

'Tridents' home from deployment



Lt. Cmdr. Dustin Hendrix of VP-26 gets a big hug from his daughters after returning home from deployment in Bahrain.

From VP-26 Public Affairs

The "Tridents" of VP-26 recently completed a six-month deployment to the Middle East where they operated out of two detachment sites in the countries of Bahrain and Qatar. Upon their return to NAS Jacksonville, the Tridents were greeted with applause, smiles and tears as they reunited with family, friends and loved ones.



VP-26 crew members arrive home to NAS Jacksonville aboard their P-3C Orion after a six-month deployment to Bahrain and Qatar.

While in the 5th Fleet area of responsibility, VP-26 conducted missions with both U.S. and coalition forces in support of Operation New Dawn and Operation Enduring Freedom. The squadron achieved an unprecedented 99.4 percent mission completion rate and flew more than 5,500 mishap-free flights.

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'Mad Foxes' train with Indonesian Navy

By Lt. David Childers
VP-5 Public Affairs

A contingent of Mad Foxes from VP-5 participated in the exercise Cooperation Afloat Readiness and Training (CARAT) at the Juanda Naval Air Base in Indonesia on May 30. Joined by squadrons 800, 600, 400 and 200 of the Indonesian Navy, the Mad Foxes took part in "at sea" training exercises and joint professional discussions designed to help facilitate professional relationship building between the two countries.

Combat Aircrew Four (CAC-4), led by Mission Commander Lt. Cmdr. Douglas Steil and Plane Commander Lt. Trey Ross, participated on behalf of Commander Task Group 72.2. Their support included a maintenance detachment led by ADC Keiya Crawford who ensured the aircraft was fully mission capable for daily flight operations.



Lt. Trey Ross of VP-5 demonstrates the roles of the Patrol Plane Commander to an Indonesian naval aviator during the basic anti-submarine warfare training flight as part of Cooperation Afloat Readiness and Training (CARAT) Indonesia 2012.

The exercise began with an aviation symposium attended by representatives from both navies covering a broad range of naval aviation topics. The Indonesian Navy introduced a variety of aircraft and explained the mission set of each; including the Casa C-212 Aviocar, GAF Nomad and the Belle 412.

The Mad Foxes discussed



Commander Task Group 72.2 aircrew from VP-5 and HSL-15 join members of the Indonesian Navy 1st Airwing to kick off the Aviation Symposium May 30 at Juanda Naval Air Base, Indonesia during the Cooperation Afloat Readiness and Training symposium.

topics including crew resource management, aircraft mission equipment and coordinated operations. At the end of each presentation, members from each country discussed how they could incorporate

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VP-8 'Fighting Tigers' host JMSDF squadron

By MC2 Pedro Rodriguez
Naval Air Facility Misawa Public Affairs

The "Fighting Tigers" of Patrol Squadron (VP) 8 took part in a bilateral exercise with the Japanese Maritime Self Defense Force (JMSDF) June 14 at Naval Air Facility Misawa, Japan.

VP-8 hosted a visit from the JMSDF's VP-2 "Odin" Squadron, stationed out of Hachinohe Air Base in northern Japan.

Their bilateral exercise focused on tactical communication and coordination, and consisted of four short tactical flights - two flown by the "Tigers" and two flown by VP-2 - from which crewmen of each squadron were aboard as observers.

"It was such a great opportunity to be able to work with such high quality forces," said Lt. Dan Kuriluk, a VP-8 pilot who participated as an observer on one of the Japanese flights. "I was extremely impressed with the crew's professionalism and skill. I highly encourage anyone who may have this opportunity in the future to participate."

Odin crew members were very pleased with



U.S. and Japanese Sailors gather prior to take off for a joint ride-along exercise with the Japanese Maritime Self Defense Forces Squadron VP-2 "Odin" stationed at Hachinohe Air Base. The exercise focused on tactical communication and coordination and consisted of four short tactical flights, two flown by the VP-8 "Tigers" and two flown by VP-2 in which riders from the opposite command were welcomed aboard.

their experience, expressing their desire to fly with American aircrews.

"It was a great event to participate in and a great learning experience for both crews," said Lt. Omura, a veteran Japanese plane commander with more than 3,800 flight hours.

After the exercise, both squadrons were invited to a reception on board Misawa airbase, hosted by Commander, Task Force 72.4. This provided another opportunity for VP-8 crew members to interact with

their bilateral counterparts.

"On behalf of Patrol Squadron 2, I would like to show my deepest appreciation for today's events," said Capy. Seto of JMSDF VP-2. "I also worked with VP-8 in 2002 and it is an honor to work with them again. This is a great chance to promote our relationship and we look forward to more opportunities in the future."

The Fighting Tigers of VP-8 are homebased at NAS Jacksonville and are currently on a six-month deployment from Naval Air Facility Misawa.

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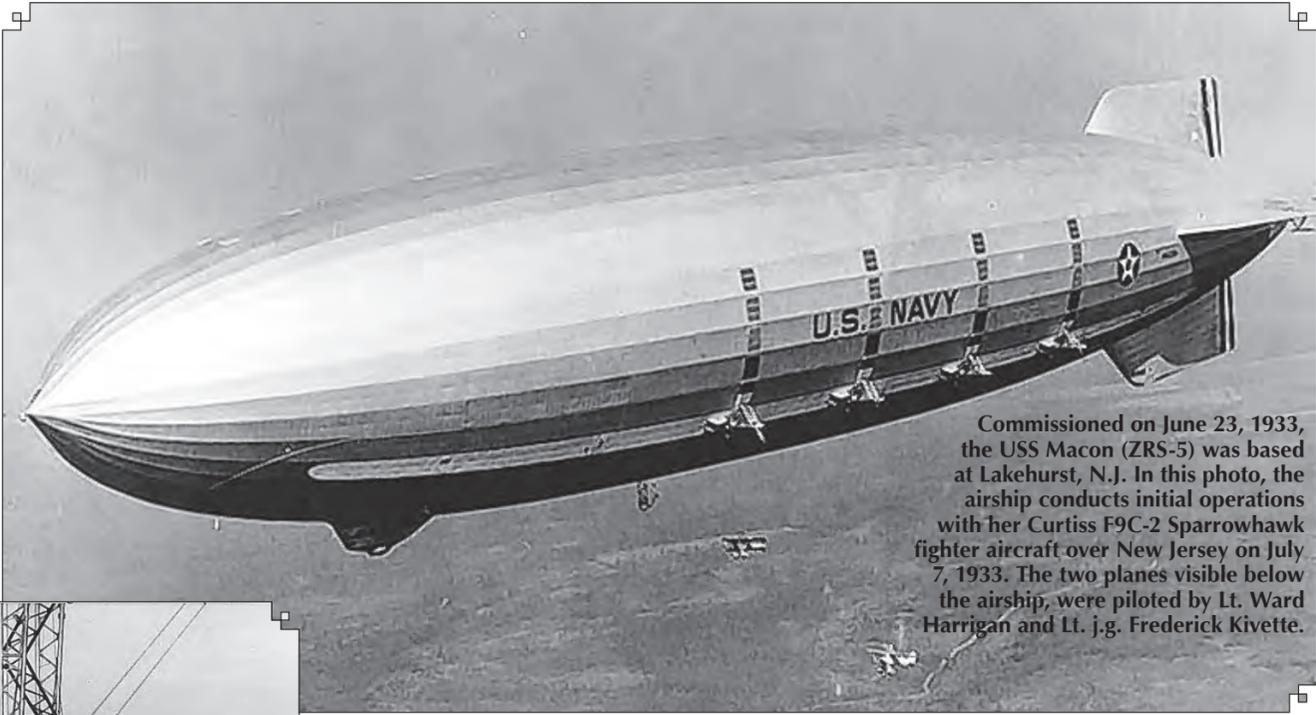


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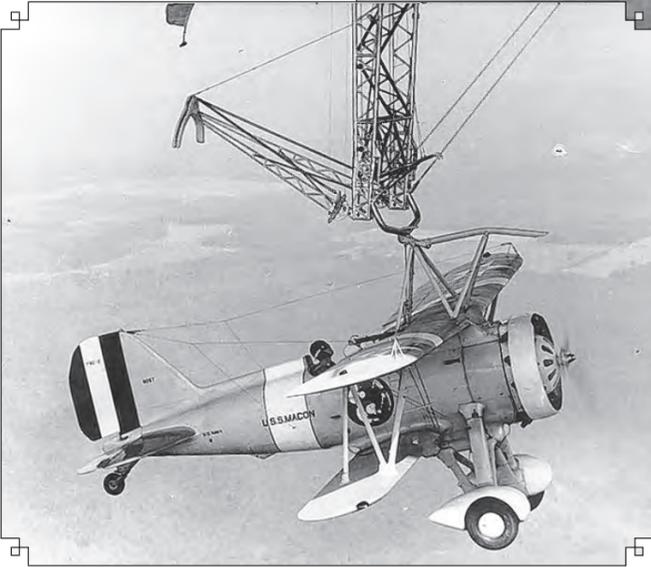
This Week in Navy History



Commissioned on June 23, 1933, the USS Macon (ZRS-5) was based at Lakehurst, N.J. In this photo, the airship conducts initial operations with her Curtiss F9C-2 Sparrowhawk fighter aircraft over New Jersey on July 7, 1933. The two planes visible below the airship, were piloted by Lt. Ward Harrigan and Lt. j.g. Frederick Kivette.

U.S. Navy photos

Hanging from a "trapeze" of USS Macon (ZRS-5) during flight operations in 1933 was the F9C-2 Sparrowhawk fighter of Lt. Ward Harrigan. In February 1935, while returning to Moffett Field from an operation over the Pacific Ocean, USS Macon encountered a violent storm that brought her down into the sea. Though all but two of her crew were rescued, the accident effectively ended the Navy's trouble-plagued program of rigid airship operations.



From Staff

June 20

1813 - Fifteen U.S. gunboats engage three British ships in Hampton Roads, Va.

1815 - Trials of Fulton I, built by Robert Fulton, are completed in New York. This ship became the Navy's first steam-driven warship.

1898 - U.S. forces occupy Guam, which became first U.S. colony in the Pacific.

1913 - First fatal accident in naval aviation. Ensign W. D. Billingsley killed at Annapolis, Md.

1934 - Commander in Chief, Asiatic Fleet, Adm. Frank Upham reports to CNO that, based on analyses of Japanese radio traffic, "any attack by (Japan) would be made without previous declaration of war or intentional warning."

1944 - Battle of Philippine Sea ends with the Japanese losing two aircraft carriers and hundreds of aircraft.

June 21

1945 - Okinawa is declared secure after the most costly amphibious campaign in history incurring 5,000 dead and 5,000 wounded. U.S. Navy also

lost 30 ships with 223 damaged, mostly from kamikaze attacks. The Japanese counted at least 100,000 dead.

June 22

1807 - HMS Leopard attacks USS Chesapeake.

1865 - Confederate raider Shenandoah fires last shot of Civil War in Bering Strait.

1884 - Navy relief expedition under Cmdr. Winfield Schley rescues Army Lt. A.W. Greely and six others from Ellesmere Island in the Arctic, where they were marooned for three years.

1898 - Adm. Sampson begins amphibious landing near Santiago, Cuba.

June 23

1933 - Commissioning of USS Macon (ZRS-5), the Navy's last dirigible.

1961 - Navy's first major low-frequency radio station commissioned at Cutler, Maine.

1972 - Navy helicopter squadron aids flood-strick-

en residents in Wilkes-Barre, Scranton and Pittstown areas of Pennsylvania.

June 24

1833 - USS Constitution enters dry dock at Charlestown Navy Yard, Boston, Mass. for overhaul. The ship was saved from scrapping after public support rallied to save the ship following publication of Oliver Wendell Holmes' poem, "Old Ironsides."

1926 - Office of Assistant SecNav set up to foster naval aeronautics and aircraft building.

1948 - Berlin airlift initiated to offset the Soviet Union's blockade of land access to the U.S., France and Great Britain sectors of Berlin.

June 25

1917 - Navy convoy of troopships carrying American expeditionary forces arrives in France.

1950 - North Korea invades South Korea beginning Korean

Conflict.

June 26

1884 - Congress authorizes commissioning of Naval Academy graduates as ensigns.

1918 - The 4th Marine brigade captures Belleau Wood, France. At the beginning of the three-week campaign, the French fell back through the Marines, and an officer advised Marine Corps Capt. Lloyd Williams to withdraw his men. Williams replied, "Retreat, hell! We just got here."

1959 - Twenty-eight naval vessels sail from the Atlantic to the Great Lakes, marking the formal opening of Saint Lawrence Seaway to ocean-going ships.

1962 - Naval Facility Cape Hatteras makes first Sound Surveillance System (SOSUS) detection of a Soviet diesel submarine.

1973 - Navy Task Force 78 completes minesweeping of North Vietnamese ports.

Annoying things I'll forget as Lindell grows

By Sarah Smiley
Special Contributor

Lindell just finished preschool, which means next year he's a kindergartener. I feel sentimental, because I know from watching Ford and Owen, that sons go into kindergarten as babies, and they come out as little boys. It is one of the most transformative years of school physically, mentally and emotionally.

I also learned that mothering involves a near constant state of grieving. Lindell - my wild and crazy little boy - is on the cusp of growing up.

So I'd like to document a few things, because a peculiar aspect of motherhood is that we tend to forget all the frustrating and obnoxious moments in exchange for everything we miss about our babies. In the fall, when I'm sad about Lindell beginning his journey through elementary school, I will need reminders of how thankful I should be.

For instance, I will forget how many times I had to watch the cartoon "Peppa Pig" after lunch when Lindell wasn't in school. Granted, Peppa Pig is hilarious. When they laugh, they fall on the ground and roll on their big bellies. The youngest, baby brother pig shoots tears horizontally from his eyes when he cries. Usually, Lindell wants to watch the DVR version in reverse because he loves the way the baby brother's tears shoot back into his eyes and how the big daddy pig floats back onto his feet after a good laugh.

I'll also forget how hard it was to get any-

From The Homefront

thing done with Lindell home for half the day.

Just as soon as I'd start writing my column, he'd yell from his bedroom, "I had an accident, Mommy, I need new pants!" Or I'd try to clean the bathroom (mothers of boys know this is futile) and Lindell would spill his drink in the kitchen.

When I'd take Lindell along to do errands, everything took three-times longer than necessary. I couldn't leave the grocery store without an epic battle over candy at the check-out. At Target, he'd whine for a new toy. In the middle of a store without a public restroom, he'd suddenly need to use the bathroom.

I'd buckle his seatbelt and it wouldn't "feel right."

I'd tie his shoes and his socks would be "all bumpy" on his toes.

And forget about doing anything for myself. Shopping for clothes meant that Lindell would crawl in and out of the dressing room, dragging bits of clothes with him, or he'd say, loud enough for anyone to hear, "What's that thing you always wear under your shirt, Mommy?"

These are all the things I will forget as I watch my baby transform into a little boy. You'll show me this column, and I'll be disgusted, thinking, "Gee, why did I write about all that stuff?"

Then I'll tell you all that I remember:

The way Lindell's chubby legs hung from the shopping cart at Target and how his perch there brought him eye-to-eye with me.

The way he ran down the aisles at the grocery store and the wind blew back his wispy hair.

How I'd look at him in the rearview mirror and see him mouthing the words to a song on the radio.

The time he looked at me in the mirror of a dressing room and said I was the most beautiful mommy ever.

The way he'd run in and out of the clothes racks and hide behind a curtain of women's dresses. He always thought he was stealth, but I'd hear his giggle and spot his round cheeks peeking out from the clothes.

I'll tell you that our quiet lunches together at the kitchen table were thought-provoking and nearly meditative.

Our walks to get the older brothers from school day were always without incident and temper tantrums. Lindell stayed close by, his chubby hand in mine.

Then I'll tell you that I can still remember the way his head felt in the crook of my arm while we lay on the couch together watching "Peppa Pig." I'll recall the way his rounded belly rose and fell as he become more relaxed, and the way our breathing, together, became deeper and slower as we fell asleep snuggled together, the sound of baby brother pig crying in the background.

I'll remember just these things. And I'll promise you that's exactly the way it was.

Off-limits establishments for military personnel

From Staff

The Armed Forces Disciplinary Control Boards convened June 13 at NAS Jacksonville and determined the following businesses (including all future addresses) continue to be off-limits to military personnel:

Flash Dancers, 2003 Blanding Blvd., Jacksonville

Bikini Beach Lounge, 2840 Mayport Road, Atlantic Beach

Service members are prohibited from entering off-limits establishments. Violation of these prohibitions may subject a member to disciplinary action under the Uniform Code of Military Justice.

Family members and others associated with the Department of the Navy should be made aware that these establishments are off-limits to military personnel.

Chapel Center Calendar

Sunday Services
8:15 a.m. - Protestant Liturgical Worship
9:15 a.m. - Catholic Mass
9:45 a.m. - Protestant Sunday School
10:45 a.m. - Catholic CCD
11 a.m. - Protestant Worship

Daily Catholic Mass
11:35 a.m. (except Friday)
Weekly Bible Study
6 p.m. in the Barracks
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Every Monday at 6 p.m.

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The deadline for classified submissions is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be

reached at (904) 542-3531, fax (904) 542-1534, email JaxAirNews@comcast.net or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000.

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VP-8 participates in SIFOREX off Peruvian coast

By Ensign Carlos Peralta
VP-8 Public Affairs

The VP-8 "Fighting Tigers" began their fourth U.S. and Peruvian surface and air asset training with the Peruvian submarine fleet. While operating from the Lima-Callao Naval Air Base in Lima, Peru, VP-8 successfully flew the P-3C Orion for 28 hours over three days and six events beginning May 28. During the Silent Forces Exercise (SIFOREX), Fighting Tigers crews located and tracked the submarines BAP Antofagasta and BAP Chipana, a pair of Peruvian Type-209 diesel submarines, while working in coordination with several Peruvian frigates and the guided-missile frigate USS Underwood (FFG-36).

"Our MPRF community should make every effort to participate in this worthwhile exercise for the foreseeable future!" said Lt. Cmdr. Leroy Shoemith, mission commander for Combat Aircrew 2. Elaborating on the importance of this exercise, he stated, "There is nothing better than to work with partner nations of this caliber when given the opportunity to practice the coordinated anti-submarine warfare skills of our militaries in a real world environment."

For one Fighting Tiger, SIFOREX was also a homecoming. LS1(SW) Oscar Vargas was born in Peru and moved to the United States in 1990. He joined the Navy Reserves in 1993 and then transitioned to active duty after Sept. 11, 2001. Vargas' father, mother, siblings, and most of his extended family still live in Peru. This visit was especially bittersweet for Vargas because his father had recently been hospitalized. Without telling his family that he would be in Peru, he surprised them and spent some long overdue time together.

"It was a really great opportunity," Vargas said, "It was a surprise to my father, that made him cry."

In addition to the at-sea portion of the exercise, VP-8 Sailors were invited to tour the BAP Antofagasta before the exercise began and later extended an invitation to the crews of the Peruvian submariners to experience the capabilities of the highly trained aircrews and the P-3C Orion aircraft.

The diesel submarine is a growing threat world wide, as these types of submarines are inexpensive and easily obtained by many countries. The waters of the Pacific Ocean, the proximity to the coast and the excellent capabilities of the Peruvian crews provided a welcomed challenge for the Fighting Tigers.

At the conclusion of the exercise the crews got the chance to express their gratitude for the opportunity to participate in SIFOREX 2012 and the hospitality of their Peruvian hosts.

BAP Antofagasta (SS-32) is one of two Type-209/1200 submarines ordered by the Peruvian Navy in 1976. She was built by the German shipbuilder Howaldtswerke Deutsche Werft AG at its shipyard in Kiel.



Photos courtesy of VP-8



VP-8 "Fighting Tigers" recently participated in SIFOREX 2012 with the Peruvian Navy and hosted their counterparts for a tour of their P-3C Orion.

VP-8 "Fighting Tigers" gather with crew on board the diesel-powered Peruvian submarine BAP Antofagasta during the recent Silent Forces Exercise (SIFOREX) 2012.

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Jacksonville SUNS

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Spartan 705 lifts off from the NAS Jax seawall in a simulated functional check flight on June 12 to begin the exercise. After flying south over the river, the pilot radios that his MH-60R Seahawk has an engine malfunction and he is returning to base.



THIS IS A DRILL

HELICOPTER CRASHES ON NAS JAX SEAWALL



Crash Crew from First Coast Navy Fire and Emergency Services knock down flames on the Mobile Aviation Fire Training Device – an aircraft emergency simulator.

By Clark Pierce
Editor

It was an all-hands effort June 12 when a variety of Navy and civilian emergency responders answered the call of a helicopter crew in distress.

“NAS Jacksonville’s primary mission is to support the fleet, fighter and family. Part of that involves providing assistance in planning and developing integrated exercises with our fixed and rotary wing tenants,” said NAS Jax Executive Officer Capt. Roy Undersander, who observed the exercise.

“Real-world circumstances like this only help us to sharpen our response skills and emergency procedures.”

In the exercise scenario, an MH-60R Seahawk helicopter assigned to the HSM-70 “Spartans” is conducting a functional check flight (FCF) over the St. Johns River when it experiences engine problems and must immediately return to NAS Jax.

HSM-70 Aviation Safety Officer Lt. Cmdr. Joshua Hanes explained, “An FCF determines whether an aircraft’s engines, airframe, accessories or equipment is functioning according to established standards as the aircraft operates in its intended environment.”

During its approach to the seawall at NAS Jax Hangar 1122, the helicopter crew jettisons its auxiliary fuel tank into the St. Johns River.

As the pilots struggle to maintain control, the helicopter suffers a hard landing that damages the rotor blades, throwing shards in all directions.

A nearby fuel truck is punctured and catches fire – in addition to creating a major fuel spill on the south seawall that flows into the St. Johns River.

The HSM-70 aircrew simulated two injuries and one death to test the station’s emergency medical response and the squadron’s notification systems.

NAS Jax Installation Training Officer Jim Butters worked with Hanes to develop an exercise that tested the squadron’s pre-mishap plan in the following areas: notifying the Aviation Mishap Board; activation of the casualty assis-



NAS Jax Executive Officer Capt. Roy Undersander (left) receives an update from Incident Commander Jamie Sherer (right) during the June 12 helicopter crash exercise.

tance calls officer; and mustering all squadron personnel to prohibit use of cell phones until the primary next of kin are notified.

Butters said, “This aviation mishap exercise, developed in conjunction with HSM-70, was a fully integrated exercise that required real-world air traffic control, response by airfield crash/rescue units and fire department emergency medical technicians.”

“The scenario also created the opportunity for the NAS Jax Environmental team to respond to a major simulated fuel spill, both on the seawall and in the St. Johns River. All of these teams got practical training and proved once again that teamwork and communications are the primary factors in a successful response,” remarked Butters.

Also working the exercise along with NAS Jax and HSM-70 was the Trauma One Air Transport Unit that flew an injured member of the helicopter crew to Shands Jacksonville Medical Center.

Other contributors were: Navy Jax Yacht Club, NAS Jax Boat House, NAS Jax Security, Regional Call Center, NAS Jax Emergency Operations Center and NS Mayport Mobile Aviation Fire Training unit.

“Overall, the exercise was a credible challenge that permitted all parties to exercise their training objectives.”

“Most players came away with some valuable ‘lessons learned’ that will improve emergency response procedures in the future,” said Undersander.



HELO DRILL SCENARIO

An MH-60R Seahawk helicopter assigned to the HSM-70 “Spartans” is conducting a functional check flight (FCF) over the St. Johns River when it experiences engine problems and must immediately return to NAS Jacksonville.

During approach to Hangar 1122, the helicopter crew jettisons its auxiliary fuel tank into the St. Johns River.

The helicopter suffers a hard landing. Pieces of shattered rotor blades scatter; a shard piercing and igniting a nearby fuel truck. This creates a major fuel spill on the south seawall that flows into the St. Johns River.

The HSM-70 aircrew suffers two injuries and one fatality.



A simulated fuel spill from a JP-5 tank truck on the south seawall, triggered a series of recovery events by the NAS Jax Environmental team.



A specialized environmental vessel from the NAS Boat House positions a floating spill barrier that is used to contain oil until a vacuum truck can collect it from the water's surface.

PHOTOS BY CLARK PIERCE



NAS Jax Boat House crew break out a pollution containment boom on June 12 in response to a simulated fuel spill on the south seawall.



In the Mobile Aviation Fire Training Device control unit, Program Manager Doug McClain determines how much flames and smoke to generate for each crash/rescue event.



NAS Jax Assistant Tank/Spill Manager Jim Taylor tosses a large plastic container into the St. Johns River to simulate an auxiliary fuel tank jettisoned by the helicopter before it made a hard landing on the seawall.



An NAS Jax firefighter carries a 200-lb. mannequin from the MH-60R Seahawk, simulating the aircrewman that was fatally injured during the helicopter's hard landing.



NAS Jax Emergency Medical Technicians load one of the injured pilots into an ambulance that will drive to Taxiway B where a Trauma One Air Transport Unit is waiting.



NAS Jax Installation Training Officer Jim Butters (left) discusses communications issues with First Coast Fire Rescue Chief of Training David Rickel and First Coast Fire Rescue Chief Mark Brusoe.



The Trauma One Air Transport Unit flew an "injured" HSM-70 helicopter pilot to Shands Jacksonville Medical Center.



After the helicopter's hard landing, one crash crew member keeps his fire line nozzle at the ready, as two others in full protective gear assess the pilots' medical conditions and prepare to evacuate them from the cockpit.

SECNAV announces early move for amphibious ready group

From Staff

Secretary of the Navy Ray Mabus announced June 15 that the first amphibious ready group (ARG) ship is scheduled to shift homeport to Naval Station Mayport and will arrive in the last quarter of calendar year 2013.

USS New York (LPD 21), USS Iwo Jima (LHD 7) and USS Fort McHenry (LSD 43), will shift from their current homeport of Norfolk, Va., to Mayport.

The New York will be the first to change homeport, followed by the Iwo Jima and Fort McHenry in 2014.

Mabus originally announced Feb. 28 that the ARG would arrive no later than 2015.

The accelerated timeline ensures continued viability of the Mayport ship repair industrial base and maintains the capabilities of the Jacksonville fleet concentration area, thereby preserving surge capability and reducing risk to

fleet resources in the event of natural or man-made contingencies.

"This is another proud moment in our city's longstanding relationship with the U.S. Navy. I look forward to welcoming many new Navy families and I applaud Secretary Mabus for his confidence in Jacksonville," said Mayor Alvin Brown.

"The military installations in Jacksonville already supply an annual economic impact exceeding \$14 billion for the region. Expanding the fleet will support even greater activity for local businesses and the Jacksonville housing market."

Maybus concluded, "I am very pleased that the Navy is able to condense the time horizon for the arrival of the Mayport ARG. The move underscores just how important Jacksonville and Naval Station Mayport are to our national defense, and how committed we are to strategic dispersal on the East Coast."



Photo by MCC Sam Shavers

Secretary of the Navy (SECNAV) Ray Mabus speaks with the media on June 15 after announcing the first amphibious ready group (ARG) ship scheduled to shift homeport to Naval Station Mayport will arrive in the last quarter of calendar year 2013. The San Antonio-class amphibious transport dock ship USS New York (LPD 21) will be the first of three ARG ships to change homeport. Attending the announcement were Jacksonville Mayor Alvin Brown and U.S. Rep. (R-Fla.) Ander Crehshaw.

Navy-Marine Corps Classic set for November 9 at NS Mayport

From Staff

Jacksonville Mayor Alvin Brown and U. S. Secretary of the Navy (SECNAV) Ray Mabus announced that the First Coast will be the host of the Navy-Marine Corps Classic men's basketball game featuring University of Florida and Georgetown University on Nov. 9. The game will take place on board a yet-to-be-determined aircraft carrier docked at Naval Station Mayport and is expected to be broadcast on national television.

Brown and Mabus were joined by NFL Jacksonville Jaguars President Mark Lamping, whose team will help lead in the city's week long military appreciation activities.

"This is a unique way to say 'thank you' to our military while putting Jacksonville on display for countless sports fans tuning in from all over the globe," said Brown.

"My staff, especially Sports and Entertainment Director Alan Verlander and the military affairs department, worked tirelessly on the details of this high-profile event to ensure a quality product that would boost Jacksonville's profile as one of America's most 'mili-



Photo by MCC Sam Shavers

Secretary of the Navy (SECNAV) Ray Mabus (right) presents a basketball to Jacksonville Mayor Alvin Brown on June 15 at Jacksonville City Hall. They announced that Naval Station Mayport will host an NCAA basketball game between University of Florida and Georgetown University on Nov. 9. Mabus said the game is a celebration of service and a salute to the Navy, Marine Corps, and veterans of all military services.

itary friendly' cities."

Proceeds from the event will benefit programs supporting Mayor Brown's and Jacksonville Jaguars owner Shad Khan's vision for transitional housing

for veterans.

"The Navy is excited to work with the city of Jacksonville and NS Mayport to bring the Navy-Marine Corps Classic to the First Coast," Mabus said.

"The Navy is America's Away Team; when we are on the job, we operate forward around the globe and often out of sight of the American people. This is a unique opportunity to showcase the Navy, and to join together to honor our veterans and active duty military."

The two college programs are among the nation's elite. Both teams have won NCAA National Championships in men's basketball.

"We're honored to take part in such a special event, and one that brings recognition to the Navy and Marine Corps," said University of Florida head coach Billy Donovan.

"The Navy has a long and storied history in the city of Jacksonville, and this should be a truly special night. To be able to play an opponent of the caliber of Georgetown in a city that means so much to the Gator Nation is something we're proud to be a part of."

Georgetown University head coach John Thompson stated, "It is a tremendous honor for our team to be involved with an event that will recognize the contributions of the Navy and all of our military. We appreciate the opportunity to participate in this historic game with Florida in Jacksonville."

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Panetta salutes gay, lesbian service members' dedicated duty

By Cheryl Pellerin
American Forces Press Service

The pursuit of equality is fundamental to the "American story," Defense Secretary Leon Panetta said in a video message released June 15 to thank gay and lesbian service members and lesbian, gay, bisexual and transgender (LGBT) civilians for their dedicated service to the nation.

Recognizing June as Lesbian, Gay, Bisexual, and Transgender Pride Month, the secretary also thanked the families of gay and lesbian service members and LGBT civilians.

Diversity is one of the department's greatest strengths, the secretary noted.

"During pride month, and every month, let us celebrate our rich diversity and renew our enduring commitment to equality for all," he said.

In his video message, Panetta emphasized the military's diversity.

"The successful repeal of 'Don't Ask, Don't Tell' proved to the nation that, just like the country we defend, we share different backgrounds, different values and different beliefs," he said.

"But together we form the greatest military force in

the world."

Integrity and respect are the cornerstones of military culture, the secretary added.

"The Army, Navy, Marine Corps and Air Force implemented the repeal with a focus on respect and individual dignity," Panetta said.

Addressing the service members who now can serve openly regardless of their sexual orientation, the secretary lauded their service before the repeal.

"Before the repeal of Don't Ask, Don't Tell," he said, "you faithfully served your country with professionalism and courage. And just like your fellow service members, you put your country before yourself."

Today, he added, they can be proud not only of serving their country, but also of who they are when in uniform.

The president also recognized June as LGBT Pride Month, noting that throughout the nation's history,



Panetta

ordinary Americans have advocated for change and have "led a proud and inexorable march toward freedom, fairness and full equality under the law - not just for some, but for all."

When the president signed the repeal act into law in December 2010, he said, "We are not a nation that says, 'Don't ask, don't tell.' We are a nation that says, 'Out of many, we are one.' We are a nation that welcomes the service of every patriot. We are a nation that believes that all men and women are created equal. Those are the ideals that generations have fought for. Those are the ideals that we uphold today."

When the repeal took effect in September 2011, Panetta said anyone who is capable of serving in uniform should be able to do so, and he re-emphasized that belief in his video message.

"Going forward," Panetta said, "I remain committed to removing as many barriers as possible to make America's military a model of equal opportunity, to ensure all who are qualified can serve in America's military, and to give every man and woman in uniform the opportunity to rise to their highest potential."

'Dragonslayers' on deployment



AWS2 Ben Cook, an aircrewman assigned to the HS-11 "Dragonslayers" of Carrier Air Wing 1, inspects an HH-60H Seahawk helicopter as the crew prepares for a flight from aircraft carrier USS Enterprise (CVN 65) over the Arabian Sea.



Photos by MC2 Brooks Patton Jr.

AWS2 Ben Cook, assigned to the "Dragonslayers" of HS-11, inspects an HH-60H Seahawk helicopter on June 8 before a flight from aircraft carrier USS Enterprise (CVN 65). Enterprise is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

'Nomads' support BALTOPS



Photo courtesy of VR-62

AWF3 Swayze Holland of VR-62 (front) controls the transfer of seven tons of construction material that was being transported by VR-62 from Amphibious Construction Battalion Two to Estonia for support during Baltic Operations Exercise 2012. VR-62 Mission Commander Lt. Cmdr. Ryan Breed stated, "We would have loved to stay a little longer, but we had more cargo to move within European Command."

AWS2 Ben Cook (left) AWS3 Sabastian Vandyck and HM3 David Seithel, all assigned to the HS-11 "Dragonslayers," fly over the Arabian Sea in an HH-60H Seahawk helicopter during a June 8 training evolution.



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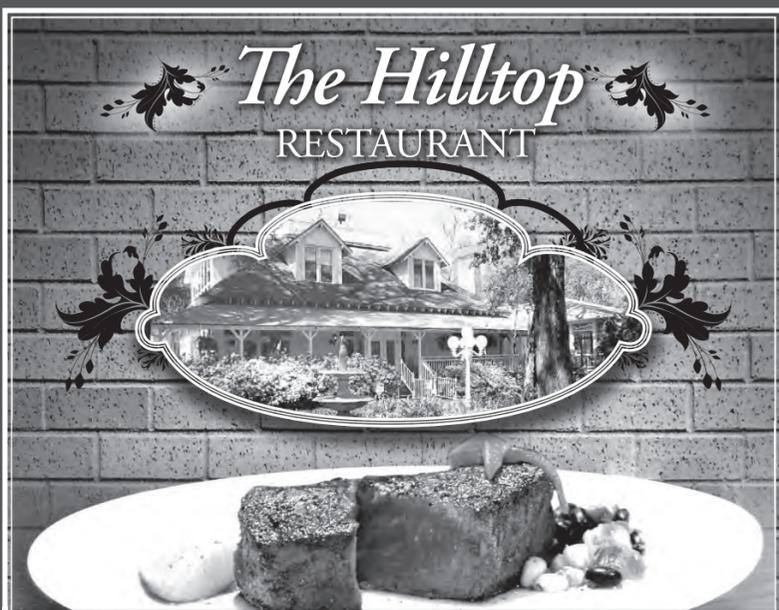
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SALAD

Garden Salad with Oranges

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VP-26

From Page 1

free flight hours.

These statistics are a true testament to the hard work and dedication put forth by the men and women of Team Trident.

The maintenance department worked countless hours, under difficult environmental conditions, to ensure the squadron always had fully mission capable aircraft.

The combat aircrews flew day in and day out, continually meeting mission objectives, in the most challenging operational environment in which the U.S. Navy currently deploys.

After all their hard work, the squadron was happy to successfully turnover with the "Grey Knights" of VP-46.

VP-26 deployed with commanding officer Cmdr. Noel Dahlke, but returned with a new skipper, Cmdr. Erik Thors.



Photo courtesy of VP-26
IS2 Matthew Pruitt of VP-26 reunites with his wife and 3-year-old daughter on the NAS Jax flight line. Pruitt recently returned home after a six-month deployment in Qatar at Al Udeid Air Base.

On May 19, the squadron held a change of command ceremony in Bahrain. Dahlke departed VP-26 for San Diego, where he will report to the Naval Mine and Anti-Submarine Warfare Command.

The new executive officer is Cmdr. Mark Sohaney, who joins the Tridents from Strategic Pacific Command in Hawaii.

Thors and Sohaney will lead the Tridents through their inter-deployment readiness cycle as they prepare for their next deployment.

Team Trident will take a brief operational pause during their post-overseas movement leave period before starting the Commander, Patrol and Reconnaissance Wing 11 advanced readiness program as they begin preparations for their next overseas deployment.



Photo by MC2 Charles White

Highway clean up

Despite thick smoke from a nearby wildfire, Sailors from Navy Region Southeast Reserve Component Command (NAVREG SE RCC) mustered at their one-mile stretch of Highway 21 in Orange Park on May 26 for a clean-up. NAVREG SE RCC adopted the portion of roadway in partnership with the Florida Department of Transportation's Adopt-a-Highway program in 2011 and has committed to quarterly trash removal from both the north and southbound roadsides.

VP-5

From Page 1

those new ideas into their respective communities. When asked about his favorite part of the exercise, Lt. Tim Clemens responded, "It was really interesting discussing the similarities and differences between our military and theirs - especially from the operational and training perspectives."

Throughout the week, the Mad Foxes took members of the various Indonesian squadrons for familiarization flights including range clearing, coordinated operations and a basic anti-submarine warfare (ASW) profile.

The Indonesian aircrews were able to develop a feeling of what life is like on a P-3C Orion as they observed the crew perform their jobs at each crew station. For many members of the detachment, it was their first exposure working closely with military members from a different country. "I really felt like I was a part of something big," explained AWO1 Lemmons.

The relationship building didn't stop at the hangar. Shortly after their arrival, the Mad Foxes

were treated to a coffee break and experienced local cuisine before departing for lodging. At the aviation symposium, the VP-5 crew was treated to traditional Indonesian cuisine. Throughout the duration of the exercise, the Indonesian officers ensured the Mad Foxes were exposed to the local culture.

The Mad Foxes from Task Group 72.2 were deeply grateful for the opportunity to participate in the CARAT exercise and for the chance to explore and foster new relationships with their Indonesian Navy counterparts.

Whether through a symposium, training flights or sharing in the local culture, both the American and Indonesian aircrews came away with a better understanding and appreciation for each other's Navy.

CARAT 2012 is a nine-country, bilateral exercise between the United States and Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, Singapore, the Philippines, Thailand and Timor Leste. It is designed to enhance maritime security skills and operational cohesiveness among participating forces.

VP-5 aircrew and maintainers supporting Commander Task Group 72.2 stand by their P-3C Orion LA-001 on board Juanda Naval Air Base, Indonesia during CARAT 2012.



Photos by Lt. D. E. Childers

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FFSC helps improve quality of life at NAS Jacksonville



Photo by FFSC Retired Activities Employee Glen Barton

The NAS Jacksonville Fleet and Family Support Center staff offers a variety of counseling and assistance programs from financial planning and life skills workshops to deployment preparedness and stress management for military members and their families.



Photos by Andrea Aribie

A couple attends the NAS Jacksonville Fleet and Family Support Center Expectant Families Workshop to learn basic parenting skills, including sudden infant death syndrome prevention, infant massage techniques and car seat safety.

By Andrea Aribie
Staff Writer

The NAS Jacksonville Fleet and Family Support Center (FFSC) offers a variety of counseling and assistance programs that help improve the quality of life for Sailors and their families.

"We are a well-accepted program, and I think the people who work here are dedicated to what they do," said FFSC Counseling and Advocacy Program Supervisor Tina Carlson. "We probably have one of the best work life programs in the area."

The FFSC has over 30 staff members ranging from counselors and educators to program coordinators and victim advocates.

"We provide a lot of support to the base for the fleet, fighter and family," said FFSC Director Myrna Wilson.

The center has numerous programs that benefit active duty, reserve and retired military personnel, including the Transition Assistance Program, Career Options and Navy Skills Evaluation Program, Relocation Assistance Program and Ombudsman Program. It also prepares Sailors for deployment, return and reunions.

"Return and reunion is a popular program that the staff enjoys because it's positive," said Wilson. "Initially, you see the anxiety that the families are going through during the separation, but then, when you do the return and reunion, you see the excitement."

The FFSC also has programs dedicated to military families, such as the Family Employment Readiness Program, which assists family members in finding employment, and the Personal Finance Management Program, which helps families manage their income and finances.

"We hold training sessions to help Sailors and their families learn to budget for success, maintain a check book, buy their first home and purchasing a vehicle," said Wilson.

Military family members can seek help through the Family Advocacy Program, which focuses on prevention and awareness of domestic abuse. The program is geared towards victim safety and protection, offender accountability and rehabilitation.

Domestic violence prevention is one of many issues that are addressed during FFSC workshops. It also hosts workshops focusing on different life skills that will enhance self-esteem and interpersonal relations. These life skills include couples' communication, stress

and anger management and parenting skills.

"They are all considered life skills because they are topics that are provided to military members and their families to better their lives," said Wilson.

The staff ensures that children of military families are given attention as well. The New Parent Support Program helps military personnel adjust to the demands of parenthood by educating them on prenatal and postnatal care. "If you have any questions, just let us know," said FFSC New Parent Support Specialist Christine Williams. "You are here to learn, and we are your support system."

The Exceptional Family Member Program (EFMP) also provides support, housing, educational, medical and personnel services to military families with special needs. EMFP is one of the newest programs at FFSC.

Carlson said the FFSC has come a long way since the early 1980s. "We were one of the original Fleet and Family Support Centers," said Carlson. "Back then, it

was called Family Service Center."

Although most of the FFSC staff is civilian, many have military connections. Some are military spouses while others are retired veterans.

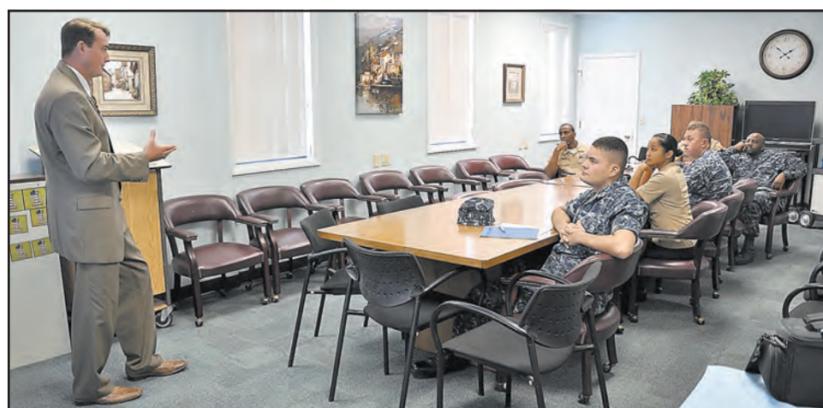
"It's not a right for me to have this job. It's a privilege and an honor to have this job," said Carlson. "We don't ever forget who we work for. I wouldn't have a job if it weren't for the military. We hope to leave a mark and that's the best you can hope for. I think we do make a difference."

The NAS Jacksonville FFSC is located in Building 554 on Child Street and is open Monday through Thursday 7:30 a.m. to 4 p.m. and Friday from 7:30 a.m. to 3 p.m.

For more information, call 542-5745.



NAS Jax Fleet and Family Support Center New Parent Support Specialist Christine Williams places the empathy belly on an Expectant Families Workshop participant in an expectant families workshop. The vest is a patented education tool that simulates over 20 symptoms of pregnancy.



NAS Jacksonville Fleet and Family Support Center Work and Family Life coordinator Paul Stewart provides sponsor training to military personnel. This training teaches the importance of sponsorship and educates sponsors how to assist incoming personnel to ease relocation difficulties and reduce stress associated with a PCS move.

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CERT improves readiness for hurricane season



Photo by Matt Simons

Members of the CERT team review regulations during a training session that has the team go out and evaluate facilities to assess damages that may be caused by natural disasters. Exercises are performed throughout the year to ensure team members are ready at a moments notice to deploy as part of a disaster assessment team.



Photos by Sue Brink

The Contingency Engineering Response Team (CERT) carries a GPS device as part of their government issued equipment when they head out to the field to perform damage assessments. The customized handheld GPS device contains GIS linked base maps and utilizes a database of facility information that includes building size, age, and cost value. It also allows the user to take digital photos. This is just one piece of state-of-the-art equipment utilized by the Naval Facilities Engineering Command Southeast CERT team.

From NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast's Contingency Engineering Response Team (CERT) provided training and instruction June 7 in preparation for the 2012 Hurricane Season.

"Every year, NAVFAC Southeast] forms a CERT for the hurricane season to be ready for any natural disaster that comes our way," said Lt. Cmdr. Doug Herrin, NAVFAC Southeast contingency engineering officer. "We provide the CERT training on practices the team uses when it goes out in the field to assess facility damage following natural disasters."

The training provided is part of the annual plan to maintain skills and readiness for both new and experienced CERT members."

"We discussed required training and immunizations, as well as team and individual preparations for deployment to locations affected by a disaster," said Herrin. "Our goal is to be prepared as a team and individually to respond with short notice throughout the Southeast and Caribbean regions."

NAVFAC CERTs are a key part of the overall recovery effort, consisting of one or more disaster assessment teams (DATs) made up of personnel who enable installation facility repair efforts. The teams consist of active duty civil engineer corps officers, civilian engineers, architects, public affairs officers, project managers, facilities managers and contract specialists.

"As CERT members, we are charged with the responsi-



Kristy Capabianco with the NAVFAC Southeast GIS team (left), reviews GPS device capabilities with Contingency Engineering Response Team (CERT) members Cmdr. Frank Cervasio (center) and Cmdr. Troy Hamilton (right). The GPS device provides the team members the ability to upload data on a Rapid Assessment Form for quick field data entry, take digital photos, find GIS linked base maps, and utilize a database of facility information that includes building size, age, and cost value.

bility to support installation response efforts and work to ensure the affected installation can return to normal operations as quickly as possible," said Don Maconi, NAVFAC Southeast contingency engineer.

The team received hands-on training for portable radio communications gear and their customized hand-held Global Positioning System (GPS) device the team utilizes to gather data and photograph damage.

"The team learned about GPS capabilities," said Adam Kerr, NAVFAC Southeast GIS analyst. "The team was able to pull up a pre-loaded Rapid Assessment Form for quick field data entry, capture digital photographs, use GPS linked base maps, and utilize a database of facility information that includes building size, age and cost value."

CERT capabilities have been demonstrated as teams were sent to Navy installa-

tions in the Gulf Coast Region after Hurricanes Katrina and Gustav. The potential for natural disaster is always present through hurricanes, flooding, tornados, forest fires and earthquakes. The goal of the CERT is to be prepared to execute their mission when the next disaster strikes.

"In our region, it is not a matter of if, but when we will deploy," Herrin reminded the team members as the meeting concluded.

CERT will continue its training program throughout the summer with exercises planned in June and July to test the team's state of readiness. The lessons learned through previous CERT deployments and the upcoming exercises will be used by the team to continue to refine processes and procedures.

"Continual improvement through training will ensure that the CERT is ready to deploy the next time disaster strikes," said Herrin.

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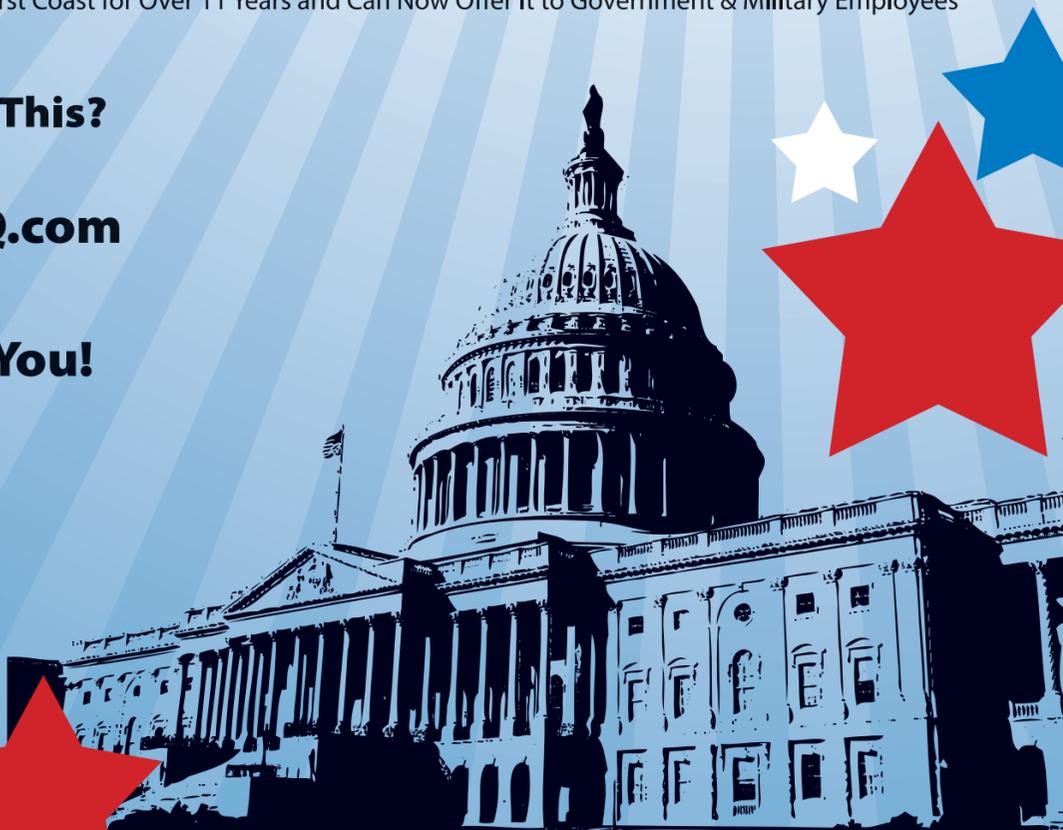
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Flight Line Café hosts NSCC summer training

By Andrea Aribé
Staff Writer

Five Sea Cadets and one League Cadet will be graduating from the United States Naval Sea Cadets Summer Training Program June 22 at the NAS Jacksonville Flight Line Café.

"We have a good group of kids that want to learn and know different things," said Commanding Officer Lt. Kalmam Judah.

Sea Cadets Austin Brown, Anthony Martin, Allen Miller, Garrett Jamison, Carlos Rivera and League Cadet Gavin Jelinek spent two weeks at the 5-star accredited galley and received training from culinary specialists. They traveled from different parts of Georgia and Florida and stayed at the NAS Jacksonville Heritage Cottages.

"They have been doing a good job," said CSCS Wendell Heyward.

The cadets developed food preparation and sanitation skills and worked in the kitchen and on the serving line.

"I enjoyed being in the bake shop the most," said Rivera.

The youngest cadet in the program, 11-year-old Jelinek, is a member of the United States Navy League Cadet Corps (NLCC).

NLCC is for children between the ages of 11 and 14 who want to learn about the military. The corps prepares them for later entrance in the United States Naval Sea Cadet Corps (NSCC).

"I can't wait to join the military," said Jelinek.

Sea Cadets are children between the ages of 13 and 17, and the objective of NSCC is to help the cadets develop patriotism, courage, and self-reliance and maintain an environment free of drugs and gangs.

"Being in the Sea Cadets has taught me about leadership, discipline, how to take the ini-



Sea Cadet Executive Officer Lt. Lewis Teaque (left) and Sea Cadet Commanding Officer Lt. Kalmam Judah (right) accompany Sea Cadets Garrett Jamison, Austin Brown, Allen Miller, Anthony Martin, Gavin Jelinek and Carlos Rivera during the Sea Cadet Summer Training Program at the NAS Jax Flight Line Café.

Photos by Andrea Aribé



Sea Cadets Garrett Jamison and Carlos Rivera prepare their salads using vegetables they helped chop.

tiative and responsibility," said Jamison. "Especially, as you make rank, you find yourself responsible for more cadets."

Sea Cadets and League Cadets are authorized by the Secretary of the Navy to wear uniforms just like they would in the military.

"About 65 percent of Sea Cadets enlist," said Executive Officer Lt. Lewis Teaque. "Being in the Sea Cadets eliminates the culture shock when they join the military."

The cadets will be awarded certificates of achievement

at end of the NSCC Summer Training Program during graduation.

Sea Cadet Austin Brown helps serve lunch at the Flight Line Café.



Sea Cadet Gavin Jelinek serves lunch to Flight Line Café customers.



Sea Cadet Carlos Rivera adds whipped cream to a dessert item on the lunch menu.



CS1 Adrian Dorsey (left) trains Sea Cadets Garrett Jamison and Carlos Rivera in garnishing dishes.



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Northrop Grumman unveils Navy's MQ-4C BAMS Triton

By Michelle Connolly
 Persistent Maritime Unmanned Aircraft
 System Communication Support

The unmanned aircraft community received its first glimpse of the U.S. Navy's MQ-4C Broad Area Maritime Surveillance (BAMS) unmanned aircraft system (UAS) during an unveiling ceremony June 14 at Northrop Grumman's Palmdale, Calif., manufacturing plant.

"Last year, we proudly celebrated the centennial of naval aviation. This year we have seen the rollout of the new P-8A patrol aircraft and now, we have the beginning of an unmanned tradition in our fleet with the rollout of BAMS," said Vice Chief of Naval Operations Adm. Mark Ferguson, who spoke at the unveiling. "BAMS is uniquely suited to meet the demands of the maritime environment and give us the advantage we will need in the future. History will record this introduction as a milestone in the second 100 years of naval aviation."

Now officially called "Triton," the MQ-4C unveiling caps more than four years of development with Northrop Grumman for the surveillance aircraft.

Triton will be an adjunct to the P-8A Poseidon as part of the Navy's Maritime Patrol and Reconnaissance Force family of systems.

"It's a phenomenal event to see the fruition of our effort after four years of hard work and dedication to this program," said Capt. James Hoke, program manager for the Persistent Maritime



Photo by Northrop Grumman
Northrop Grumman unveils the U.S. Navy MQ-4C Broad Area Maritime Surveillance (BAMS) unmanned aircraft system during a ceremony on June 14 at the Northrop Grumman Palmdale, Calif. manufacturing facility. Officially called "Triton," the MQ-4C will be an adjunct to the P-8A Poseidon in the Navy's maritime patrol and reconnaissance force.

Unmanned Aircraft Systems Program Office (PMA-262), that manages the Triton program.

"We are looking forward to more testing and evaluation, parts assembly and installation and radar risk-reduction tests."

The next steps for the Triton program involve continued testing, functional requirements review and first flight for the system development and demonstration (SDD-1) aircraft. SDD-2 will fol-

low a few months behind SDD-1.

The Triton air vehicle, which has a 130.9-foot wingspan, is based on the Air Force's RQ-4B Global Hawk. The Triton's sensors are based on components and systems already fielded in the Department of Defense inventory.

New features include the AN/ZPY-3 multi-function active-sensor (MFAS) radar system, the Triton's primary sensor. The MFAS completed its first flight in December aboard a Gulfstream air-



Photo by Alan Radecki
Vice Chief of Naval Operations Adm. Mark Ferguson delivers remarks at the unveiling of the U.S. Navy MQ-4C Broad Area Maritime Surveillance (BAMS) unmanned aircraft system on June 14 at the Northrop Grumman Palmdale, Calif. manufacturing facility.

craft. With the MFAS radar capabilities, the Triton will be able to cover more than 2.7 million square miles in a single mission. The Triton's capability to perform persistent intelligence, surveillance and reconnaissance with a range of 2,000 nautical miles will allow P-8A, P-3C and EP-3E aircraft to focus on their core missions, adding to the UAS capability of the Navy's Maritime Patrol and Reconnaissance Force.

Navy UAV crashes: No injuries or property damage have occurred

From Naval Air Systems Command

A Broad Area Maritime Surveillance Demonstrator (BAMS-D) unmanned aircraft being tested by the U.S. Navy crashed June 11 at 12:11 EST near Bloodsworth Island in Dorchester County, Md. approximately 22 miles east of NAS Patuxent River, Md.

No one was injured and no property was damaged at the unpopulated swampy crash site. Navy officials said.

A Navy F/A-18 aircraft made visual confirmation of the crash. Navy and regional authorities quickly responded to the crash scene, where cleanup of the site is underway. Navy officials are investigating the cause of the crash.

One of five aircraft acquired from the Air Force

Global Hawk program, the BAMS-D program has been developing tactics and doctrine for the employment of high-altitude unmanned patrol aircraft since November 2006.

BAMS-D supports more than 50 percent of maritime intelligence, surveillance and reconnaissance (ISR) in theater and has flown more than 5,500 combat hours in support of combat operations since 2008. BAMS-D continues to collect lessons-learned for the MQ-4C BAMS Unmanned Aircraft System and the Navy ISR family of systems in an operational arena.

The aircraft involved in the mishap was procured by the Air Force in fiscal year 2011 for \$45.9M. In summer 2011, the Air Force transferred this asset, at no cost to the Navy, as the service was phasing out its RQ-4A Global Hawk Block 10 aircraft.



Photo by Erik Hildebrandt
In this undated file photo provided by Northrop Grumman, an RQ-4 Global Hawk unmanned aerial vehicle conducts tests over NAS Patuxent River, Md.

Balfour Beatty Communities to kick-off 2012 Housing Survey

From Balfour Beatty Communities

In a few weeks, family housing residents will be receiving the CEL Resident Satisfaction Housing Survey. The annual survey is part of Balfour Beatty Communities' performance assessment program.

"The survey allows us to see where we are succeeding and where there is room for improvement," said Diana Heintz, community manager for Balfour Beatty. "It's important for residents to fill it out honestly."

Balfour Beatty Communities encourages residents to fill them out and return them at its CEL "Splash" Event July 20 at the NAS Jax Outdoor Pool at 6 p.m.

By completing and handing in the survey, residents will qualify for weekly prize drawings. The top prizes include a patio set. Residents who hand in the survey by Aug. 10 will also qualify for a special early bird drawing.

"We truly strive to exceed our residents' expectations and hope that every resident enjoys their home and the services that we provide," explained Heintz.

Once residents complete their surveys and seal them in the postage-paid envelopes provided, they can

simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mailbox. Only CEL employees will open the returned envelopes.

Survey results are completely confidential and anonymous. The survey deadline date is Aug. 31.



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Comic recounts personal story, promotes sound decision-making

By Gabe Thompson
Staff Writer

Comedian Bernie McGrenahan offered a special performance for NAS Jacksonville Sailors June 12 to deter alcohol abuse, sexual assault and suicide by telling a reliving some of his own personal history.

Sponsored by U.S. Fleet Forces Command, McGrenahan travels the world using comedy to push across his message that is simply, "if they are laughing a little bit, hopefully the audience will listen to my story and take something from it."

His performance touched on a variety of tough issues facing military members today including alcohol abuse, suicide and sexual assault.

McGrenahan opened with a 30-minute comedy routine before discussing some of the more troubling issues that affected him during his early life.

"I started drinking alcohol when I was in eighth grade. By the time I was 18, I had a fake ID and was going to bars with my friends. We never thought we had a problem because we were just drinking on week-



Comedian Bernie McGrenahan autographs a book for a Sailor after his show at The Zone on June 13.

Photos by Gabe Thompson

ends. Then it became more and more during the week as well," he recalled.

His first DUI came when he was 18 and his friends left him at a bar after a night of partying.

"I made a bad decision to drive the 10 miles home that night. I saw the lights and was pulled over. I was fined \$2,500 and lost my dream of getting a scholarship to play baseball in college. But I told myself, I

didn't have a drinking problem and kept right on partying," said McGrenahan.

"When I was 19, I was fired from my job for coming to work hung over. So what did I do, went right back out and got drunk again. And, I made another bad decision to drive. That's when I got my second DUI."

Unfortunately, alcohol and drug abuse also impacted another member of his family,



Comedian Bernie McGrenahan talks about some of his life experiences relating to alcohol abuse, sexual assault and suicide during a presentation at NAS Jacksonville on June 12.

his younger brother, Scott.

"Scott was an aspiring model - he had everything going for him but he was on the same road I was - drinking and being irresponsible. I could see it in him, but not myself. One day, I told him he needs to get it together and then I left the house. When I came home, an hour later, he had shot himself in the backyard. He was 19 and left behind our parents, my sis-

ter, me and his twin brother," said McGrenahan.

"When he pulled the trigger, that bullet didn't just go through him. When you commit suicide, you put a hole in the soul of your whole family."

Even the death of his brother didn't stop McGrenahan from drinking.

"At age 26, I got my third DUI and ended up in Los Angeles County jail for six months. My mom was the only one to visit me and I swore to her that I would stop the reckless behavior. I have been sober now for 24 years," he told the audience.

Ten years ago, he created his Happy Hour Comedy Tour.

"I started this program because I was tired of lecture speakers who said if you go out and drink this will happen to you. I wanted to create a show with humor to stress the dangers of alcohol, drugs, sexual conduct and suicide," said McGrenahan, who also performs on late night comedy shows.

"I really enjoyed the show. McGrenahan's passion shows through. I liked the way he addressed a very tough subject with humor and ease," said MAC Gary Stoldt of the NAS Jax Security Department.

Recent courthouse decisions

From Commander, Navy Region Southeast

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

- At a Special Court-Martial convened at NAS Jacksonville, an airmen recruit pled guilty to wrongful possession of synthetic cannabis known as Spice, wrongful use of marijuana, housebreaking by unlawfully entering a barracks room with intent to commit a criminal offense, and larceny of a 22" LCD television, an iPod touch, an iPod speaker, a Dell

laptop computer, five DVDs, and \$400 cash, for a total value of about \$2,340. The military judge sentenced the accused to 11 months confinement, forfeitures of \$994 pay per month for 11 months, and a bad conduct discharge.

- At a General Court-Martial convened at NAS Pensacola, a private first class pled guilty to abusive sexual contact with a person substantially incapable of declining participation in the sexual contact. The military judge sentenced the accused to 18 months of confinement, reduction in rate

to E-1 and a bad conduct discharge.

- At a contested Special Court-Martial convened at NAS Pensacola, a seaman was acquitted of wrongful use of cocaine.

- At a General Court-Martial convened at NS Mayport, a petty officer third class pled guilty to desertion ended by apprehension, wrongful use of methamphetamine, knowingly purchasing more than nine grams of ephedrine or pseudo-ephedrine, and distributing chemicals knowing that they would be used to manu-

facture controlled substances. The military judge sentenced the accused to three years of confinement, reduction in rate to E-1, forfeiture of all pay and allowances, and a dishonorable discharge.

Courts-martial in Navy Region Southeast are tried,

with few exceptions, at NAS Jacksonville, NS Mayport, and NAS Pensacola.

Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.



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Photo courtesy of MWR

Water adventure

NAS Jax and NSB Kings Bay Liberty Programs teamed up for a trip to Ginnie Springs in High Springs, Fla., on June 2. Sailors enjoyed an action-packed day of tubing, swimming and snorkeling. For more information on Liberty programs, call 542-1335.

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

Pirate's Dinner Adventure in Orlando

Active and retired military \$12 at gate

Family members purchase at ITT

Adult \$37, children (3-12) \$26



Photos by Kaylee LaRocque

Zoo visits YAC

Jacksonville Zoo Education Programs Supervisor Karl Boecklen lets children enrolled in the NAS Jax Youth Activities Center Summer Camp Program pet McFridge, the alligator during an animal encounter at the center on June 13.

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.

Jax Suns Game

June 21 at 6:30 p.m.

Free admission and transportation

Indoor Rock Climbing Trip

June 22 at 6 p.m.

\$4 per person

Fernandina Beach Trip

June 23 at 9 a.m.

Food and drinks provided

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 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.
\$110 per week long session

Twilight Special
Monday - Friday
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Mulberry Cove Marina

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Skipper "B" Lessons
\$150 per person
July 20, 21, 22, 28 & 29
Aug. 17, 18, 19, 25 & 26

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!
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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
Sept. 10 - Oct. 17
\$500 per person

Youth Flight Camps (ages 12 - 18)

Basic Aviation Course
\$100 per person

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

Free SAT/ACT prep programs

By Staff

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

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

In alliance with the Department of Defense, and supported by athletes from the NFL and MLB, eKnowledge is donating free SAT and ACT PowerPrep Programs to military families worldwide.

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Command fitness leaders continue education to better help Sailors

By **Kaylee LaRocque**
NAS Jax Public Affairs Specialist

Command fitness leaders (CFLs) and assistant command fitness leaders from Navy Region Southeast commands attended a two-day seminar at NAS Jacksonville June 13-14 to gain knowledge on the Navy's newest physical fitness policies.

"This seminar is continuing education for our certified CFLs to keep them apprised of policy changes regarding the Navy's Physical Fitness program, address any concerns they might have regarding the program and provide them resources and training recommendations to better enhance their command Physical Readiness Test (PRT) program," said Lt. Cmdr. David Peterson, command fitness leader, senior program manager, Physical Readiness Program.

Sixty-seven CFLs participated in the class which consisted of both classroom and gym sessions. "We discussed new guidelines for medical waivers, updated them on the Physical Readiness Information Management System (PRIMS), how to improve PRT scores, nutrition and exercise prescription," continued Peterson. "We give them new ideas to take back to their commands."

Lisa Domengeaux-Marrero, CFL seminar manager, further explained the curriculum. "We offer 15-20 seminars each year at naval bases worldwide. Each year, we create a new curriculum so the CFLs are always getting the latest and greatest on changes to the program," she said. "We also create new exercise regimens to continually improve the Navy's Physical Readiness Program."

During the exercise sessions, participants were taught new variations of exercises, specifically catered to be conducted in minimal space with limited equipment.

"We showed them quite a few new exercises. We realize many Sailors don't have access to a gym or exercise equipment every day so we try to show them exercises they can do with limited space and equipment," said Peterson. "We have come up with several exercise programs that provide a great work-out and are scalable based on a person's ability to do them."

He also stressed that the team is there to help CFLs with any concerns or questions they might have about the program. "We want them to talk to us if they have any issues regarding policy or PRIMS. We came here to personally address those questions and provide resources and tools they can use to improve their command physical readiness programs in a safe, conducive manner," he continued.

According to the participants, the class was definitely beneficial.

"This CFL seminar was really illuminating. Being able to interact and ask questions about real program circumstances and issues help to clarify the instruction," stated AWRC(NAC/AW/SW) James Pyle, command fitness leader for HSM-70. "And, the physical portion of the class brought to light inventive ways to train our Sailor's with minimal gear in an effective way and have fun at the same time."

"As trained CFLs, we tend to have a good base of fitness knowledge, but these secondary training events, like this seminar, actually spread our knowledge base and build on top of it. We learned a lot that will help us to institute the culture of fitness that the Navy is striving for on a individual and command level," added MC2 Charles White, command fitness leader at Navy Region Southeast Reserve Component Command. "Sometimes commands get into PT ruts. The PT sessions that we experienced at the seminar provided us additional training options that we can bring home and rejuvenate our PT programs. And, they were tough exercises."



Photos by Kaylee LaRocque

A group of command fitness leaders (CFL) practice their shuttle run techniques as part of the CFL training course here on June 14.



Navy Physical Readiness Program Exercise Physiologist Lt. Cmdr. David Peterson instructs OS1(AW/SW) Nikki Clark of Commander, Patrol and Reconnaissance Wing Eleven on the proper techniques of a stretching exercise during the NAS Jax Command Fitness Leader Seminar on June 13 at the base gym.



AWRC(NAC/AW/SW) James Pyle of HSM-70 demonstrates a new exercise he learned during the Command Fitness Leader Seminar as his exercise partner OSC(SW/AW) Gerard Beisser of Commander, Patrol and Reconnaissance Wing Eleven cheers him on.



Photo by Shannon Leonard

NAS Jax Commanding Officer Capt. Bob Sanders welcomes command fitness leaders (CFL) to kick off the CFL Seminar at The Zone on June 13.



Command fitness leaders from bases throughout Navy Region Southeast learn a new way of doing push-ups during class on June 13.

Dr. (Capt.) Joe McQuade of Naval Hospital Jax discusses some of the programs the hospital offers to help keep Sailors in shape both physically and mentally during the Command Fitness Leader Seminar at NAS Jax on June 14.



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Photo by Judy Alexander

FRCSE logistics guest

U.S. Air Force Deputy Director of Logistics (Materiel Readiness) Sue Dryden (center right), listens to F414 Engines Supervisor Richard Morris (right) discuss the facility's repair capabilities as Commanding Officer Capt. Robert Caldwell (from left), Engines Director Don Dunlap, and U.S. Army Col. Jordan Chroman listen in during a tour of Fleet Readiness Center Southeast June 13. Dryden is responsible for organizing, training, and equipping more than 180,000 technicians and managers maintaining the Air Force global engagement aerospace weapons system inventory.

Hurricane preparedness

Include pets in your plans

From The Humane Society of the United States

With the arrival of hurricane season and the continued threat of flooding, earthquakes and wildfires, The Humane Society of the United States urges all pet owners to make preparations now to care for their pets in any emergency situation.

All families with pets should have an emergency supply kit for each of their pets.

A three-day supply of food and water, pet medications, and leashes and harnesses should be packed into a waterproof container. Veterinary records, a current photo and a few small toys should also be included.

Depending on the situation, local authorities will determine the best action for local residents, either by asking citizens to either stay in place, or evacuate to a safe area.

If the situation required you to stay in place, close your windows and doors, stay inside and follow these tips:

- Bring your pets indoors as soon as local authorities say there is an imminent problem. Keep pets under your direct control so that if you have to evacuate, you will not have to spend time trying to find them.
- If you have a room you can designate as a "safe room," put your emer-

gency supplies there in advance, including your pet's crate and supplies. Basements or inside rooms are preferred, depending on the type of emergency.

- Have plenty of plastic bags and newspapers as well as containers and cleaning supplies to help deal with pet waste. Puppy training pads are also useful for this purpose.
- Listen to the radio and don't come out of your shelter until you know it's safe.

If your local government orders an evacuation, take your animals with you and follow these tips:

- Learn your official evacuation routes from your local authorities and media and know in advance where to go.
- Don't wait until the last minute to evacuate, especially if you have horses or other large animals or if you have several pets.
- Be ready to take your family, your pets, and your emergency kits with you.
- Make sure your pets will be welcome, whether at a motel or a friend or relative's house. Many evacuation shelters will allow pets to accompany families.

For more information, including tips for preparing horses and livestock, visit The HSUS Disaster Center at www.hsus.org/disaster.



Photo by Angela Glass

Manatees visit Manatee Point

A group of manatees frolic in the St. Johns River near Manatee Point along Birmingham Road on June 12. The manatees come into the cove each year in early summer to mate.

Community Calendar

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

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

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

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

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

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

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

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

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, call AOC John Newman at 683-5407 or visit www.aa09.com.

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



U.S. Navy Photo

After a day of decorating cakes, (from left) CSCM Michael Carter, CS1 Adrian Dorsey (of the NAS Jax Flight Line Café who instructed the class), CS3 Matthew Pitt, CSC David Hall, CSCS Willie Moore, CS1 Juan DeJesus, CS2 Cedric Dickinson and CSCM Paulette Williams display their finished products.

Local culinary specialists learn art of cake decorating

By CSC(SS) Willie Moore
Navy Food Management Team Mayport

The Navy Food Management Team (NFMT) Mayport hosted cake decorating training at the Naval Station Mayport's Oasis Galley May 14-18. A dozen local culinary specialists (CS) attended the training, including four Sailors from USS Florida (SSGN 728) at NSB Kings Bay, Ga.

CS1(SW) Adrian Dorsey of the NAS Jacksonville Flight Line Café provided the training to the local Culinary Specialists. Dorsey is a renowned cake decorator, and some say one of the most gifted cake decorators in the U.S. Navy.

"It was great opportunity for our local culinary specialists to receive hands-on cake decorating training," said NFMT Mayport Officer in Charge CSCM(SW/AW) Michael Carter. "I've watched him decorate several cakes for change of commands, reenlistments, and retirement ceremonies. These were not your ordinary cakes; they were very detailed and some of the most elaborate designed cakes I have ever seen."

Naval Station Mayport Oasis Galley

Food Service Officer Chief Warrant Officer 4 Wanda Trammell commended Dorsey for his outstanding training. "CS1 Dorsey definitely provided a great foundation for those culinary specialists who are seeking to become cake decorators," Trammell said. "His professional training and knowledge gave these Sailors some great ideas for decorating cakes now and in the future."

"Seeing CS1 Dorsey in action was like watching an artist compose one of his best paintings," said CSC David Hall of USS Florida. "He definitely has a lot of talent, and he displayed it this week. We will definitely take back the knowledge and training he provided this week and use it in the future. All and all, it was a great week of training for everyone."

"I considered myself extremely lucky to have the opportunity show my diversity in the culinary specialists rating," said Dorsey. "It has always been my goal to learn and share with other culinary specialists the things I have learned. I am thankful to some great leaders who gave me the opportunities to expand my knowledge in my rate. That is something I will always remember."

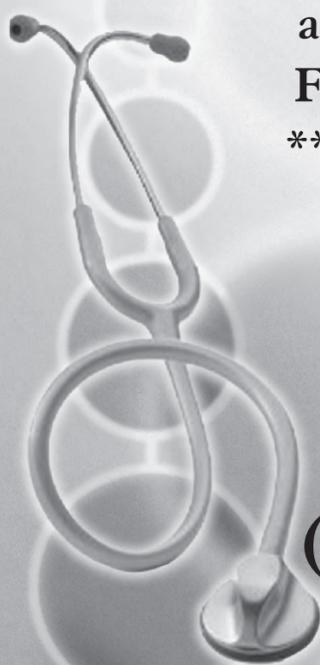
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Dod leaders strongly urge Congress to preserve budget request

By Karen Parrish American
Forces Press Service

Defense Secretary Leon Panetta cautioned Congress June 13 against dismantling the strategic framework that supports the 2013 defense budget request.

Testifying along with Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, before the Senate Appropriations Committee's defense subcommittee, the secretary said some changes to the request could undermine the careful balance department leaders built into military spending projections.

"Some of the [congressional] committees have . . . made changes with regard to our recommendations that we're concerned about," Panetta said.

He listed three areas DOD leaders have targeted for cuts, and which some members of Congress have challenged during defense budget consideration.

"Some of the bills seek to reverse the decisions to eliminate aging and lower-priority ships and aircraft," the secretary noted.

"My concern is that if these decisions are totally reversed, then I've got to find money somewhere . . . to maintain this old stuff."

Keeping outdated equipment in service would rob needed funds from other areas, he said. That, he added, would lead to what he has long called a "hollow force" – a military that is not trained, manned or equipped to meet current and future threats.

"We've got to be able to retire what is aged and what we can achieve some savings on," Panetta said.

Some in Congress have also objected to "the measured and gradual reductions in end



Secretary of Defense Leon Panetta testifies before the Senate Committee on Appropriations, Subcommittee for Defense, concerning the fiscal year 2013 budget at the Dirksen Senate Office Building, Washington, D.C. on June 13.

Photo by Glenn Fawcett

strength that we've proposed for the Army and the Marine Corps," he added. Panetta noted that under current plans, DOD will reduce the active Army from roughly 560,000 to 490,000, while the Marine Corps will downsize from 202,000 to 182,000 over five years.

"Again, if I have a large force and I don't have the money to maintain that large force, I'm going to end up hollowing it out, because I can't provide the training [and] I can't provide the equipment," the secretary said. "So that's why, if we're going to reduce the force, then I've got to be able to do it in a responsible way."

The third spending area he discussed involves military compensation and health care. The budget request includes some additional fees for retiree health care, and limits active-duty pay raises after 2013.

Panetta and Dempsey both emphasized that the department does not plan to cut pay, but that compensation cost growth must be controlled to meet budget constraints.

"If I suddenly wind up with no reductions in that area, I've got to reach someplace to find the money to maintain those programs, . . . every low-priority program or overhead cost that is retained will have to be offset by cuts in higher-priority investments in order to comply with the Budget Control Act," he said.

Panetta noted that act, which mandated the defense spending cuts reflected in the fiscal 2013 request, also holds a more dire threat to military spending: sequestration. That provision will trigger another \$500 billion across-the-board cut in defense spending over the next decade if Congress doesn't identify an equivalent level of

spending cuts by January.

"Obviously, this is a great concern," he said, calling sequestration a "meat-ax approach."

"It would guarantee that we hollow out our force and inflict severe damage on our national defense," the secretary asserted.

Dempsey also spoke about the damage changes to defense spending plans could cause.

The strategy-based budget request, the chairman said, "ensures we retain our conventional overmatch while divesting capabilities not required in the active force -- or at all."

The spending plan reflects choices that maintain a needed balance among force structure, modernization, readiness, pay and benefits, he added.

"Different choices will produce a different balance," the chairman cautioned. "So before giving us weapons we

don't need or giving up on reforms that we do need, I'd only ask you to make sure it's the right choice, not for our armed forces but for our nation.

"Sequestration is absolutely certain to upend this balance," he continued. "It would lead to further end-strength reductions, the potential cancellation of major weapons systems and the disruption of global operations."

Dempsey said slashing another half-trillion dollars from defense funding over the next 10 years under sequestration would transform U.S. forces "from being unquestionably powerful everywhere to being less visible globally and presenting less of an overmatch to our adversaries. That transformation would, in turn, change the nation's deterrent stance and potentially increase the likelihood of conflict, the chairman said.

The general notion that because the law allows defense leaders to cut spending in only certain areas, only three broad areas would be available to service chiefs faced with sequestration: training, maintenance and modernization. "That's it. There's no magic in the budget at that point," Dempsey said. "And those three accounts will be subjected to all of the cuts mandated by sequestration."

Panetta appealed to the senators to take action to avert a "potential disaster" by preserving the strategy based defense spending plan submitted in February.

"I know the members of this committee are committed to working together to stop sequester, and I want you to know that we are prepared to work with you to try to do what is necessary to avoid that crisis," he said.

Transition benefits: Life after ERB

By Patrick Foughty
Commander, Navy Installations Command Public Affairs

When ADC(SW/AW) Anthony Hughes received news in November 2011, that he was on the Enlisted Retention Board (ERB) list he felt like his life was over. "I remember my CO (commanding officer) sitting me down and saying 'Chief, I've got some bad news,' and I immediately knew what was coming," said Hughes.

His commanding officer informed him of his selection for ERB, which angered him. "I felt like I had honored my part of the bargain, and the Navy had just backed out on the deal," said Hughes.

Instead of giving up or feeling sorry for himself, Hughes said he quickly accepted the news and started looking toward the future.

"I literally knew exactly what I had to do at that very moment; from that day on my only mission was to get my family back home, so I could get a new job ASAP."

Hughes is one of 2,946 Sailors chosen for separation by the ERB in late 2011, all of whom were from a list of approximately 16,000 records the board reviewed to help reduce manning and meet quotas in various rates across the fleet. With record high retention and low attrition among active duty Sailors, the Navy became overmanned by greater than 103 percent in 31 of 84 ratings, resulting in increased competition and reduced advancement opportunities for strong-performing Sailors to reenlist. The ERB was introduced to allow the Navy to achieve stability and fit across the force while retaining balance based on seniority, skills, and experience.

Chief of Naval Operations Adm. Jonathan Greenert explained in his official blog that, "ERB reduces overall manpower by reducing the number of Sailors in overmanned ratings through conversions and separations."

Navy leadership realized; however, that while the ERB was fair and necessary for the needs of the Navy, it also left Sailors with questions and concerns for their future. "The ERB and follow-on transition process have my full attention," wrote Greenert, "we are putting great efforts to ensure the ERB process is being conducted professionally and fairly. More importantly, we look to ensure that the means for transition is clear, broadly applied, open and readily available."

For Hughes, that message couldn't have been clearer. "I knew I couldn't mess around," he said. "With a wife and two small kids, I have mouths to feed and bills to pay. There was no way I was going to let this situation mess up my family and our way of life, and as it turned out, neither was the Navy."

Soon after Hughes received the news, a representative from Challenger, Gray and Christmas (CGC), a firm contracted by the Navy to provide extensive transition services for ERB Sailors, reached out to him and began working with him on his life after active duty.

"One thing that I really needed to work on was my resume, I was taking action on all other areas of my life, from my move to my out processing, but my resume needed work, and the folks at CGC really helped with it." Hughes said he was very impressed with the comprehensive resume services offered by CGC.

"I felt like I was talking with someone that had been

through the transition process, was in a similar position in the service when they were active duty, so they knew literally all the aspects of creating a resume for me," he said. "In the end my future employer told me my resume was excellent, and a key reason I got the job."

CGC is an employment placement firm that was contracted to "continue to build on the job skills, success and training acquired during Sailors' careers and succeed in the civilian job market," said Rick Trimmer, a contract manager for Commander, Navy Installations Command, who manages CGC's contract. "We (the Navy) have asked them to reach out to each ERB Sailor and offer as much assistance in their employment transition as possible, from resume writing to help finding employers that need Sailors with their specific skill sets."

Hughes explained that CGC worked in a partnership with other firms and assigned him a personal coach to help with his transition. "The coach I had, Dennis, offered to take my phone calls with questions or concerns at any time, he even gave me his personal cell phone number. I knew he was doing everything he could to help me find a job," he said. Hughes reiterated that while CGC was a great help, they couldn't do all the work. "A lot of this is self motivation," he said. "Sure, they'll help you, but you need to take initiative and work with them too. For instance they could only give me a draft for the resume; I had to fill out my information before their editors could make it presentable."

CGC is also contracted to assist with actual job search help by providing employment resources to Sailors and even practice interviews and salary negotiation techniques. "I was overwhelmed with all they were offering, luckily, with my networking efforts I was fortunate enough to meet my future employer here on NSA Crane, so I didn't really need the full complement of CGC's services," Hughes explained.

In the end, Hughes' setback turned out to be a road to a new a bright future, noted his wife, Nikki Hughes. "The main 'stressor' with getting out of the Navy is clearly the job search," said Nikki Hughes. "But I must say, within the blink of an eye Anthony had a job offer...with the ERB resources (CGC) plus my husband's natural abilities to take charge of the situation, we are ready for the next chapter!"

Hughes has a job offer with a local contracting company in his hometown of Crane, Ind., where he plans to settle his family after he leaves active duty in September 2012. "I'll tell you this, no one is going to hand you a job, but with a little help from the Navy and CGC, plus my willingness to lean forward and make a plan, I was able to ensure a future and a life after my 14 year plus career in the Navy."

The Navy's contract with CGC is extensive and tasks them to reach out to all ERB Sailors. Sailors are encouraged to contact CGC by calling 1-800-971-4288 or by e-mail at cgcusnavy@challengergray.com if they desire services and have not heard from CGC. Sailors can also contact the Help Center at Commander, Navy Personnel Command by calling 866-827-5672 for more information.

For more information visit the NPC ERB Web Page at www.npc.navy.mil/boards/ERB/, contact the NPC customer service center at 1-866-U-ASK-NPC (1-866-827-5672) or email cscmailbox@navy.mil.

Saffir Simpson Hurricane Scale

Tropical Storm – Winds 39-73 mph

Category 1 Hurricane – Winds 74-95 mph. No real damage to buildings. Damage to unanchored mobile homes.

Category 2 Hurricane – Winds 96-110 mph. Some damage to building roofs, doors and windows. Considerable damage to mobile homes. Some trees blown down. Storm surge to 6-8 feet. Flooding in low-lying areas.

Category 3 Hurricane – Winds 111-130 mph. Some structural damage to small residences. Large trees blown down. Mobile homes destroyed. Storm surges of 12-13 feet.

Category 4 Hurricane – Winds 131-155 mph. Can cause extreme damage to mobile homes, roofs and boats and knock down trees and power lines. Usually requires evacuation to all low-lying areas within two miles of beaches. Major erosion of beach areas. Terrain may be flooded well inland.

Category 5 Hurricane – Winds 156 mph and up. Complete roof failure on many residences and industrial buildings and catastrophic damage to residences and industrial buildings. Flooding causes major damage to lower floors of all structures near shoreline. Massive evacuation of residential areas within 50 miles of the shoreline may be required.



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communities donated 650,620 hours of
volunteer service in Northeast Florida
and Southeast Georgia last year.

Their time was given to community
organizations, church groups, youth
activities, scouting and more.

Thank You!



ADVERTORIAL



Photo by Jordan Harirchi

Mike Taylor, general manager of Auction Direct USA in Jacksonville, is proud to offer a great inventory of late-model vehicles, like the Nissan Altima, for its ongoing "Salute to the Military" sale.

Auction Direct holding 'Salute to Military' sale

By Jordan Harirchi
Special to Jax Air News

Auction Direct USA held its "Salute to the Military Night" on June 14 at its Blanding Boulevard location to officially kick off a three-month military discount of Auction Direct USA's already-attractive vehicle prices.

All active or retired military personnel will receive a \$399 discount or 100 gallons of gas upon presentation of a valid military ID with every vehicle purchased through Sept. 14. The discount allows Military buyers to purchase a vehicle at Auction Direct USA's Reserve Price — the lowest price the dealership will accept for any vehicle.

Typically, every vehicle in Auction Direct USA's inventory of more than 200 late-model cars, crossovers, SUVs and trucks is priced \$399 over its Reserve Price. The Reserve Price is the lowest price Auction Direct will accept for a vehicle and does not reflect the dealer's actual cost.

"If we can offer people low prices on a car, then it's a benefit," said Michael Guerrin, director of marketing for Auction Direct USA.

The event is part of Auction Direct USA's attempt to market itself through corporate human resource departments. The Rochester, N.Y.-based company is holding events similar to the Salute to the Military Night, but with employees from participating companies in cities Auction Direct USA currently serves —

Raleigh, N.C., Buffalo, Rochester and soon Pittsburgh.

With such a large population of armed forces in Jacksonville, Guerrin said the event in the Jacksonville location was geared toward giving back to servicemen and servicewomen.

"We want to support the military and help out any way we can," Guerrin said.

Along with low prices, nationally recognized Auction Direct USA, which opened its Jacksonville location in 2007, offers superior quality in customer service and its vehicles, said Mike Taylor, general manager of Auction Direct USA in Jacksonville. The parent company was named Independent Retailer of the Year by Auto Dealer Monthly in 2010 and 2011.

All Auction Direct USA managers are committed to making the car-buying process as easy as possible, he said.

"I generally stock more [vehicles] than any dealer in the city," Taylor said.

"As far as quality is concerned, I'd put my vehicles against any [dealership] in the city."

New car sales are increasing because of incentive-laden opportunities, but the value still lies in buying a used car, said John Iannone, CEO of Auction Direct USA.

"It's not a few dollars [saved] a month," Iannone said. "It's a huge amount [saved]." For more information on Auction Direct USA, go to www.auctiondirectusa.com, call 1-800-399-7374, or visit the dealership 6400 Blanding Blvd.

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