



Photo by Cam Betz

A ribbon-cutting ceremony was held June 4 at Naval Facilities Engineering Command (NAVFAC) Southeast to officially celebrate the opening of its new Regional Call Center (RCC), projected to provide a \$1.2 million annual savings. The team will provide support to Navy installations throughout the Southeast, streamlining the process to accept calls and requests for work orders as they review, assign and track the request. Participating in the event were (from left) Brian deLumeau, RCC program manager; NAVFAC Southeast Executive Officer Capt. John Rice; Derima King, IT Department; Bonnie Burton, RCC employee; Oscar Gunn, RCC employee; Gloria Lohman, RCC employee; Kerri Torres, RCC employee and Donnie Wilson, IT Department.

## NAVFAC Southeast opens regional call center in Jacksonville

From NAVFAC Southeast Public Affairs

A ribbon-cutting ceremony was held June 4 at Naval Facilities Engineering Command (NAVFAC) Southeast to officially celebrate the opening of its new Regional Call Center (RCC) projected to provide a \$1.2 million annual savings.

"The Call Center started operations on Jan. 30 servicing NAS Key West, Fla. and on April 2 for NAS Corpus Christi, Texas to implement the new program," said Brian deLumeau, RCC program manager. "Service to NAS Jacksonville

and Naval Station Mayport will be added on July 1 to complete Phase I of the program."

The center is where all emergency and routine service calls will be handled for U.S. Navy bases from Texas to Georgia and south to Key West, as well as their associated Navy Reserve Centers.

"We expect the center to provide efficiency through work accomplished with less people - and saving an estimated \$1.2 million per year," claims deLumeau.

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Photo by Clark Pierce

(From left) Florida Region Navy League President Bill Dudley, retired CPO Marlin Crider, Betty Howard of the Navy League's Mayport Council, former USMC Sgt. Marvin Hollis and retired BMC Jim Cunningham were all speakers at the NAS Jacksonville Battle of Midway observance on June 6 at All Saints Chapel.

## Battle of Midway vets tell it like it was

By Clark Pierce  
Editor

Dozens of CPOs, prospective CPOs and officers filled most of the pews at NAS Jacksonville's All Saints Chapel June 6 to learn about the Battle of Midway from two Sailors and a Marine who fought in the pivotal World War II engagement.

NAS Jacksonville Commanding Officer Capt. Bob Sanders addressed the CPO 365 trainees about lessons learned from the Battle of Midway.

"Deckplate leadership makes the difference. Whether you're an E2 or a master chief petty officer, deckplate leadership defines what kind of Navy we are. When you hear today's guests give their accounts of Midway - think about what you would have done in their place. Because when you become a CPO, no matter the circumstance, everybody will turn to you and ask, 'what do we do, chief?' Whether it's a

damaged aircraft, a fire aboard ship or a Sailor in distress with a family problem - you will be looked to for leadership."

NAS Jacksonville CMDCM(AW/SW) Brad Shepherd reinforced the skipper's message, "Deckplate leaders are highly visible Sailors who set the tone, know their mission, know their people and develop their people beyond their own expectations - both as a team and as individuals."

"Today, we salute and honor our special guests on the 70th anniversary of the much-studied naval ambush drawn up by Adm. Chester Nimitz, the U.S. Pacific Fleet commander," said Shepherd.

In June, 1942, retired BMC Jim Cunningham was an 18-year-old seaman aboard the destroyer USS Hammann (DD-412). The ship was part the USS Yorktown (CV-5) anti-aircraft screen and Cunningham's battle station was the 5"

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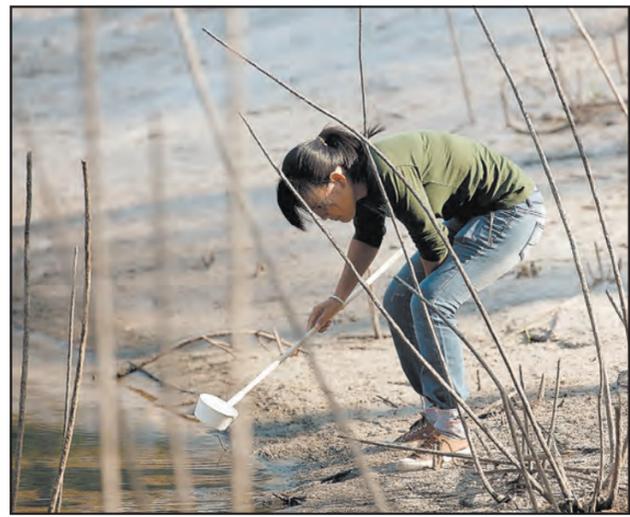


Photo by Dr. Gregory Gray

Malen Luy, a Cambodian student of the Navy Medical Research Unit-2, Pacific, surveys for mosquito larvae.

## NECE certifies international students

By Lt. Ryan Larson  
NECE Public Affairs

Entomologists and preventive medicine technicians (PMTs) from the Navy Entomology Center of Excellence (NECE) instructed 25 international students during the University of Florida Emerging Pathogens Institute's annual Certificate in Emerging Infectious Disease Research (CEIDR) program May 21-22.

Students enrolled in the program traveled from 13 countries to complete 20 days of intensive public health training in Gainesville.

"[During this program] students learn about numerous epidemiological, laboratory, and entomological approaches to infectious disease control," said Dr. Gregory Gray, professor, chair of University of Florida's Department of Environmental and Global Health, and retired Medical Corps captain.

"They learn quite a bit about such infectious diseases and are introduced to modern food production techniques to reduce food-borne illnesses. Multiple resources are also provided to better equip them to do their public health or research jobs."

The CEIDR program is designed to bolster international public health efforts by facilitating advanced training available to international public health practitioners. In doing so, this course nurtures the development of sustainable epidemiologic research capacity and promoting collaborations between international and U.S. laboratories.

"We share with them some laboratory techniques during their training but a major benefit from the certificate program is the professional networking that occurs afterwards," Gray said.

"After meeting and becoming friends with other researchers from across the world certificate trainees often share laboratory approaches to disease problems for a number of years afterwards."

Potential students are generally nominated by U.S. government sponsors such as the Department of Defense Global Emerging Infections Surveillance and Response System (DoD-GEIS), Centers for Disease Control and Prevention (CDC), U.S. Department of State, United States Agency for International Development (USAID) and the Fogarty International Center. However, this program is open to anyone providing independent support to his/her studies.

This year marks the second time NECE instructors were requested by the University of Florida, Emerging Pathogens Institute (EPI) to support this course. Students were able draw on the many years of firsthand vector control experience that is a result of NECE's unique mission.

"NECE's mission focuses on reducing the incidence of human disease transmitted by blood feeding arthropods in any area of the world," said NECE Officer-in-Charge Cmdr. Eric Hoffman.

"This is accomplished through developing and evaluating novel tools and techniques through collaboration with world-class organizations and establishing comprehensive control programs, whenever and wherever needed."

Hoffman also said that NECE's involvement in the program - along with supporting local training opportunities - maintains a distinct advantage for potential efforts in years to come.

"The certificate program is able to draw on our experience and knowledge to train international public health professionals in creating effective and sustainable vector control programs when they return home," said Hoffman.

"Being able to participate in the certificate program is certainly advantageous to us by creating opportunity to cultivate professional relationships which may lead to future collaborations," he said.

Eight NECE personnel lectured on several subjects including mosquito surveillance methods, mosquito identification, chemical and equipment control of ticks and mosquitoes.

To familiarize the class with vector surveillance and control equipment, NECE staff performed several equipment demonstrations, including instruction on the role of spaces sprays

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A Vought OS2U Kingfisher observation aircraft is prepared for hoisting ashore from the St. Johns River at NAS Jacksonville. OS2U floatplanes assigned to battleships and cruisers were used during World War II bombardments to radio range and bearing data back to their ships. Kingfishers were also effective as rescue aircraft for downed pilots. The first of 1,519 Kingfishers joined the fleet on March 1, 1938. The aircraft had a range of more than one thousand miles and a top speed of 185 mph.



U.S. Navy photos

## Looking back to March 1943 - 'Eyes of the fleet'

Vought OS2U Kingfisher observation aircraft launch from the NAS Jacksonville seawall and taxi on the St. Johns River for training flights.

## This Week In Navy History

From Staff

### June 13

1881 - USS Jeannette crushed in Arctic ice pack.

1942 - PBV Catalina seaplanes, operating from the seaplane tender USS Gillis (ADV-12), conclude two days of attacks against Japanese ships and land positions on Kiska, Aleutian Islands. The battle exhausted the gasoline and bomb supply aboard Gillis, but was unsuccessful in driving the Japanese from the island.

1967 - Operation Great Bend

begins in Rung Sat Zone, Vietnam.

### June 14

1777 - John Paul Jones takes command of Ranger.

1777 - Continental Congress adopts design of present U.S. Flag.

1847 - Commodore Matthew Perry launches amphibious river operations by Sailors and Marines on Tabasco River, Mexico.

1940 - Franklin D. Roosevelt signs Naval Expansion Act to construct ships to increase Navy's tonnage by 11 percent.

1985 - SW2 Robert Stethem of Underwater Construction Team 1 was killed by terrorist hijackers of TWA Flight 847. He later received a Bronze Star for his heroism.

### June 15

1942 - USS Copahoe (CVE-12), Capt. John Farrell commanding, was commissioned at Puget Sound Navy Yard, the first of 10 Bogue-class escort carriers converted from Maritime Commission Liberty Ship hulls.

1944 - 5<sup>th</sup> Fleet lands Marines on Saipan, under the cover of naval gunfire, in conquest of the Marianas.

1963 - Launching of combat store ship, Mars (AFS-1), first of new class of underway replenishment ships.

1991 - Two battle groups and amphibious ships evacu-

ate dependents and Air Force personnel from Clark Air Force Base, Philippines after Mount Pinatubo erupts.

### June 16

1898 - U.S. squadron bombs Santiago, Cuba.

1965 - Navy Department schedules reactivation of hospital ship Repose (AH-16) for service in Vietnam.

### June 17

1833 - USS Delaware enters drydock at Gosport Navy Yard in Norfolk, Va., the first warship to enter a public drydock in the United States.

1898 - Navy Hospital Corps established.

1940 - Chief of Naval Operations asks U.S. Congress for money to build two-ocean Navy.

1942 - Goodyear constructs a prototype model M scouting

and patrol airship with 50 percent greater range than the K Class. Four model M airships were in service during World War II.

### June 18

1812 - U.S. declares war on Great Britain for impressments of Sailors and interference with commerce.

1942 - First African-American officer, Bernard Robinson, commissioned in Naval Reserve.

1957 - CNO approves ship characteristics of the fleet ballistic missile submarine.

### June 19

1864 - USS Kearsarge sinks Confederate raider Alabama off the coast of France.

1944 - Battle of the Philippine Sea and "The Marianas Turkey Shoot" begins.

# Friends don't let friends scan alone

By Sarah Smiley  
Special Contributor

## From The Homefront

Hi, my name is Sarah Smiley, and I'm addicted to the police scanner. Just one step away from tapioca pudding and "Wheel of Fortune" reruns.

But at least I don't own an actual scanner; I've only downloaded the app on my iPhone. Yes, there is an app for that. (If I told you that I paid to upgrade to the "pro" scanner, would you think less of me?)

There was a time when I carried my iPhone so I could listen to iTunes. That was back when I would have known what this "Call Me Maybe" song is all about, back when I knew which artists were popular and which ones were not.

But that time is gone.

Today, I carry around my iPhone - down to the basement while I do laundry, into the bathroom while I brush my hair - so that I don't miss anything on the police scanner.

Before you judge, I suggest giving the scanner app a try. The multi-layered, simultaneous plot lines will string you along ("What happened to the officer responding to the domestic dispute call?") and suck you in. You'll find yourself screaming at the phone like someone watching a close football game: "Dude, shouldn't you call for backup? Don't go in there alone!"

I'm serious; you can't make this stuff up. While one officer is responding to a complaint about a barking dog, another officer is trailing a suspect through downtown. Like any good soap opera, there is mystery (who left the gas station without paying?), suspense (does the driver have a suspended license?) and scorned lovers (dispatch says X has a restraining order against Y).

In the beginning, I scanned alone, after the kids had gone to bed. I even fell asleep to the scanner (not recommended if you don't like weird dreams). Then, late one night, the scanner woke me up when an officer told dispatch that he was secur-

ing an open shed door in the local cemetery.

I sat up in bed and put my hand to my chest. Had this officer not read every Stephen King novel ever written? The first rule of horror is that you never "secure an open shed door," at night, in the middle of a cemetery.

That was the last time I used the scanner as a "bedtime story." It also was the last time I scanned alone. Soon after, I got my friend (code name 12-15) hooked. Friends don't let friends scan alone. (Copy that, 12-15?) Scanner 12-15 is always just a text message away for backup.

Over time, the crackle and hum of the police scanner has become such a presence in our home and car, even the kids join in. When we pass an ambulance with lights and siren blazing, Ford grabs my phone and says, "Can I turn on the scanner and hear what's going on?"

Owen, however, thinks we are getting carried away. "Don't you think this has gone too far?" Owen said as I listened to the police chase down a robbery suspect.

(Notice, Owen did not walk away from the scanner. No one "walks away" from the scanner.)

The boys have even learned the numbers, or "codes," in police-speak. Police code cheat-sheets are available online or through the app, but most of them become apparent in context. For instance, the code 10-44 (suspected mental issues), is an easy one to figure out. Others are more obscure.

"Scanner 10-22 to Scanner 12-15, do you read me? There's a 2215 on the scanner. What's that?"

"That would be the time, Miss Military Wife. Over."

"Oh. Right."

I've often wondered if I'll hear about someone I know over the scanner. And, really, this could be handy once my boys start driving. ("No guys, I can't risk it; my mom listens to the scanner.")

Mostly, however, the scanner is filled with codes, peppered with familiar locations, and the phonetic spelling of people's names. As a military dependent for more than 35 years, my eyes glaze over at Alpha-Bravo-Charlie, and I usually can't make out the name.

Then, two weeks ago, I got pulled over for running a red light. I was flustered when the policeman came to my window, so I hurriedly handed him everything I thought he needed: identification and registration.

When he walked back to his car, I eyed the iPhone in my passenger seat. Should I turn it on and hear my name called over the scanner? What would the offi-

cer think when he came back and heard it on? Would his walkie-talkie and my iPhone make that ear-piercing feedback noise together?

I couldn't bring myself to turn it on.

The policeman returned to my window. He held up the identification I had given him. "I'm going to let you go with a warning," he said, "unless this library card is your only form of personal identification."

I should have been embarrassed about accidentally handing a policeman my library card instead of my license. Instead, I was bummed that I didn't have on the scanner. Did 12-15? Because that would have been a good one.

Until next time, I'm Scanner 10-22 and I'm 10-8.



Photo courtesy of VP-8

## VP-8 crew visits South Korea

VP-8 squadron members visit the wreckage of the ROKS Cheonan (PCC-772) in Pyongtaek, South Korea in May. On March 26, 2010, the corvette broke in two and sank near the sea border with North Korea. An international investigation concluded that Cheonan was sunk by a torpedo launched by a North Korean miniature submarine. VP-8 was in South Korea attending the 32nd Maritime Patrol Aircraft Committee meeting with Commander, Task Force 72 staff members.



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**Public Affairs Officer**  
Miriam S. Gallet

**Executive Officer**  
Capt. Roy Undersander

**Public Affairs Specialist**  
Kaylee LaRocque

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# Shaffer assumes command from Welling at Naval Hospital Jacksonville

By Jeanne Casey  
NH Jacksonville Deputy Public Affairs Officer

In a June 8 ceremony at NAS Jacksonville's All Saints Chapel, the role of commanding officer of Naval Hospital (NH) Jacksonville passed - in a time-honored Navy tradition - from Capt. Lynn Welling to Capt. Gayle Shaffer.

An audience of more than 400 attended the event, presided over by Rear Adm. Elaine Wagner, commander of Navy Medicine East and Naval Medical Center Portsmouth and chief of the Navy Dental Corps. Rear Adm. William Roberts, fleet surgeon for U.S. Fleet Forces Command, was the guest speaker.

Welling is a former naval aviator and currently a board-certified emergency medicine physician, who departs NH Jacksonville after two highly successful years as commanding officer. Welling thanked his family (including mom Carol; brothers Larry and Dean; children Aime'e, Nick and Alex; and wife Patricia), command staff, command associations, and the medical leadership of the Jacksonville community.

Welling noted what an honor his 34 years of service have been - capped off by commanding the finest hospital in the Navy. He summarized, "Naval Hospital Jacksonville is 'The One' - the one other hospitals turn to for advice in implementing practices that ensure patients receive the safest, highest quality care."

He concluded by speaking directly to patients. "We



Photo by HM1 Dwight Smalls

**Capt. Lynn Welling (left) and Capt. Gayle Shaffer exchange salutes at the Naval Hospital Jacksonville change of command ceremony June 8 at NAS Jacksonville's All Saints Chapel.**

have met, and will continue to meet, our mission of providing the safest, highest quality care to you. After all, the reason we exist is to heal our nation's heroes."

Shaffer, NH Jacksonville's new commanding officer, most recently served as executive officer of Naval Hospital Okinawa. She is a dentist, a diplomate of the American Board of General Dentistry and a fellow of

the Academy of General Dentistry.

Shaffer acknowledged the exceptionally high standard set by Welling, observing that the heroes of our nation can rest easy and focus on their mission because "they and their families are receiving the best care a grateful nation can give." She wrapped up by saying, "I am ready to go to work!"

Each speaker remarked on the theme that if there's a Navy hospital that is "the one," it's NH Jacksonville.

NH Jacksonville's priority, since its founding in 1941, is to heal the nation's heroes and their families. The command is comprised of the hospital, located aboard NAS Jacksonville, and five branch health clinics in Florida (Jacksonville, Key West and Mayport) and Georgia (Albany and Kings Bay).

Of its patient population - 215,000 active and retired Sailors, soldiers, Marines, airmen, guardsmen and their families - more than 57,000 are enrolled with a primary care manager at one of its facilities. On a typical day, a dedicated team of 2,500 military and civilian personnel sees 1,800 outpatients, admits 15 inpatients, cares for 80 people in the ER, performs 14 same-day surgeries, fills 4,700 prescriptions, conducts 4,600 lab tests and delivers two to three babies.

Additionally, up to 15 percent of its active duty staff is deployed around the globe providing combat, humanitarian and disaster care. To find out more, visit [www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax), [www.facebook.com/navalhospitaljacksonville](http://www.facebook.com/navalhospitaljacksonville) and [www.twitter.com/NHJax](http://www.twitter.com/NHJax).

# VP-8 'Fighting Tigers' hold change of command ceremony

From VP-8 Public Affairs

The VP-8 "Fighting Tigers" held their 64th change of command ceremony as Cmdr. Mike Marston relieved Cmdr. Christopher Flaherty as commanding officer May 11 while undergoing final preparations for their upcoming deployment.

A native of Philadelphia, Marston enlisted in the Naval Reserve in 1990 as an equipment operator.

He then attended Ithaca College in Ithaca, N.Y., graduating with a Bachelor of Arts degree in history. He received his commission in May 1995 after completion of Officer Candidate School in Pensacola.

Following initial flight training in Pensacola he earned his naval flight officer wings

in June 1996 at Randolph Air Force Base, San Antonio, Texas.

Marston's past duty assignments include VP-4, Navy International Programs Office in Washington DC as flag aide to the Deputy Assistant Secretary of the Navy for International Programs, White House social aide, VPU-2, VQ-2, Naval War College, Newport, R.I., and the U.S. European Command at the Joint Reconnaissance Center.

During his tour as VP-8 commanding officer, Flaherty oversaw several major squadron events including an arduous deployment to the Navy's Fifth and Seventh Fleet areas of operation and a dynamic 12-month inter-deployment readiness cycle.

Under his command, the squadron also received a num-

ber of unit awards including the Captain Arnold Jay Isbell Trophy for antisubmarine warfare excellence, Squadron Blue "M" Award for medical readiness and the 2011 AVCM Donald M. Neal "Golden Wrench" Award for maintenance excellence.

In addition, many individual "Fighting Tigers" earned awards, most notably AO1 Naomi Stout was selected as Commander, Naval Air Forces Atlantic Sailor of the Year and flight surgeon Lt. Jennifer Kruse was named the Richard E. Luehrs Operational Flight Surgeon of the Year.

In his final address as VP-8's commanding officer, Flaherty praised the squadron's achievements over his two years in VP-8, particularly the community service and

outreach programs in which squadron members have been active.

VP-8 members volunteer with a number of charities, including donating time and money to the Wounded Warrior Foundation and Sulzbacher Center of Jacksonville. VP-8 has also teamed up with a local orphanage at their current deployment site in San Salvador, El Salvador to provide clothes and toys to needy children.

As a parting surprise, Flaherty arranged for NFL Hall of Fame Quarterback Steve Young to address the squadron via pre-recorded video. Young was made an honorary member of VP-8 and thanked the squadron for their service on their past deployment and wished VP-8 the best of luck

and success on their upcoming deployment.

Marston addressed the squadron and guests during the change of command, highlighting the accomplishments and milestones achieved during the Fighting Tigers' previous deployment and current inter deployment readiness cycle and welcoming the command's new executive officer, Cmdr. Todd Libby.

VP-8 is currently deployed to the Seventh and Fourth Fleet areas of responsibility.

Flaherty's next assignment will be in residence at the National Defense University's College of War in Washington, D.C where he will complete a degree in National Strategic Studies.

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# NMCRS fund drive exceeds goal

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

The 2012 Navy Region Southeast Navy-Marine Corps Relief Society (NMCRS) Fund Drive officially ended June 6 with a wrap-up celebration at the NAS Jacksonville Officers' Club.

This year's fund drive generated \$275,000 to benefit Sailors, Marines and their families who receive assistance through loans and grants in times of need. The total amount of funds exceeded this year's goal of \$250,000 by 110 percent for the region.

"This year's fund drive went really well. More than half the commands reached their goal which is just outstanding. VP-30 held their annual golf tournament that did really well and we tried a couple new fundraising activities like a closest-to-pin competition. But most of the fundraising came from keypersons and helpers contacting individuals on a personal basis," said Lt. Matt Malmkar of NAS Jax, who coordinated this year's fund drive.

Commander, Navy Region Southeast (CNRSE) Rear Adm. Jack Scorby Jr. praised everyone for a highly successful fund drive. "I want to stress how important this campaign is to raise funds to support the needs of our Sailors, Marines and their families. Last year,



Photos by Kaylee LaRocque

Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. signs a check for \$275,000 that was presented to the NAS Jax Navy and Marine Corps Relief Society at the wrap-up of the 2012 fund drive on June 6.

\$5.5 million was provided to assist CNRSE families with 60 percent of that being quick assist loans," he stated.

Scorby went on to recognize NAS Jax Commanding Officer Capt. Bob Sanders and Malmkar for running this year's successful fund drive and several top contributors.

"We had 56 commands participating in the fund drive with 27 commands exceeding their goals. VP-30 was the top contributor raising almost \$50,000 - nearly double their goal of \$26,000. NAS Key West was second raising more than \$25,000 with a goal of \$12,800," said Scorby.

The admiral also commend-

ed Navy Medicine Support Command and the University of Florida NJROTC Unit for exceeding their goals by 500 percent.

"It's obvious that a lot of people put in a great amount of effort to make this fund drive a huge success. Again, I want to personally thank all of you for a job well done!" said Scorby before presenting letters of appreciation to command keypersons.

NAS Jax NMCRS Director Dave Faraldo also thanked those who continue to make the event so successful each year.

"Without the support from the leadership and the people



Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. (third from left) presents a check for \$275,000 to NAS Jax Navy and Marine Corps Relief Society (NMCRS) Director Dave Faraldo (second from left) as Navy Region Southeast NMCRS Fund Drive Coordinator Lt. Matthew Malmkar, left, and NAS Jax Commanding Officer Capt. Bob Sanders, right look on during the 2012 NMCRS Fund Drive Closing Celebration June 6.

who believe in the cause, we could not be successful. So thank you for your tremendous assistance in making this another great fund drive," said Faraldo. "I also want to emphasize that if your Sailors need help, send them to Navy and Marine Corps Relief because it's the best deal in town. They will get the financial assistance they need and educational support to learn to manage their money which is really what we are all about."

The campaign runs each year from March through May to allow military personnel and civilian employees to contrib-

ute to the society.

During the 108 years the NMCRS has been operating, they have helped millions of people through loans and grants. NMCRS also offers other forms of assistance such as providing layettes or "junior seabags" to new family members, a visiting nurse program to help new mothers, elderly individuals and anyone who needs a little extra help and thrift shops offering low-cost clothing and household items.

For more information and to learn more about volunteer opportunities, contact the NMCRS office at 542-3515.

## USO night at Adventure Landing sold out

By Andrea Aribé  
Staff Writer

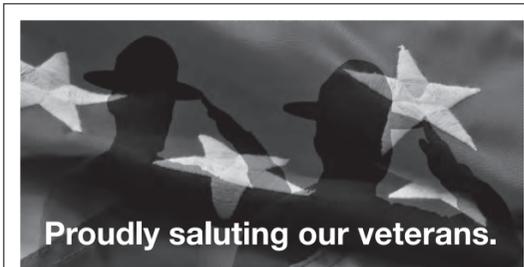
VyStar Credit Union donated \$13,500 to the Greater Jacksonville USO June 6 to help fund the sixth annual USO Military Appreciation Night.

USO Night is June 13 from 6 to 11 p.m. at Adventure Landing and Shipwreck Island Water Park at Jacksonville Beach. Children ages three and younger are free, and tickets are only \$2.

During normal hours, daily admission at Shipwreck Island Water Park is \$27.99 plus tax.

For five hours, active duty service members and their families will enjoy unlimited access to Shipwreck Island Waterpark and Adventure Island dry attractions, including miniature golf, go-karts, laser tag, the Wacky Worm Rollercoaster and the Frog Hopper. Arcade games and refreshments are not included.

"We've sold 2,000 [tickets and] reached the park's capacity," said NAS Jacksonville USO Center Director Lisabeth Quinn. "It's a sold-out event."



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"It's just wonderful, and we're just fortunate to be able to do it, thanks to sponsors like VyStar Credit Union," said Greater Jacksonville USO Executive Director John Shockley. "Some people want us to do it twice a year."

"We started right here at NAS Jax in 1952. This is where we got our start 60 years ago, so our roots and our heritage are here. That's why we want to continue to support as we move forward. You never forget where you came from," said Russell Buck, regional vice president of VyStar Credit Union Oak Leaf Branch.

Last year, military personnel from NS Mayport, NAS Jacksonville, NSB Kings Bay, the Coast Guard and Jacksonville recruiting districts also filled Adventure Landing to its limit.

"This is a shining

example of people helping people and our support to the community, especially to our active duty military and families," said Brad Smith, vice president of the VyStar

Credit Union branch at NAS Jax.

Greater Jacksonville USO Executive Director John Shockley (left), NAS Jacksonville USO Center Director Lisabeth Quinn and NAS Jacksonville USO Development Director Bob Ross (right) receive a check from VyStar Credit Union Oak Leaf Branch Regional Vice President Russell Buck and VyStar Credit Union NAS Jacksonville Vice President Brad Smith for the sixth annual USO Military Appreciation Night at Adventure Landing's Shipwreck Water Park at Jacksonville Beach.



Photo by Andrea Aribé

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# DOWN AND DAMAGED



U.S. Navy Photo

A Seahawk helicopter flown by the "Red Wolves" of HSC-84 crashed during night training exercises in July 2009. The two pilots and four crewmembers received minor injuries. The Navy ruled the crash a Class "A" mishap with damages to the aircraft exceeding \$1 million.



U.S. Navy photo

A badly damaged HH-60H Seahawk Helicopter with mangled main rotor blades and a gash in the left-hand engine work door rests in the dirt at Castles Combat Landing Strip at Fort Pickett, Va., July 21, 2009. An airborne tarp lodged in the rotor causing the aircraft to flip on its side.



U.S. Navy photo

The tail section of a HH-60H Seahawk helicopter snapped off just forward of the tail rotor during a training mishap at Fort Pickett, Va. in July 2009.

## ***FRCSE resurrects demolished Seahawk for Navy squadron***

**By Marsha Childs**  
Fleet Readiness Center  
Southeast Public Affairs Specialist

A Sikorsky HH-60H Seahawk Helicopter that crashed in Virginia during a night training exercise at Fort Pickett in 2009 underwent extensive repairs at Fleet Readiness Center Southeast (FRCSE) and was returned to a Norfolk-based Navy Reserve squadron in May.

FRCSE artisans and support personnel spent two years rebuilding the mission-critical aircraft for the "Red Wolves" of Helicopter Sea Combat Squadron (HSC) 84, who successfully completed a functional flight check at Naval Air Station Jacksonville before heading home May 23.

The accident occurred when the Seahawk's rotor wash caused a tarp used by ground crews to mark helicopter-landing zones to become airborne and entangled in the tail rotor causing the aircraft to flip on its left side during training at Castles Combat Landing Strip July 21, 2009. The two pilots and four crewmembers all suffered minor injuries. The Navy ruled the crash a

Class "A" mishap with damages to the aircraft exceeding \$1 million.

HH-60 Planner and Estimator Mike Novak said when the main rotor blades started hitting the ground and coming apart, "things started flying all over the place" causing widespread damage. Novak served as the liaison between FRCSE and HSC-84 and coordinated parts acquisition for the repairs from the Navy's supply system. He said FRCSE artisans also stripped components from a helicopter destined for removal from the Fleet and used the donor parts to reconstruct the destroyed aircraft.

"We took a struck aircraft and used several major airframe fittings and components from it," he said. "We put on a new cockpit from a model "B" donor aircraft and did extensive structural repairs in the cabin overhead, specifically all four main transmission gearbox support beams."

Novak said artisans also performed extensive structural repairs in the left-hand fuel cell area, extensive skin and

See **FRCSE**, Page 7

A wrecked Sikorsky HH-60H Seahawk Helicopter arrives at Fleet Readiness Center Southeast in September 2009 where artisans and support personnel will repair the extensive damage caused when the aircraft crashed and flipped on its left side during night training exercises in Virginia.



Photo courtesy of Mike Novak



The Fleet Readiness Center Helicopter Team poses before an HH-60H Seahawk Helicopter on May 7 at the aircraft maintenance facility. It took the team 18 months to reconstruct the nearly demolished aircraft using donor parts from an HH-60B model and new components from the Navy's supply system.

PHOTOS BY VICTOR PITTS



U.S. Navy photo

Major fittings and components from a donor HH-60B helicopter aircraft are used to repair a demolished, mission-critical HH-60 H Seahawk undergoing extensive repair at Fleet Readiness Center Southeast on Dec. 10, 2010.

## FRCSE

From Page 6

substructure repairs on the tail cone section using a donor tail pylon, and on top of the helicopter to the engine firewalls.

"We built that whole aircraft, top to bottom, front to back," said HH-60 Overhaul and Repair Supervisor (Mechanical) Mike Adams. "Our team did a great job. It was very, very extensive. They rebuilt the whole drive train that runs from the main transmission all the way back to the tail rotor assembly."

Adams credits Aircraft Mechanic Eddie Toney who he said was the "key player" in assembling the main rotor gearbox and main rotor head assembly from scratch using new components. Adams said Aircraft Mechanics Mike Thompson and Jake Naggjar practically rebuilt the whole fuselage. Together they spent a "few thousand hours" on the project.

The job required assistance from numerous trades and professions. Adams said the electricians essentially rewired the whole aircraft, and the avionics technicians had to install communications and radar systems. Production Controller Pat Palompo, Supply Technician George Fickett and HUB Scheduler Andy Hafler worked diligently to obtain supplies and components. Structural Engineering Technician Myles Colley provided invaluable engineering support.

Adams said the sheet metal workers led by O&R Supervisor (Sheet Metal) Scott Wood had to do extensive work, such as rebuilding the structures and numerous fittings before the aircraft mechanics could even begin the reassembly.

"I rebuilt four or five helicopters when I worked in Pensacola, but I have never seen an aircraft in that bad of shape," said Wood. "I thought they would scrap it, that it would go to the boneyard, but it didn't. Nothing was simple on this aircraft. When the aircraft rolled it twisted to where everything was out of alignment."

Woods said Sheet Metal Mechanics Rob Paffe, Joshua Nix, Jeremy Burns and Ken Harwell rebuilt the airframe and replaced the nose section and main transmission beams. Wood credits the entire HH-60 team for bringing the airframe back to its original configuration, a mighty feat.

The FRCSE Pattern Shop created compound contour stretch molds of the aft metal fuselage covers commonly referred to as skins and sent them for fabrication to another aviation maintenance depot. When the skins arrived at FRCSE, they did not meet the rigorous engineering specifications needed for correct alignment.

"They weren't exact so we took them back to Jamie Childers, the sheet metal manufacturing supervisor," said Wood. "He worked his magic and tweaked the skins to make them fit like a glove. When you are doing double curvature, the skins can become buckled. They are fuel skins and they take a large load."

HSC-84 Pilot Lt. Cmdr. Gabriel Yancey traveled to Jacksonville and flew the successful functional check flight. Also on board was ADC Ben Powers who said there are only 35 operational "H" models serving the Fleet.

He said HSC-84 and HSC-85 will soon be the only two Fleet squadrons using the "H" model aircraft.

"We have two other aircraft still operating after receiving a number of extensive repairs at this facility," said Powers. "FRCSE turns out a good product."

The twin-engine, medium lift, Seahawk helicopter supports combat search and rescue missions and naval special warfare operations according to the U.S. Navy Fact File. It can operate from aircraft carriers and a variety of other naval and merchant vessels, as well as land bases.



Photo courtesy of Mike Novak

Sheet Metal Mechanic Joshua Nix uses a drill to clean out fastener holes in preparation for reassembling the nose section of an HH-60H Seahawk helicopter at Fleet Readiness Center Southeast April 22, 2011. Artisans used major fitting and components including the cockpit from a HH-60B model helicopter to reconstruct the badly damaged aircraft.



Aircrew members from HSC-84 install an air intake on the number two engine of an HH-60H Seahawk helicopter on the flight line at NAS Jacksonville on May 21. The Navy Reserve unit, based in Norfolk, Va., makes final preparations for the trip home. Fleet Readiness Center Southeast artisans performed major overhaul and repairs to the aircraft that was wrecked during night training exercises in 2009.



U.S. Navy photo

Sheet Metal Mechanic Mike Thompson assembles the main rotor transmission head to be installed on an HH-60H Seahawk helicopter at Fleet Readiness Center Southeast on April 22, 2011.

During a visit to Fleet Readiness Center Southeast April 6, 2011, Rear Adm. Steven Eastburg (right), then the program executive officer, Air Anti-Submarine Warfare, Assault and Special Mission Programs, looks on as Helicopter Production Supervisor Scott Wood points out extensive repairs artisans are performing on a badly damaged HH-60H Seahawk helicopter used for search and rescue and naval special warfare support. The aircraft crashed and flipped when during a night training exercise at Fort Pickett, Va. in July 2009.



An HH-60H Seahawk helicopter piloted by Lt. Cmdr. Gabriel Yancey with HSC-84 lifts off from the flight line at NAS Jacksonville May 23. The aircraft was demolished during a crash at Fort Pickett, Va. in 2009. Fleet Readiness Center Southeast rebuilt the mission-critical aircraft, only one of 35 "H" models serving the fleet.

Photo courtesy of Mike Novak

# RCC

From Page 1

Service calls will be received at the center from each respective Public Works Department (PWD) or from a representative appointed on the base. The RCC staff will process the request through a Navy data management program and forward to a base operating support (BOS) contract dispatch center or the PWD Shop at each base to have the work completed.

The call center is located at NAS Jacksonville and managed by NAVFAC Southeast's Public Works Business Line and is staffed by full-time government employees on a 24-hour, seven days a week basis, beginning July 1.

Currently, eight PWDs have in-house trouble desks and six have BOS operated trouble desks. These separate call centers are estimated to contain the cost equivalent of 40 positions, costing approximately \$3 million per year.

"We believe that the new RCC can operate with 18 employees by regionalizing the work to this single loca-

tion," said deLumeau. "The new program will also provide improved data integrity through quality control and one streamlined process throughout the region."

The team is getting positive responses from their customers and don't even notice that the move has been made to Jacksonville.

"People call us directly on our toll-free number or email us at our public email account," said Anne Rush who works in the RCC.

"My old customers didn't realize that I had relocated when I tell them that I am working out of the office in Jacksonville."

Phase II will begin Oct. 1 by adding Naval Submarine Base Kings Bay, Ga.; NAS Kingsville, Texas; and Joint Reserve Base (JRB) Ft. Worth, Texas.

Phase III begins Oct. 1, 2013 at which time the remaining bases in the Southeast region including JRB New Orleans, La.; Naval Construction Battalion Center Gulfport, Miss.; NAS Pensacola, Fla.; NAS Whiting Field, Fla.; Naval

Support Activity (NSA) Panama City, Fla.; and NSA Orlando, Fla.

The Regional Call Center set up required proper facilities, computer equipment and a phone system capable of receiving calls and evenly distributing them among the call center employees. This was done by developing a "Round Robin" type phone system which will ring service desk phones sequentially to distribute the workload.

Each computer is supplied with two monitors to allow multiple programs to open and fully viewable and a hands-free handset. This was anticipated to speed up the process and allow for more accurate data transfers. The computers access the Navy's Geographic Information System (GIS) that gives operators access to maps and overhead photographs to pinpoint locations.

Historically, NAVFAC Southeast had issues with the manning a call center at each base. Operational procedures were as diverse as the number of bases. Six bases had con-



Photo by Matt Simons

Regional Call Center employee Oscar Gunn utilizes two monitors at his workstation to allow multiple programs to open with full visibility and allows for hands-free phone calls. This was anticipated to speed up the process and allow for more accurate data transfers. The computers access the Navy's Geographic Information System that gives operators access to maps and overhead photographs to pinpoint locations.

tractor-operated call centers and some in-house workforces were also used. Therefore, different procedures were used, different approval systems and distribution of costs associated with calls.

"The Regional Call Center provides proper training and consistent operating proce-

dures to avoid old pitfalls," said deLumeau. "Now appropriate chains of approval will be used to ensure consistency with processing calls and associated costs with associated repairs."

deLumeau explained that as they attain full steady state, the RCC will handle more than 175,000 trouble calls annually.

# NECE

From Page 1

followed by a demonstration of the proper use of thermal fog and truck mounted sprayers. Students were also provided the opportunity to operate a hydraulic sprayer as well as a backpack sprayer configured for both liquid and granular formulations.

As part of this course's hands-on vector surveillance training, NECE personnel assisted the class with setting up CDC light traps and gravid traps. After the traps were retrieved the following day, students were given the opportunity to develop their mosquito identification skills by keying out the mosquito specimens collected.

Identifications were then verified by NECE and University of Florida staff members. Students were also given a demonstration on mosquito larval surveillance techniques before being sent out to try larval dipping. Lastly, University of Florida staff members demonstrated several tick surveillance techniques.

Although NECE's demonstrations and lectures com-



Photos by Dr. Gregory Gray

Lt. Cmdr. Carl Doud (second from left) of the Navy Entomology Center of Excellence instructs Rasha Refaat Younan Mikhael (left to right), Ehab Amir Atia, and Diaa Eldin Hassan all from the Navy Medical Research Unit-3 Cairo, Egypt on mosquito identification on May 21.

prised two days of intensive training on the surveillance and control of vector borne diseases, the certificate program covered a wider scope of public health



Vince Smith (left) and EN1 Raul Pomalescordero (right) of the Navy Entomology Center of Excellence demonstrate mosquito control techniques to 25 international students during the Certificate in Emerging Infectious Disease Research Program hosted by University of Florida, Emerging Pathogen Institute on May 22.

to include communicable diseases that have serious impacts on human health and national economies, an experience which could ultimately build global public health personnel's capacity to respond to emerging infectious diseases such as SARS and avian influenza virus.

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Photos by Michael Maddox  
 Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. addresses the crowd during the Jacksonville Memorial Day ceremony on June 9.

# Navy honors fallen veterans during Jacksonville Memorial Day observance ceremony

By Michael Maddox  
 Region Southeast Public Affairs

Tropical Storm Beryl may have delayed the Jacksonville Memorial Day ceremony by nearly two weeks, but that didn't deter local residents from paying tribute to service members at the Jacksonville Veteran's Memorial Wall June 9.

The presentation of wreaths to family members of those fallen service members whose names were added to the wall highlighted the ceremony. The names of the service members who were added to the wall were Air Force Senior Airman Daigerrys Leon, Airman 1st Class Roswell McKim Barley and Army Pfc. Gil I. Morales Del Valle.

Several guest speakers also addressed the crowd during the ceremony and Rear Adm. Jack Scorby Jr., commander, Navy Region Southeast, was the keynote speaker at the event.

Scorby said he's always honored to speak on behalf of the Navy, but speaking at the Memorial Day ceremony was especially humbling. He added, while



Navy Band Southeast members play a patriotic song during the Jacksonville Memorial Day ceremony at the Jacksonville Veterans Memorial Wall.

he is proud to take part in the more than 100-year-old tradition, Americans can remember fallen service members every day.

"Remembering the fallen is the primary message of Memorial Day, but it's not only about this one day each year. Today, as we remember and reflect, we must also remember to act. We must act as citizens in ways that honor and give life to those who died," he said.

"We can celebrate who they were and how they lived their lives and remember their sacrifices. We can tell their stories - stories of our mothers and fathers, grandfathers and grandmothers, uncles, brothers and sisters, and sons and daughters," said Scorby. "Each of us can find a way to ensure the legacy of our heroes endures in today's sound bite culture."

Jacksonville Mayor Alvin Brown and U.S. Representative Ander Crenshaw also spoke during the event. Crenshaw reiterated the importance of remembering all of those whose names appear on the memorial wall.

"The names on this wall are in part responsible for the freedoms you and I enjoy," he said.

"It's my prayer today and everyday that we will always remember that the greatness of America is drawn from the blood and sacrifice of those who have gone before us and those who defend us this day."



NAS Jacksonville Commanding Officer Capt. Bob Sanders (left) salutes as family members of Senior Airman Daigerrys Leon place a wreath in memory of her service during the ceremony.



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# VCNO, Navy League Honor Midway Vets at memorial dinner

By MC2 Sunday Williams  
Navy Public Affairs Support Element  
East Detachment Southeast

More than 800 guests honored World War II veterans at the 15th Annual Commemoration of the U.S. Victory at Midway Memorial Dinner held June 9 at the World Golf Village Renaissance Resort in St. Augustine.

The event, sponsored by the U.S. Navy League, was intended to pay homage to 16 veterans who fought so valiantly at the Battle of Midway.

The night began with introductions between the Midway veterans, Navy League officials and other distinguished guests. Among them, Adm. Mark Ferguson, Vice Chief of Naval Operations and Rear Adm. Jack Scorby, commander, Navy Region Southeast.

Ferguson served as the special guest speaker and discussed how the men of the Battle of Midway have inspired service members of today.

"We gather again to honor these veterans and to remind ourselves of our own capacity for greatness. We honor those who took the risk to launch the attack, those who fought



Photos by MC2 Sunday Williams

**Vice Chief of Naval Operations Adm. Mark Ferguson presents Theron Touchton, a Midway veteran who served as a sky lookout on board USS Yorktown, with a commemorative plaque and his official coin honoring his sacrifice during a Navy League Battle of Midway Commemoration dinner at the World Golf Village Renaissance Resort on June 9.**

on despite the odds from their ships and the island of Midway, those who flew on when their fuel gages were low, those who attacked without regard for their own personal safety and knowing they would likely not survive, and those who risked their lives to save the ones of their shipmates," said Ferguson.

Retired BMC Bill Ingram was one of the men Ferguson spoke of. He served on board

USS Houston (CA-30) when the ship was torpedoed and sank on March 2, 1942. Ingram was pulled from the shark-infested water after a few days by a Japanese patrol boat, interrogated, beaten and then thrown back in the water because he was of no intelligence value.

Ingram was recaptured and taken to Java with numerous other prisoners of war. They were put to work for three and a half years on a railroad project

building a bridge over the River Kwai in Thailand.

"That was a terrible time those years. I was thankful to come home and it did not keep me from wanting to serve," said Ingram. "Retiring from the Navy was one of my happiest and greatest accomplishments."

Ingram and the rest of the 16 Midway survivors were honored as they received commemorative plaques presented by Ferguson along with his personal coin. Ferguson said he believes the historian Walter Lord said it best when he wrote, "They had no right to win. Yet they did, and in doing so they changed the course of the war . . . Even against the greatest odds, there is something in the human spirit - a magic blend of skill, faith, and valor that can lift men from certain defeat to incredible victory."

"In our Navy today, a new generation has accepted the



Vice Chief of Naval Operations Adm. Mark Ferguson speaks during a Navy League Battle of Midway Commemoration dinner at the World Golf Village Renaissance Resort in St. Augustine.

gift of American leadership at sea. Our Navy has never been more in demand and never more needed around the globe. On any given day, nearly half of our ships are underway and on station," said Ferguson.

The Battle of Midway is widely regarded as the most important naval battle of the Pacific in World War II.

Approximately one month after the Battle of Coral Sea and six months after the attack on Pearl Harbor, the U.S. Navy decisively defeated the Imperial Japanese Navy and turned the war in U.S. favor.

## MIDWAY

From Page 1

gun on the fantail.

During the first attack of Japanese bombers, the destroyer fired about 120 rounds of 5" and 900 rounds of 20mm - yet the enemy scored hits on Yorktown, which began smoking heavily and slowed to a stop.

Damage control went well and Yorktown was soon underway again, launching aircraft. But another enemy aerial attack struck the carrier - this time leaving it dead in the water at a severe list. The carrier's Sailors began abandoning ship and Hammann assisted in picking up 87 survivors from the water and life rafts.

Later that afternoon, while tied up to the Yorktown to assist with damage control, Cunningham and his Hammann shipmates saw more trouble approaching.

"I was walking along the deck and saw four wakes in the distance coming straight at us. Some of our gunners were firing at the wakes in hopes of exploding the torpedoes - but two struck Hammann and two struck the Yorktown," said Cunningham.

It is estimated that Hammann sunk within three to four minutes after the first torpedo explosion.

"I swam out to a life raft, but there was no room in it. There was fuel oil, blood and body parts floating on the surface - and screams from the wounded," remembered Cunningham, who had suffered internal injuries and was coughing up blood.

He and his shipmates were picked up by the destroyer USS Behhan



Photos by Clark Pierce

**Battle of Midway survivor and retired BMC Jim Cunningham talked with Sailors about how his destroyer was torpedoed and sank while lending aid to the damaged aircraft carrier USS Yorktown (CV-5) on June 4, 1942.**

(DD-397) and taken to Pearl Harbor for medical treatment.

Retired ATC Marlin Crider was a radioman aboard a PBY-5A Catalina flying boat assigned to VP-72. "We were based at Kaneohe Bay, Hawaii, but were operating a three-plane detachment from the airfield on Midway Island. PBYs were the 'eyes of the fleet' in this time before radar. In addition to our scouting role in search of the Japanese fleet, we also flew search-and-rescue missions for downed airmen."

Following the Battle of

Midway, VP-72 was one of four PBY squadrons supporting the fierce fighting on Guadalcanal, as well as the series of naval battles fought in the seas around the island.

When Crider left the Pacific, he was assigned to NAS Quonset Point, R.I., where he worked with a Massachusetts Institute of Technology



Former USMC Sgt. Marvin Hollis (right) talks about casualties sustained by the Midway Island Marine garrison with NAS Jax Executive Officer Capt. Roy UnderSander.

team developing anti-submarine magnetic anomaly detector (MAD) gear. From there, he was attached to a Royal Air Force unit until the end of World War II.

Marine Corps veteran Marvin Hollis was part of the garrison dug in near the airstrip to repel any Japanese troops landing on Midway Island.

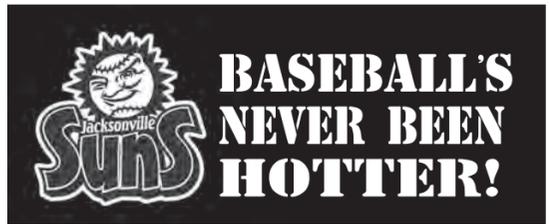
"We spent a lot of our time building dugouts at tactical locations that would shelter up to 12 riflemen. The Japanese air attack, about 20 minutes of bombing and strafing, damaged oil tanks, the seaplane hangar and other buildings - but left the airfield rela-

tively unscathed.

"Fortunately, our navy fleet so decisively - they gave up their plan to land troops and attack our positions on Midway Island," said Hollis.

The prospective CPOs

in attendance were part of CPO 365, a three-phase, year round development program to make Sailors more effective deckplate leaders. Learning naval history and heritage is part of CPO 365 training.



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Photos courtesy of VP-45

VP-45 aircrew prepare to go below deck of the diesel-powered submarine BMS Tikuna at NSB Kings Bay, Ga.

## VP-45 aircrew tour Brazilian submarine

By Lt. Matt Melfa  
VP-45 PAO

In May, the "Pelicans" of VP-45 conducted bi-lateral training with the BMS Tikuna (S34), a Brazilian Type-209 submarine, in an anti-submarine warfare exercise as part of the USS Dwight D. Eisenhower Carrier Strike Group's Composite Training Unit Exercise. Recently, many of the same sensor operators from VP-45 were able to take a closer look at the submarine - much closer than even the P-3's infra-red camera.

After completing the exercise with the carrier strike group, the Tikuna pulled into NS Kings Bay, Ga. for a week of visits and training with U.S. submarine forces. Additionally, the crew of the Tikuna extended an invitation to VP-45 to tour their boat and the Pelicans gladly took them up on their offer.

"My first impression of the sub was how small it was," said AWO2 Jim Ballenger, a non-acoustic sensor operator at VP-45. At 210 feet in length and a crew of 48 sailors, the Tikuna is a tight squeeze for most. Despite



The Tikuna is a modern, quiet, diesel-electric submarine that recently took part in anti-submarine warfare exercises that included P-3C aircraft assigned to VP-45 "Pelicans."

its diminutive size, the Tikuna, and other diesel-electric submarines like it, can pose a viable threat to surface ships maintaining freedom of the seas around the world.

"With the widespread availability of diesel-electric submarine technology, there is nothing more valuable than knowing the capabilities and limitations of those assets," said Lt. Cmdr. Frank Davis of VP-45. "The chance for our crews to see a Type 209 up close is a tremendous training opportunity as we prepare for our deployment at the end of this year."

With more than 100 ships (including five Type-209 submarines) in commission, the Brazilian Navy is the largest in South America.

## 'Broadarrow Express' runs from Key Largo to Key West

By MCC William Lovelady  
VP-62 PAO

Members of the six-man team Broadarrow Express, from Patrol Squadron Six Two (VP-62) ran a 100-mile relay in the Florida Keys last month.

The 5th annual KEYS100 was held May 19 and 20. The race was a point-to-point event beginning in Key Largo and ending in Key West on the Atlantic Ocean at Smathers Beach. KEYS100 promotes charitable fundraising for prostate cancer education and free screenings, and for 2012, supported of the work of The Cancer Foundation of the Florida Keys.

"For our team, each member ran a total of five legs each, ranging from two to 7.1 miles in length," said ATCS(AW) Tim Large, VP-62 maintenance senior chief.

"Cmdr. Jon Townsend, our executive officer, has run this race the last two years," Large continued. "He thought that having a squadron team would be a great morale booster and help get the Broadarrow name out in the community."

Team members included Townsend, Large, Lt. Cmdr. Joseph Kovacocy, AMEC Jake Baxter, AWO1(NAC/AW) Erick Alcala and AWO2(NAC/AW) Daniel Jervey.

"Overall, each runner ran approximately 17 miles," said Large. "The Broadarrow express ran the race in 14 hours 21minutes and 58 seconds, plac-



Photos courtesy of Jon Townsend

Broadarrow Express team members participate in the Keys 100 Ultramarathon, a 100-mile run from Key Largo to Key West, May 19-20.



Ultra-distance runner John Pyle (center) stands with team "Broadarrow Express" at the completion of the KEYS100 relay race. Members included Cmdr. Jon Townsend, Lt. Cmdr. Joseph Kovacocy, ATCS(AW) Tim Large, AMEC(AW) Jake Baxter, AWO1(NAC/AW) Erick Alcala, and AWO2(NAC/AW) Daniel Jervey. On March 1, Pyle began his transcontinental run from San Francisco to Key West. He carried an American flag to raise awareness and \$1 million for The Wounded Warrior Project. The flag he carried was flown over Camp Eggers in Kabul, Afghanistan.

ing 40th out of a total of 107 teams. Our overall pace was 8:37 per mile.

"If you start to feel good during an ultra-marathon - don't worry, you'll get over it," Large added.

## General visits NAS Jax



Photo by Kaylee LaRocque

NAS Jax Commanding Officer Capt. Bob Sanders greets Gen. William Fraser III, commander, U.S. Transportation Command during his brief visit to NAS Jax May 29 as Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. looks on. The general visited Defense Courier Station and the 832nd Transportation Battalion during his visit to Jacksonville.



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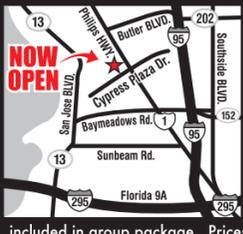
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# VP-30/P-8A Poseidon: Let the training begin

By Clark Pierce  
Editor

"Most everything is running smoothly as the transition from P-3C Orion to P-8A Poseidon gathers momentum," said VP-30 Commanding Officer Capt. Mark Stevens in a June 8 interview.

"In our sole P-8, we're averaging 150 flight hours per month, which is high - but necessary - to stay on track with our 'train-the-trainer' plan. The goal is to have our core cadre of qualified P-8 instructors ready to welcome VP-16 in mid-July.

He explained, "After the 'War Eagles' turn in their P-3s, the pilots, NFOs and aircrew will check in at the P-8A Integrated Training Center (ITC) and start their CAT II transition syllabus, which takes about five months."

"The squadron's maintainers will check in at CNATTU Jax (Center for Naval Aviation Technical Training Unit) for organizational-level maintenance classes taught by Boeing instructors, after which they'll check in at VP-30 and embed themselves in our maintenance department. Eventually they get their PQS (Personnel Qualification Standards) booklets signed off for the P-8A."

(PQS is a compilation of the minimum knowledge and



Photo by Clark Pierce

The P-8A Poseidon assigned to VP-30 cut short its training mission on June 8 when the flight management control system malfunctioned and the crew was ordered to return to base.



A recovery crew led by ATC Heather Lunny carefully positions a stairway against a P-8A Poseidon on the flight line near the VP-30 hangar on June 8.



After each flight, the P-8A Poseidon must be refueled so it is ready for its next training mission at VP-30.



Boeing Representative (and plane captain) Michael Horne directs the P-8A pilot to hold as wheel chocks are set on a cloudy afternoon at VP-30.

skills that an individual must demonstrate in order to qualify to stand watches or perform other specific routine duties necessary for the safety, security or proper operation of a ship, aircraft or support system.)

Stevens added, "By January, they'll return to Hangar 511 and stand up their maintenance department and complete a series of drills in preparation for their 'safe for flight' inspection."

He concluded, "By the end of January, the War Eagles

will stand alone and begin their 12-month IDRC (Inter-Deployment Readiness Cycle) in preparation for the first deployment of a P-8 squadron."

As the fleet replacement squadron for the Maritime Patrol and Reconnaissance Force (MPRF), VP-30 is currently training aircrew and maintainers for both P-3C Orion and P-8A Poseidon.

"It's very challenging for our roster of instructors -but training people to safely operate the retiring P-3 is no less important

than the transition to P-8."

"Our plan is to transition two squadrons each year."

The squadron's second P-8A from the Boeing production line in Seattle, Wash., will be accepted by VP-30 in July. An additional P-8A will arrive at NAS Jacksonville each succeeding month, so the squadron will be operating six Poseidon aircraft by the end of 2012.

**VP-30  
Commanding  
Officer Capt.  
Mark Stevens**



## CNATTU Jax honors civilians of the second quarter



Cynthia Passmore



Jeffrey Hayes

By AD1 Zachary Brook  
CNATTU Jax

The Center for Naval Aviation Technical Training Unit (CNATTU) Jacksonville recently announced its Civilians of the Quarter for Second Quarter 2012.

• Cynthia Passmore was selected as Civilian Instructor of the Quarter because of her strict work ethic and expertise in delivering outstanding technical instructions.

Passmore is qualified to teach 24 of 27 courses currently taught in Maintenance Training Unit 7016 at CNATTU Jax. She is also personally responsible for

conducting 10 formal course reviews and teaching 62 students for a combined total of 272 hours of instruction.

• Jeffrey Hayes was selected as Civilian of the Quarter. He is qualified to teach 10 avionics courses within Maintenance Training Unit 1011.

Hayes was directly responsible for the training and mentoring of numerous students for a combined total of 452 instructional hours. Not only is he an instructor, but he is also a student enrolled in off-duty education, as he works on his master's degree in business administration from Webster University.



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# VP-5 welcomes alumni to the Fox Den

By Lt. j.g. Sarah Wallace  
VP-5

VP-5 recently hosted a group of 16 Mad Fox Alumni from 1970-75 which included members of the famous nine-plane P-3 formation flight over Sigonella, Italy.

These men were also among the first in the community to welcome the P-3C model into service.

"When I was in VP-5, we flew P-3As and Bs. They brought us the P-3C at the end of 1974," remarked Charles Lansford.

The 16 retired alumni members included: Cmdr. Pat Lanier, Cmdr. Robert Thompson, Cmdr. Don Walsh, AFCM James Clark, AVCM Dan Piekarczy, AFCM Gordan Richau, ADCS Bob Carter, AMCS Butch Hubbard, AXCS Earl Porter, ATCS Russel Wise, AWCS Buster Rodgers, AKC Karl Fishennich, ATC



VP-5 Alumni from 1970-75, gather for a reunion tour in the "Mad Fox" hangar.

Photo courtesy of VP-5

Jim Gruentzel, ATC Charles Lansford, ADC Bob Ormandy and AMSI John Pyla.

They joined VP-5 Executive Officer Cmdr. Matt Pottenburgh for lunch at Mulligan's prior to the squadron tour.

"Our Naval Aviation heri-

tage is extremely important. We jumped at the opportunity to honor these Mad Foxes and thank them for their service" said Pottenburgh.

Many of these men had not seen each other in many years. "It is great to see so many of these guys that I served with

again," Clark said as faded pictures, old cruise books and several sea stories were passed around and shared during lunch.

After lunch, the men were escorted through the squadron hangar where they met current Mad Foxes hard at work

in preparation for deployment to Japan. Several of the alumni made a brave attempt to stow away in the pack out and Lanier even offered to complete a functional check flight if needed. "I just need a flight physical," he said.

Following a tour of several aircraft, the men were honored during command quarters. The squadron's new commanding officer, Cmdr. Erin Osborn, presented awards to numerous Mad Foxes and honored the alumni in a more formal setting. At the end of every quarters, VP-5 concludes with a customary sendoff shout.

This time it was led by Wise, one of the alumni guests. He stood in front of the men and women of VP-5 along with his shipmates from the 1970s and shouted, "NO FOX..." to which everyone shouted back, "LIKE A MAD FOX!"

## Special recognition

Photos by Shannon Leonard



NAS Jax Commanding Officer Capt. Bob Sanders presents the 2011 Senior Civilian of the Year Award to NAS Jax Financial Manager Bonnie Bishop during a department head meeting on June 6.



NAS Jax Engineer/Paramedic Tracy Tomes (right) is presented the 2011 NAS Jax Junior Civilian of the Year Award by NAS Jax Commanding Officer Capt. Bob Sanders during a department head meeting at the NAS Jax Officers' Club on June 6.

## Free SAT/ACT prep programs for military

By Staff

Tremendous challenges face America's military families, especially when frequent relocation's are involved.

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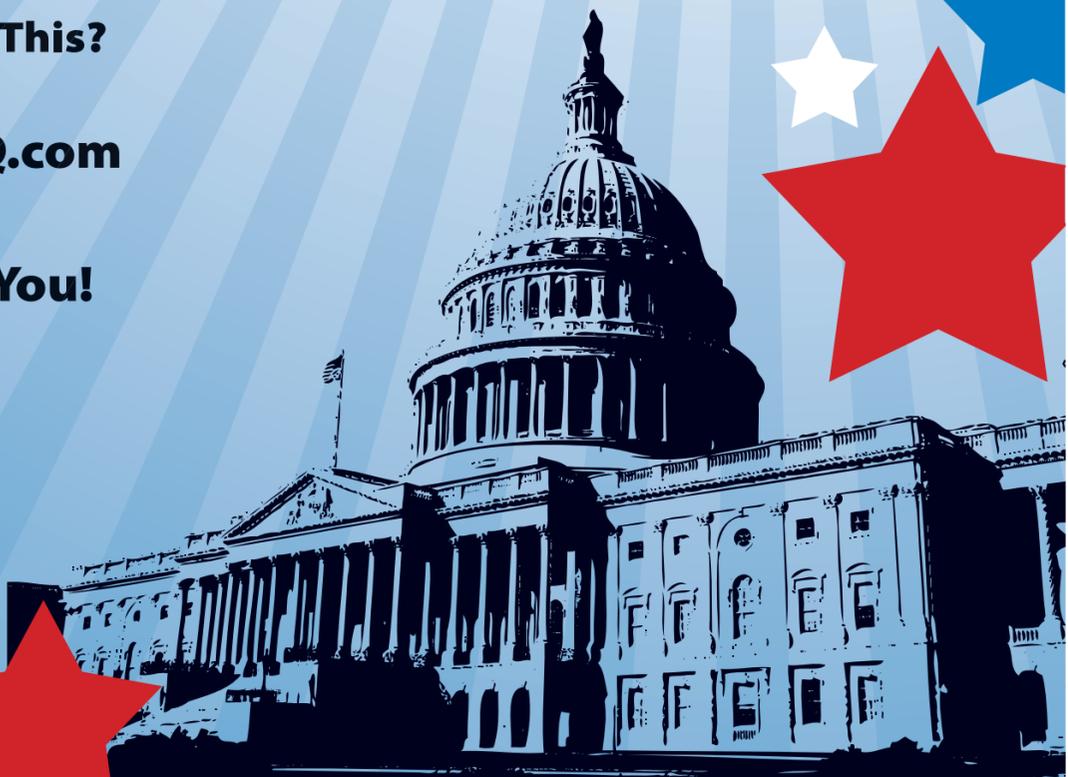
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# Happy 114<sup>TH</sup> birthday Hospital Corps!

Photos courtesy of Naval Hospital Jax Public Affairs



"Noble last role call" - honoring HN Daniel Noble who died as a result of enemy action while conducting security operations with 1st Marine Division in Iraq in 2007. Noble's legacy is part of the proud tradition of the Navy Hospital Corps, providing lifesaving care on the battlefield and sometimes giving the ultimate sacrifice.



HM2 Sarah Weaver conducts a body composition analysis in the BodPod at Naval Hospital Jacksonville's Wellness Center, giving important feedback on nutrition and exercise habits. Hospital corpsmen (celebrating their birthday June 17), play an integral role in the Navy's preventive health programs.



A pharmacy technician pulls a patient's medication from the shelf in Naval Hospital Jacksonville's pharmacy. Hospital corpsmen who complete Pharmacy "C" School do similar work as civilian pharmacy technicians, but in a broader range of settings.

Hospital corpsmen stationed at Naval Hospital (NH) Jacksonville navigate an obstacle course while carrying a patient (training dummy) to simulate a realistic combat environment as part of the NH Jacksonville's Tactical Combat Casualty Care (TCCC). The TCCC facilitates the training of military personnel as they prepare for the challenges they will face when deployed to support combat needs.



Surgical technical HN Samuel Williams arranges surgical tools for a procedure in Naval Hospital Jacksonville's renovated operating room suites. Hospital corpsmen are trained to assist surgeons and surgical nurses in settings ranging from hospital operating rooms to shock trauma platoons.



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# Civil Engineer Corps officer retires after 35 years, awarded Legion of Merit

From NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast Executive Officer Capt. John Rice, a Civil Engineer Corps officer, was presented the Legion of Merit Medal June 8 during his retirement ceremony celebrating nearly 35 years of dedicated service with his last tour at NAS Jacksonville.

Guest speaker Rear Adm. Mark Handley spoke of Rice's commitment to the country, the U.S. Marine Corps and the U.S. Navy. He said it had been a tremendous honor to be at the ceremony, seeing Rice go from Marine Corps private to a captain in the U.S. Navy.

"There are three things that I have learned in the military," said Rice. "First, be careful with power and always do the right thing. Second, you must be an effective leader. Lastly, people are our greatest asset."

He spoke to the many mentors who helped shape his life and career as a naval officer, he thanked the few who he has been blessed with the opportunity to lead conveying his sincerest respect and he hoped to cast some final guidance to the junior officers that they could embrace.

He truly made it about his father and his family. He spoke highly of his father's military service accomplishments and of his mother who recently passed. Like Rice, his father was a great example of honor, courage and commitment having served in World War II, Korea and Vietnam.

"I pay tribute to both my parents today because they laid the groundwork for my life," said Rice. "They set

the example and they established the height of the bar. I have them to thank. My wife has been a rock solid supporter my entire career, and I love her so very much. My children, Gregory, Michael, Brian, and Katie, have made my life full."

"God has blessed me with an awesome family and numerous friends, I am glad that I will be nearby helping raise my grandson to be a fine man, just like his father," Rice proudly stated.

NAVFAC SE Commanding Officer Capt. John Heinzl presented Rice the Legion of Merit Medal for exceptional performance while serving as executive officer for NAVFAC Southeast from May 2009 to June 2012.

Rice provided extraordinary leadership and technical expertise while directing over 2,000 military and civilian personnel at 22 geographically dispersed locations across seven states and the Caribbean performing \$3.74 billion in construction, \$1 billion of facility services and 14,000 contract actions.

His innovative management led to increased service and lower costs for supported commanders as he centralized facilities and maintenance technical and acquisition support for \$100 million in annual contracting; transitioned from contract support to in-house capability for safety training, energy management, retro-commissioning and engineering design; and restructured field offices to increase efficiency.

Rice's superior performance of duties highlights the culmination of 35 years of honorable and dedicated service.

Rice's first assignment was assis-



Photos by Cam Betz

**Capt. John Rice, along with his family, was piped ashore on June 8 after his retirement ceremony at NAS Jacksonville. Rice, an officer in the Navy Civil Engineer Corps dedicated nearly 35 years of honorable service to the United States of America.**

tant resident officer in charge of construction, Okinawa, Japan. He transferred to Naval Security Group Activity, Homestead, Fla., in May 1987 and served as public works officer.

In August 1990, he detached and attended the Georgia Institute of Technology earning his Master of Science degree in Mechanical Engineering.

In January 1992, he transferred to Camp Lejeune, N.C., where he served as senior assistant resident officer in charge of construction. In May 1995, he transferred to Pensacola, Fla., as the BRAC/MILCON coordinator for the Chief of Naval Education and Training.

In May 1997, he reported to the Public Works Center Pensacola and served as the production officer. He had the honor of serving as executive officer of Naval Mobile Construction Battalion 5 in April 1998, earning the Battle "E" twice during his tour. In June 2000, he reported to Commander, Third Naval Construction Brigade as chief of staff.

Rice took command of Naval Construction Training Center in Gulfport, Miss. in 2002. In 2004, he transferred to Naval Construction Battalion Center, Gulfport, serving as



Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. John Heinzl (right) presented Capt. John Rice with the Legion of Merit. Rice was recognized at his retirement ceremony in front of family, friends and other members of the Civil Engineer Corps for his exceptional meritorious conduct while serving as executive officer for NAVFAC Southeast from May 2009 to June 2012.

executive officer and helped the base recover after Hurricane Katrina. In 2006, he reported to Naval Facilities Engineering Command Mid-Atlantic to serve as operations officer.

Rice transferred in 2008 to serve as assistant chief of staff, Engineering Directorate (J7) Multi-National Security Transition Command in Iraq, helping build much-needed operational and training facilities for the Iraqi Security Force. Upon his return in May 2009, he transferred to Jacksonville where he completed his final tour serving as executive officer, NAVFAC Southeast.



## Ney inspection at Flight Line Café

Photos by Kaylee LaRocque

CSCM(SW/AW) Bong Villar of the Navy Food Management Team in San Diego checks cupboards for cleanliness at the NAS Jax Flight Line Café June 7 as part of the Commander, Navy Installations Command Ney Award inspection process. "I'm here conducting a semi-final inspection and will recommend four galleys out of 13 for the final inspection. The most important criteria I evaluate is customer service. I want to make sure customers get the same service day in and day out. We also look at cleanliness and food quality," said Villar. "The bottom line is what we provide the Sailor – they deserve good customer service and quality meals."

Ney Award Inspector CSCS(SW/SS) Christopher Wiggs (right) of the Navy Food Management Team, Norfolk, Va., talks to CS2 Paula Prine about how she prepared roasted Italian potatoes for a special Italian meal.



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# Lower your risk for heat stress – Part 2

By Capt. Joseph McQuade  
NH Jax Public Health Director

## Ask Dr. Joe

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

Last week, we discussed heat stroke and heat exhaustion. Our wonderful Florida sunshine makes for a hot and humid summer when we all need to understand the warnings of a heat stress injury.

Exposure to extreme heat while exercising or working in hot environments puts you at risk of heat stress. At greatest risk are people ages 65 years and older, those who are overweight, and those who suffer from heart disease, high blood pressure, or take medications that may be affected by extreme heat.

**Heat cramps** usually affect people who sweat profusely during strenuous activity. Perspiration depletes the body’s sodium and moisture levels. Low-salt levels in muscles cause painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Muscle pain or spasms usually in the abdomen, arms or legs are symptoms of heat cramps.

People with heat cramps should:

- Stop all activity and sit in a cool place.
- Drink water, clear juice or a sports beverage.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.

Seek medical attention if any of the following apply:

- The person has heart problems.
- The patient is on a low-sodium diet.
- The cramps do not subside within one hour.

**Heat rash** is a skin irritation caused by excessive sweating during hot, humid weather.

Symptoms of heat rash include:

- Red cluster of pimples or small blisters appears on skin.
- Most likely occurs on the neck and upper chest, on the groin, under the breasts and in elbow creases.

Persons experiencing heat rash should:

- Work in a cool, less-humid environment when possible.
- Keep the affected area dry (body powder may be used to increase comfort).

**Dr. Joe’s tips to prevent heat-related illnesses** — because the best defense is prevention.

- Drink more fluids (non-alcoholic) regardless



Capt. Joseph McQuade

of your activity level.

- Don’t wait until you’re thirsty to drink. Warning: If your doctor limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Don’t drink liquids that contain alcohol or large amounts of sugar as these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors in an air-conditioned space. If your home

does not have air conditioning, go to the shopping mall or public library — even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

- Wear lightweight, light-colored, loose-fitting clothing. Although anybody can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
- Infants and young children.
- People ages 65 or older.
- People who are physically ill, especially with heart disease or high blood pressure.

Visit at-risk adults at least twice a day and watch for signs of heat stress.

If you must be out in the heat, limit your outdoor activity to morning and evening hours. Never leave anyone in a closed, parked vehicle. When it is very hot outside cut down on exercise. If you must exercise while it is hot, drink two to four glasses of cool, non-alcoholic fluids each hour.

A sports beverage can replace the salt and minerals you lose in perspiration. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses and by applying sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels)

Living in Florida under the beautiful warm sun has its advantages and disadvantages. Think carefully about any exertion during the hottest part of the midday under the hot sun.

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



Photos by Kaylee LaRocque

## Emergency Response

GM2(SW) Bryan Holmes simulates a “Beretta bite” during an emergency drill at the NAS Jax Security Small Arms Range on June 7 to test the response of emergency personnel. According to security personnel, a Beretta bite is a common injury when handling hand guns and they continually stress taking appropriate safety precautions when handling these weapons.



NAS Jax Engineer/Paramedic Tracy Tomes (right) checks vital signs on GM2(SW) Bryan Holmes and gathers information from NAS Jax Security Range Operator Mike McAninch during a simulated emergency at the range.



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# Navy briefs AFTT to Northeast Florida residents

**From Staff**

The U.S. Navy received public comments June 6 on the Draft Environmental Impact Statement/Overseas Environmental Impact Statement (EIS/OEIS) for Navy training and testing activities conducted in the Atlantic Fleet Training and Testing (AFTT) Study Area, during its meeting at the Prime Osborn Convention Center in Jacksonville.

The AFTT region covers approximately 2.6 million square nautical miles and encompasses the at-sea portions of Navy range complexes and research, development, testing and evaluation ranges along the Atlantic and Gulf coasts of the United States.

The Navy is accepting comments throughout the 60-day comment period that ends July 10. All comments must be post-marked or received by July 10 to



Photo by Miriam S. Gallet

**Fleet Forces Command Natural Resources Specialist Laura Busch explains the proposed actions and alternatives of the Draft Environmental Impact Statement/Overseas Environmental Statement for the U.S. Navy Atlantic Fleet Training and Testing Study area to Michael Davis and John Abbott, consultants for Monroe County, Fla., during the public meeting held June 6 at the Prime Osborn Convention Center Jacksonville.**

be considered in the final EIS/OEIS. Written comments may be submitted to [www.AFTTEIS.com](http://www.AFTTEIS.com) or by mail to:

Naval Facilities Engineering Command Atlantic

Attn: Code EV22 (AFTT EIS Project Managers)  
6506 Hampton Blvd.  
Norfolk, VA 23508-1278

Copies of the Draft EIS/OEIS are available online or at the following public libraries: Jacksonville Public Library, 303 N. Laura St., Jacksonville; and Camden County Public Library, 1410 Highway 40 East, Kingsland, Ga.

The Navy proposes to conduct training and testing activities which may include the use of active sonar and explosives primarily within existing range complexes and testing ranges along the east coast of the United States, Gulf of Mexico, Navy pier-side locations, port transit channels and the lower Chesapeake Bay. The proposed action also includes activities such as sonar maintenance and gunnery exercises conducted concurrently with ship transits and which may occur outside

Navy range complexes and testing ranges.

The proposed action includes sonar testing conducted as part of overhaul, modernization, maintenance and repair activities at shipyard and Navy piers as well as new construction and overhaul at Navy-contracted shipbuilder locations.

The AFTT Draft EIS/OEIS updated the science and analyses needed to continue critical previous studies into one, thereby incorporating expanded areas, and new science, platforms and activities including ship shock testing on the east coast.

Results from these studies show Navy activities continue to have negligible effects on marine mammal and turtle populations, including endangered species. Monitoring of Navy activities over the past several years supports these conclusions.

## Breakfast at the barracks



Photos by Kaylee LaRocque

CS2(AW/SW) Prince Benton (left) and CS2 Alex Moleon of the Flight Line Café serve a continental breakfast to AMAA Chloeigh Russell (right, front) and AMAR Paige Lunsford in the lobby of the NAS Jax Barracks on June 7. The new service is available from 6-9 a.m. and allows Sailors living in the barracks to grab a quick bite to eat before heading to their jobs.



A new marquee in the barracks lobby displays the daily menus for the Flight Line Café so Sailors living there can decide what they would like to eat before walking across the street.

21st Annual International Motorcycle & Scooter

## Ride to Work Day

Monday, June 18<sup>TH</sup>, 2012

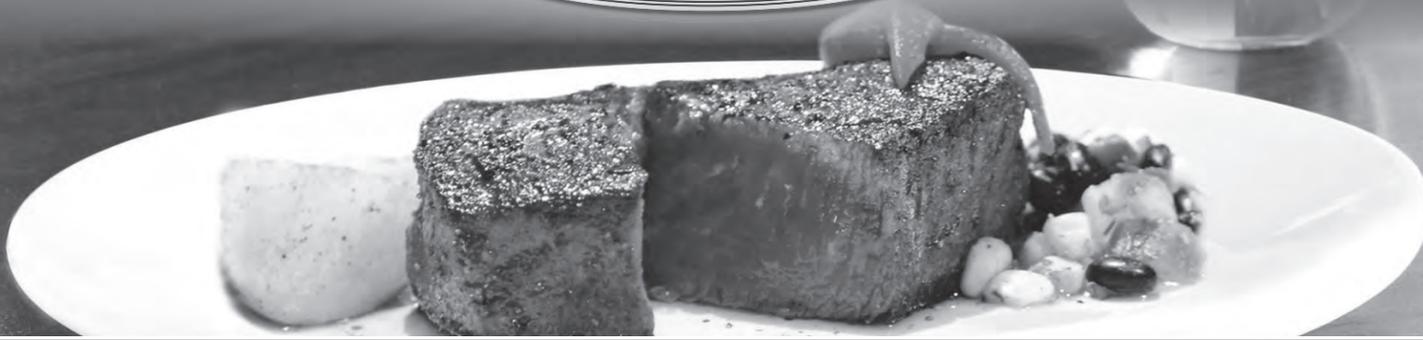
John Canale, London, Texas; Suzanne, Great Britain, Brazil, Mexico, Philippines, Puerto Rico, Tokyo, Brazil, USA and every other place you can find a road to ride to work.

Countering the 150 days spent doing the painful nature of motorcycle and scooter for transportation, for hundreds of thousands of workers, motorcycle and scooter are an economical, efficient and healthy alternative to a car. They are also a great way to get to work and provide a broad range of other health, safety and security benefits. Ride to work is the way to ride to work on this special day.

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**SALAD**

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**CHOOSE SERVED ENTREE SELECTION**

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The Hilltop Staff would like to salute all military personnel.



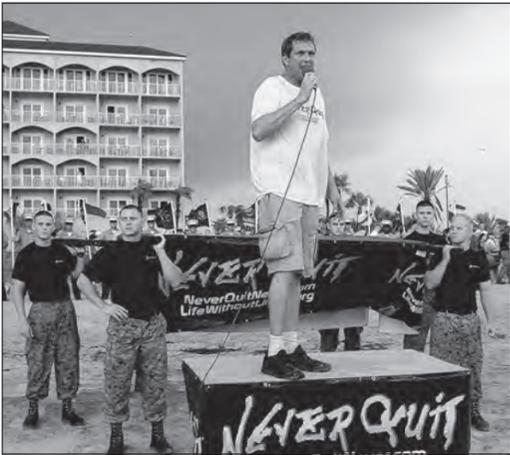
## Never Quit Never

Photos by Miriam S. Gallet

The U.S. Marine Bravo Company, 4th Amphibious Assault Rifle Team Jacksonville signals the start of the Never Quit Never Beach Challenge 5K Run at Jacksonville Beach June 9. The event drew thousands of runners representing 40 states and 13 countries to the Jacksonville Beaches.



Lt. Chuck Roman of Navy Legal Service Office aboard NAS Jax demonstrates his physical endurance during the pull-up portion of the 2012 Never Quit Never Warrior Challenge at Jacksonville Beach. The Warrior Challenge consists of five events: 50-meter sand crawl, 1.5-mile run, sit-ups, pull-ups and a 1.5-mile beach run. When asked why he was participating, Roman replied, "It's a fun event and it supports the Wounded Warrior Project and the Navy Seal Foundation. Also, Never Quit Never is a very good foundation." He was one of more than 100 area Sailors who participated in the event.



Erik Petroni, organizer of the annual Never Quit Never Beach Challenge, enthusiastically greets thousands of participants at the 2012 event in Jacksonville Beach. The event centered on health, love and determination has a mission to educate the community on how to avoid brain bleeds, stroke and heart disease through healthy life choices and encourage everyone to take a "Never Quit" attitude and live life to its fullest.

# The Social Security question

From the Retired Activities Office

## Retiree News

When is the best time to sign up for Social Security benefits?

The answer is: only you can determine the best time based on a number of variables.

Your age, health and family longevity. Fiscal need, amount of earnings you still bring in.

Amount of benefit based on the age timetable.

Social Security benefits start as early as age 62. But, the benefit is approximately 25 percent of full benefit. Full Social Security benefit occurs at age 66 or 67 currently, based on your birth year after 1942.

And for every year you delay receiving your benefit, the amount changes by approximately 8 percent each year. For example if you were born in 1950:

At age 62, benefit = 75 percent of full benefit (minimum amount)

At age 66, benefit = 100 percent (full benefit amount)

At age 67, benefit = 108 percent of full benefit

At age 70, benefit = 132 percent of full benefit (maximum amount)

If healthy and you have a family history of longevity, you might come out ahead by waiting to sign up for Social Security. If health or family history isn't the best, you might want to begin taking benefits as soon as possible.

If married, and you and/or your wife work and earn income, and/or receive a retirement pension (think about yours or her retired pay), or any other taxable investment or savings accounts that could affect your Social Security holdback and your federal tax liability, go to <http://www.ssa.gov/pgm/retirement.htm> and <http://www.irs.gov/pub/>

[irs-pdf/p554.pdf](#) for more information.

**Breakeven point:** This is the point where delaying to receive benefits equals the amount you will have received if taking early benefit.

In other words, where the 25 percent reduced benefit paid out = the amount of full benefit pay out.

The cross over occurs approximately some nine years after full benefit starts, barring any changes or inflationary adjustments.

What happens to my Social Security if I get divorced?

If you are 62-plus, were married 10-plus years, are currently unmarried and not entitled to receive a higher benefit based on your own work, you can receive benefits based on your ex's earnings, even if he or she has remarried. The following are the guidelines:

- If you both worked, generally the lower earner may receive benefits based on the higher earner's work.

- If you never worked, you can collect benefits on your ex's work, and your ex is still eligible to collect what he or she has earned over the years.

- If your ex hasn't applied, but qualifies for benefits, you can still receive benefits if you have been divorced two years.

- You can collect a divorced spouse's benefits without reducing the amount of your ex's benefits.

- The longer you can wait to collect divorced spousal benefits, up to your full retirement age, the higher your benefits will be.

Additional information can be found at ["aarp.org/work/social-security"](http://aarp.org/work/social-security) or by calling 1-800-772-1213.

**"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](http://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](http://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](mailto: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](http://www.orientaldragonboat.com) for rules and accommodations.

**The 2012 First Coast Heart Walk** will be held Sept. 22 at Metropolitan Park. For more information contact Kelly Johnson

## Community Calendar

at [kelly.johnson@heart.org](mailto:kelly.johnson@heart.org) or 256-5721.

**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](mailto: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.

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Total costs, taken on 06/08/12, can be found on the following websites:  
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Florida State College at Jacksonville is a member of the Florida College System. Florida State College at Jacksonville is not affiliated with any other public or private university or college in Florida or elsewhere.

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**The Zone Entertainment Complex**

Call 542-3521

Texas Hold'em Poker Tournament  
Monday & Thursday at 7 p.m.  
Learn and improve your skills

**Freedom Lanes Bowling Center**

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

Wednesday Evening Bowling Special  
4 - 10 p.m. - All you can bowl for \$5.95  
Shoe rental not included

Saturday Night Extreme Bowling  
7 p.m. - midnight  
\$11 per person for two hours of bowling  
Shoe rental included

June Family Bowling for 4 Special  
Thursday, 4-10 p.m.  
\$39.95 includes, 2 hours of 1 lane bowling, rental shoes, 4 hot dogs, 2 large nachos and 4 medium drinks.  
\$25 savings!

Book your birthday party with us!  
Complete packages available including bowling, shoe rental, kid's meal, cake, balloons and much more!

Summer Bowling Leagues Now Forming  
Monday Mixed Trio - 7 p.m.  
Wednesday After Work League - 4:30 p.m.  
Thursday Morning Seniors - 9 a.m.  
Thursday Night Extreme Bowling - 6:30 p.m.  
Friday Intramural League - 11:45 a.m.  
Sunday Fun Bunch League - 4 p.m.

**Fitness & Aquatics**

Call 542-2930

Command Circuit Training  
Tuesday & Thursday  
8 a.m. in the base gym  
45-minute, high-intensity group training

Family Fitness Center (located above the Youth Center Gym)  
Open Monday - Friday 9 a.m. - 1 p.m.  
For more information please contact Melissa Luehrs at (904) 542-3518/4238.

\*\*New fitness class  
Extreme Boot Camp  
Behind the fitness center  
Wednesday at 6:30 p.m.

Outdoor Pool Open

Monday - Sunday, 11 a.m. - 6 p.m.  
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

**I.T.T. Events**

Call 542-3318.

2012 - 2013 Live Broadway Series  
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

Jacksonville Zoo - Adult \$12, Child \$7  
Zoo Train & Carousel - now available at ITT!  
MOSH \$7 - \$12

Jacksonville Sharks - \$25 per person

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.

Dave & Buster's Trip  
June 14 at 6 p.m.  
Free \$10 Powercard, 20 percent off food & beverages and unlimited simulator play

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

Jacksonville Sharks Game  
June 16 at 6 p.m.

Jacksonville Suns Game  
June 21 at 6:30 p.m.

**NAS Jax Golf Club**

Golf course info: 542-3249  
Mulligan's info: 542-2936  
Military Appreciation Days  
\$18 per person, includes cart & green fees  
June 26 for active duty  
June 14 & 28 for retirees & DoD personnel

Junior Golf Clinic  
Session 1 (ages 11 - 17) June 25 - 29  
Session 2 (ages 6 - 10) July 16 - 20  
Session 3 (ages 11 - 17) August 6 - 10  
Monday - Friday, 8:30 - 10:30 a.m.

**NAS Jax Sports**

**Captain's Cup Indoor Volleyball League forming**

Open to NAS Jax active duty, command DoD, DoD contractors and selective reservists. The games play at lunchtime on Tuesdays and Thursdays. Contact the base gym for rules and required paperwork to join the league.

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

Open to 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's and women's division. Call NAS Jax Athletics to sign up by June 19. For more information, call Bill Bonser at 542-2930/3239.

**Standings As of June 8 Captain's Cup Singles Badminton**

| Team       | Wins | Losses |
|------------|------|--------|
| Bonser     | 1    | 0      |
| Cannizzaro | 1    | 0      |
| Carreiro   | 1    | 0      |

| Team      | Wins | Losses |
|-----------|------|--------|
| Fabia     | 1    | 0      |
| Smith     | 1    | 0      |
| TenChavez | 1    | 0      |
| Acton     | 0    | 0      |
| Brasfield | 0    | 0      |
| Carolan   | 0    | 0      |
| Farmer    | 0    | 0      |
| Hurst     | 0    | 0      |
| Summers   | 0    | 0      |
| Brown     | 0    | 1      |
| Drost     | 0    | 1      |
| Hasanic   | 0    | 1      |
| Mayhew    | 0    | 1      |
| Novick    | 0    | 1      |
| Reiss     | 0    | 1      |
| Twigg     | 0    | 1      |

**Intramural Soccer Final Standings**

| Team             | Wins | Losses |
|------------------|------|--------|
| USCG             | 5    | 2      |
| FRCSE            | 8    | 2      |
| NAVFAC           | 6    | 2      |
| FACSFAC Jax      | 6    | 2      |
| VP-45            | 5    | 2      |
| WTU              | 6    | 3      |
| VP-30 O's        | 5    | 3      |
| NAVHOSP          | 5    | 4      |
| VR-58            | 4    | 4      |
| HSL-42           | 3    | 3      |
| NCTS             | 3    | 4      |
| BMC Jax          | 3    | 7      |
| VR-62            | 1    | 7      |
| HSM-74 Swamp Fox | 1    | 8      |

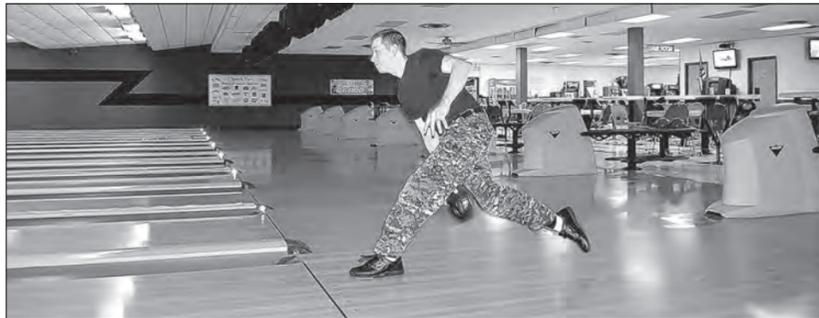


Photo by Shannon Leonard

**Free bowling**

PR2 James Shoemaker of HSL-42 enjoys free bowling at NAS Freedom Lanes June 6. Active duty military can enjoy free bowling every Wednesday from 11 a.m. to 1 p.m. For more information, call 542-3493.

\$110 per week long session

Twilight Special  
Monday - Friday  
Play 18 - holes for \$17 after 3 p.m.  
Not applicable on holidays

**Mulberry Cove Marina**

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

Skipper "B" Lessons  
\$150 per person  
June 15, 16, 17, 23 & 24  
July 20, 21, 22, 28 & 29

Free Stand-up Paddle Board Lesson  
Thursday, 11 a.m. - 1 p.m.  
Mulberry Cove Marina

**Auto Skills Center**

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

**Youth Activities Center**

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

**Flying Club**

Call 777-8549  
Ground School  
July 23 - August 29  
\$500 per person

Youth Flight Camps (ages 12 - 18)  
Basic Aviation Course  
\$100 per person  
June 27 - 30 register by June 20  
July 11 - 14 register by July 3  
July 18 - 21 register by July 11  
Advanced Aviation Course (basic course required)  
\$150 per person  
Aug. 8 - 11 register by Aug. 1  
Aug. 22 - 25 register by Aug. 14

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Published by  
**The Florida Times-Union**

# Commissary patrons advised to stock up for emergencies

By Jessica Newby  
DeCA Public Affairs Specialist

This year marks the 20th anniversary of Hurricane Andrew, which slammed into South Florida Aug. 24, 1992, devastating Homestead, Florida City and parts of Miami before it crossed the Gulf of Mexico to strike the Louisiana coastline. It's a sober reminder that your commissary wants to help make sure you are prepared for any disaster.

Disaster preparedness can help improve your odds for survival, and the Defense Commissary Agency and its industry partners are working together to offer items needed for severe weather survival kits at low prices, said DeCA Director of Sales Chris Burns.

"Andrew's anniversary drives home the point that everyone should be prepared," Burns said. "Your commissary can help you do that. We've got lots of items to stock up your survival kit."

Since April 1, canned chicken, powdered milk, batteries, weather-ready flashlights, all-weather tape, first aid kits, lighters, matches, candles and hand sanitizer have been reduced in price as part of DeCA's severe weather promotional package that runs until Oct. 31.

The package coincides with the prime times for both tornado and hurricane seasons in the United States. Tornado season runs from April to July.

The National Weather reports that 2011 was a record breaking year; it was the second most active year in recent memory, with a total of 1,690. April 2011 has the greatest monthly total of tornadoes in modern record keeping with 758.

April also holds the record for the greatest number of tornadoes on one day - April 27 - with 200.

The Atlantic hurricane season runs from June 1 through Nov. 30 and includes the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico. The National Oceanic and Atmospheric Administration is predicting a less-active season this year versus other years.

Predictions from the NOAA call for a 70 percent chance for about nine to 15 named storms, four to eight of which could become hurricanes; and one to three are expected to be major hurricanes.

These predictions do not include which hurricanes will make landfall, because it's not possible to plot landfall weeks or months ahead of a storm, the NOAA website said.

"Although the NOAA is calling for a less-active hurricane season, it still pays to be prepared," Burns said. "All of our customers - no matter where they are - should be prepared for any disaster. The commissary can supply our customers with what they need to survive."

Emergency preparedness officials suggest having a disaster supply kit that includes the following items:

Water - at least one gallon daily, per person (three-day supply for evacuation, two-week supply for home)

Nonperishable foods - canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)

Paper goods - writing paper, paper plates, paper towels and toilet paper

Cooking items - pots, pans, baking sheet, cooking utensils, charcoal, a grill and a manual can opener

First-aid kit - including bandages, medicines and prescription drugs

Cleaning materials - bleach, sanitizing spray, and hand and laundry soap

Specialty foods - diet and low-calorie foods and drinks

Toiletries - personal hygiene items and moisture wipes

Pet care items - food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags

Lighting accessories - flashlight, batteries, candles and matches

Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)

Duct tape, scissors

Multipurpose tool

Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)

Cell phone with chargers

Family and emergency contact information

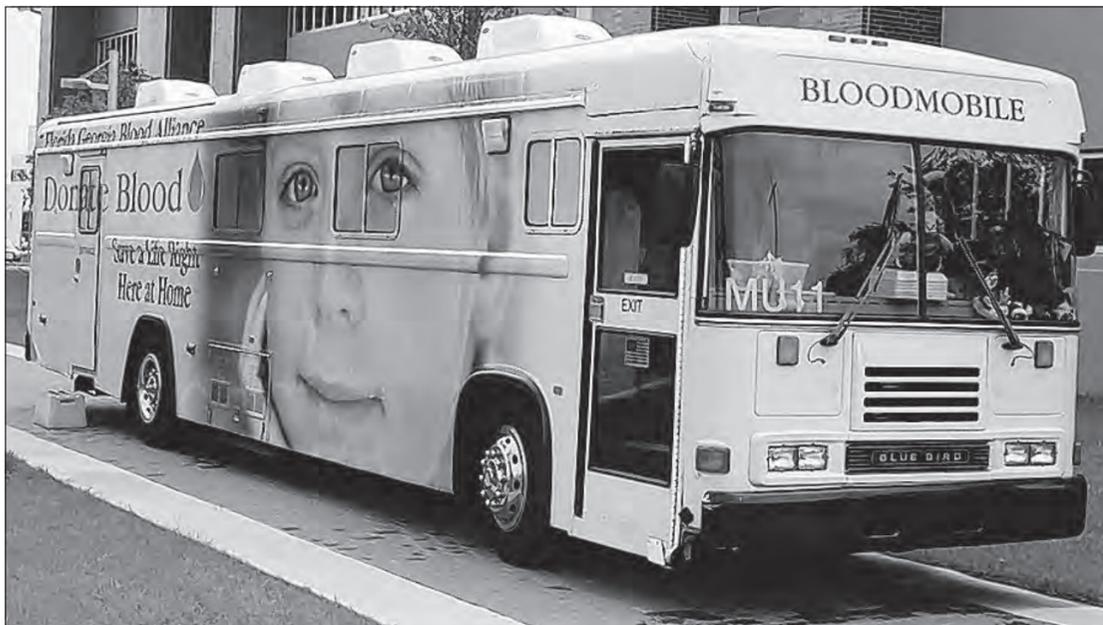
Extra cash

Emergency blanket

Maps of the area

Blankets or sleeping bags

DeCA recommends that customers take advantage of their commissary benefit and its average savings of 30 percent or more to stock up on emergency items that can sustain them during a crisis.



File photo

## Schedule your donation now

### From The Blood Alliance

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

## Back-to-School physicals and well-child care

### By TRICARE South

If you are a parent with young children, "back to school" can mean "back to the doctor's office" for annual school required physicals.

School physicals are often required to help ensure that children enter the classroom in good health, with up-to-date immunizations and free of any diseases that could pose a risk to classmates. For children age 5-11, TRICARE covers annual physicals and immunizations required in connection with school enrollment.

Parents should note that TRICARE does not cover sports or camp physicals.

If your child requires a sports or camp physical, you may be required to submit a Request for Non-covered Services form to your provider. By completing this form, you acknowledge that you will be paying for the non-covered service. The form is available on the Humana Military Healthcare Services, Inc. (Humana Military) Web site at [www.humana-military.com](http://www.humana-military.com).

TRICARE also provides well-child care for eligible children

from birth to age 6. The well-child benefit includes routine newborn care, comprehensive health promotion and disease prevention exams, vision and hearing screenings and routine immunizations (according to the Centers for Disease Control and Prevention guidelines), and developmental assessment (according to the American Academy of Pediatrics).

For well-child care, there are no copayments or cost shares. To learn more about TRICARE's school-physical coverage and well-child benefit, visit [www.tricare.mil](http://www.tricare.mil) or Humana Military's Web site.

## BOWLING IS FUN FOR EVERYONE!

- Weekly and grand prize drawings are open to all authorized MWR patrons and their guests.
- Every time you bowl a game, you can enter a drawing for free prizes!
- Youth Bowlers 17 years of age and younger receive one FREE game of bowling every day until 5 p.m. ALL SUMMER LONG!

### Grand Prize Drawings on September 1 at 7:30 p.m.

#### Grand Prize - Orlando Family Vacation Package

- 2 admissions to SeaWorld & SeaWorld's water park Aquatica
- 2 nights stay in a 2 to 3 bedroom suite at World Quest Resort in Orlando, FL

#### 1st Runner Up - Daytona Beach Weekend Experience

- 4 Daytona International Speedway tours with merchandise gift packs
- 2 nights stay at the Acapulco Beach Resort in Daytona Beach

#### 2nd Runner Up - Wild Adventures Theme Park Adventure

- 4 Wild Adventures Theme Park admissions
- 2 nights stay at the Fairfield Inn & Suites in Valdosta, Georgia

#### 3rd Runner Up - Orlando Adventure

- 4 admissions to Wet n' Wild and 4 admissions to Arabian Nights
- 2 nights stay at the Quality Inn & Suites in Orlando, FL

For official rules and information call 904.542.3493

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## hunter: another word for conservationist



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To find out more go to [www.ducks.org](http://www.ducks.org)





