Midway 70th Anniversary Commemoration Dinner**, June 9 at 6 p.m. at Renaissance World Golf Village Resort in St. Augustine. Keynote speaker is Adm. Mark Ferguson, vice chief of naval operations. More info at 651-9948 or jvargo@bellsouth.net.

**"Bikers for the Cure" Motorcycle Ride & Poker Run** to benefit the North Florida Affiliate of Susan G. Komen for the Cure® is June 16 at 9 a.m. Contact 448-7446 or www.komenpokerrun.com.

**Athletics4All Charities Fundamental Football Camp**, June 29-30 at Clay High School for kids in grades one through 12. Call 562-0975 or go to www.athletics4all.org.

**Poker Run to benefit Wounded Warrior Project**, July 7, 9:30 a.m., begins at 12905 N. Main Street, sponsored by Combat Vets Motorcycle Association. Door prizes, live music and bike show. Contact drewhathy@gmail.com for more info.

**Dragon Boat Racing Festival**, Aug. 9-11 in Oriental, N.C. Special armed services division for 20 paddlers and one drummer per team. Visit www.orientaldragonboat.com for rules and accommodations.

**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. Capt. Larry Sharpe at 262-3728.

**National Naval Officers Association** meets the fourth Thursday of each month at 5 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.aa09.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.



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- Chevron Food Mart**  
996 St Johns Bluff Rd., Jax
- Corner By Firehouse Subs**  
1949 San Marco Blvd., #1, Jax
- Exxon**  
1576 Wells Rd., Orange Park
- Famous Amos Restaurant**  
342 Blanding Blvd., Orange Park  
6315 San Juan Ave., Jax  
10339 San Jose Blvd., Jax
- FCE - Shell**  
5971 Ramona Blvd., Jax  
7890 103rd St., Jax  
11 Blanding Blvd., Orange Park  
200 Blanding Blvd., Orange Park  
890 Blanding & Ridgecrest,  
Orange Park  
1201 Blanding & Tanglewood,  
Orange Park
- FCE - Shell (Daily's)**  
620 Chaffee Rd., Jax  
4225 Roosevelt Blvd., Jax
- Fina Express Mart**  
201 Orange Ave, Green Cove Spr
- First Coast Deli & Grill**  
6082 St Augustine Rd., Jax
- Fred's**  
1435 S. Orange (17), Green Cove Spr
- Gate**  
5617 Bowden Rd., Jax  
4120 Belfort Rd., Jax  
3230 Emerson St., Jax  
3938 Hendricks Ave., Jax  
4259 Southside Blvd., Jax  
8251 Southside Blvd., Jax  
9144 Baymeadows Rd., Jax  
9540 San Jose Blvd., Jax  
10455 Old St Augustine Rd., Jax  
11461 Old St Augustine Rd., Jax  
12705 Durbin Lk Dr (I-95&Old St. Aug),  
Jax  
12548 San Jose Blvd., Jax  
1605 Racetrack Rd. Jax  
3210 Hwy 17, Orange Park  
5000-60 Hwy 17 & CR-220,  
Orange Park  
277 Blanding Blvd., Orange Park  
5480 Collins Rd., Jax  
8020 Collins Rd., Jax  
7023 103rd St., Jax  
4511 San Juan Ave., Jax  
640 Stockton St., Jax  
7924 Devoe St., Jax  
511 Bulls Bay Hwy, Jax  
1900 Mizell Rd., St. Aug  
2350 SR-16, St. Aug  
4234 Dunn Ave., Jax  
10980 New Kings Rd. (US-1), Jax  
10970 US-1 N /Sr210, St. Aug
- Gina's Deli**  
818 Post St., Jax
- H & H Discount Bev**  
100 Orange Ave., Green Cove Spr
- Harvey's #60**  
3540 Orange Ave. N. (17),  
Green Cove Spr
- Holiday Grocery**  
7520 Shindler Dr., Jax
- Jacksonville Checkcashers**  
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- Ramirez Restaurant**  
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2708 Main St. N., Jax
- Sp Discount Beverage**  
7821 103rd St., Jax
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230 McDuff Ave., Jax
- St. Johns Food**  
3980 Herschel St., Jax
- Stan's Sandwich Shop**  
7146 Beach Blvd., Jax
- Subway (Edgewood Plaza)**  
2261 Edgewood Ave. W., Jax
- Tax Collector**  
231 E. Forsyth St., Jax
- Welcome Food Mart**  
6401 Wilson Blvd., Jax
- Library**  
Kingsley Ave., Orange Park
- Chamber Of Commerce**  
1737 Kingsley Ave., Orange Park
- Post Office**  
Kingsley Ave., Orange Park
- Island Realty**  
Kingsley Ave., Orange Park
- Murph's Tavern**
- VyStar**  
4220 Wabash Ave., Jax
- Chevron**  
Roosevelt, Jax
- Krystal**  
Roosevelt, Jax
- Comfort Inn**  
Park Ave., Orange Park
- Cecil Pines**  
6008 Lake Cove Ave., Jax
- VyStar**  
7795 Blanding Blvd., Orange Park
- VFW**  
187 Arora Blvd., Orange Park
- Business Park**  
Park Ave., Orange Park
- Yellow Water Mini-Mart**  
Bldg. 3073, Jax
- Cecil Pines Adult Community**  
6008 Lake Love, Jax
- American Legion**  
5443 San Juan Ave., Jax
- Fleet Reserve**  
5391 Collins Rd., Jax
- Wesconnett Library**  
103rd St., Jax



## hunter: another word for conservationist



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