



Photos by MC2 Salt Cebe

Sailors participate in a 5K run as part of the 9/11 remembrance ceremony at Naval Hospital (NH) Jacksonville on Sept. 11. Hundreds of Sailors, civilians, security personnel and firefighters gathered at NH Jacksonville to honor those who lost their lives 11 years ago during terrorist attacks against the U.S. in 2001.

NavHosp Jax remembers Sept. 11

By MC2 Salt Cebe
Navy Public Affairs Support Element East,
Detachment Southeast

Hundreds of Sailors, civilians and firefighters gathered at Naval Hospital (NH) Jacksonville Sept. 11 in remembrance of the 11th anniversary of the terrorist attacks against the United States on Sept. 11, 2001.

The event began with a 5K run and was immediately followed by a memorial that was held in front of NH Jacksonville.

The ceremony opened with a parading of the colors by the NH Jacksonville flag detail. Among those in attendance were members of the NAS Jacksonville's Fire Department who proudly displayed the American flag from a fire engine.

"We're here to remember the firefighters who lost their lives while fighting the fire on 9/11," said NAS Jacksonville Fire Chief Mark Brusoe.

"It's a privilege and an honor to be a part of this ceremony."

After Taps was played and a 21-gun



Sailors bow their heads during a 9/11 Remembrance Ceremony at Naval Hospital Jacksonville as NAS Jax Command Chaplain Cmdr. Shannon Skidmore says a prayer to remember those lives lost on Sept. 11, 2001.

salute by NAS Jacksonville's Honor Support Team, NH Jacksonville Commanding Officer Capt. Gayle

Shaffer welcomed those in attendance. "This is a remembrance of all those who paid the ultimate sacrifice on 9/11,"

said Shaffer. "We are also honoring the 6,500 men and women who have served honorably in the military and have given their lives since 9/11. Many of the runners today had photos of fallen heroes and loved ones pinned to their shirts in their honor and memory."

NCC(SW) (select) Rhonaka Williams elaborated on what Shaffer said about the importance of remembering those who lost their lives on 9/11.

"That was a day that I will never forget," said Williams. "Each year I think that everyone should set aside some time, even if it's just a couple of minutes, to remember what happened on that horrific day - Sept. 11, 2001."

Approximately 3,000 people lost their lives on that tragic day and almost 6,500 service members have fallen since that time as our nation and allies joined forces against terrorism.

"Although words cannot ease the pain of these losses, we can recall how the

See CEREMONY, Page 9

NAS Jax pins new chiefs

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

The NAS Jacksonville CPO induction season came to a close Sept. 14 with several pinning ceremonies for new chief petty officers at Hangar 117, Naval Hospital Jacksonville and Hangar 1000.

Ninety-six new chiefs were pinned by their family members and sponsors at Hangar 117. The event began NAS Jax Command Master Chief (CMDM) (AW/SW) Brad Shepherd welcomed the guests and presented the 2012 chief petty officers selectees who proudly stood in formation singing "Anchors Aweigh."

After the national anthem was performed by CSC Stephanie Canteen, and invocation was delivered by NAS Jax Command Chaplain Cmdr. Shannon Skidmore, VP-30 Command Master Chief (CMDM) (AW/SW/NAC) Jerry Holloman welcomed the guests and stressed the importance of the ceremony.

"April 1, 1893 was when the Navy established the rank of chief petty offi-



Photo by Kaylee LaRocque

AWOC(NAC/AW) William Lewis of VP-30 is pinned by his wife, Marne, and 4-year-old daughter, Jordyn, during the Chief Petty Officer Pinning Ceremony at Hangar 117 on Sept. 14.

cer. For 119 years there have been ceremonies similar to what you will see here today," said Holloman.

"We are here today to honor, recognize and witness the culmination of a lifelong goal for these 96 chief selectees. They have earned the right to be called 'the chief' and bear the enormous responsibility that comes with that title.

"While it is true they all got here through their own personal hard work and sacrifice, I can say with 100 percent

See CPO PINNING, Page 10

NAS Jax Sailor wins Florida Jaycees award

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

IC2(SW) Amber Thayer of the NAS Jax Ground Electronics Maintenance Division was presented the Gen. "Chappie" James Memorial Award during the Florida Junior Chamber (Jaycees) Outstanding Young Floridians & Pioneers Awards Ceremony Aug. 25 in Hollywood, Fla.

Thayer, a native of Newport News, Va., was recognized for not only her achievements as a member of the U.S. Navy, but for her community support and educational aspirations.

After joining the Navy and completing basic training in 2005, Thayer attended Interior Communication "A" School in 2006 followed by Stabilized Glide Slope Indicator System School in 2006.

Her first duty station was on board USS Germantown (LSD-42), home ported in San Diego, where she completed a Western Pacific deployment. She later deployed for an additional eight months in 2008 in support of Operation Iraqi Freedom and Operation Enduring Freedom.

Thayer later completed a Hull Swap deployment in Sasebo, Japan for five months with USS Harpers Ferry (LSD-49) where she also provided



IC2(SW) Amber Thayer

humanitarian relief during Operation Tomodachi after the earthquake and tsunami in Japan.

Thayer reported to NAS Jax in June 2011 where she is currently works as the assistant work center supervisor.

She joined the Jacksonville Jaycees in June 2011. "This was a way to get involved in my community and make some new friends," said Thayer. "I was excited to meet other young professionals outside of the military."

Since joining, Thayer participated in nearly every event available in 2011

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NEW DOCKS
Mulberry Cove Improvements
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Photo courtesy of Bob Rustmann

"Black Falcons" P2V-7 Neptune LB-3 crew at NAS Sigonella, Italy in 1966. (Standing from left) Lt. Cmdr. Byberg, Lt. Gerwe, A01 Jung, AX3 Jackson, ATN3 Rustmann, ADR3 Maples, Lt. j.g. Raffo and Lt. j.g. Crabtree. (Kneeling from left) ADR3 Woody, AE3 DesRosiers and ATR2 Swain.



Photo courtesy of Bob Rustmann

VP-7 "Black Falcons" P2V-7 Neptune LB-3 flying by Sicily's Mt. Etna in 1966.



U.S. Navy photo

Editor's note: In the Sept. 6 edition of *Jax Air News*, the Lockheed P2V-7 Neptune (LB-3) assigned to VP-7 was attributed to the year 1954. Former squadron member Bob Rustmann e-mailed to say the correct year should be 1965. The VP-7 "Black Falcons" were established in 1947 at NAS Miramar. In 1961, VP-7 changed its homeport to NAS Jacksonville, where the squadron was disestablished in 1969. Thanks go to Rustmann for sending along other LB-3 photos from his collection.

This Week in Navy History

From Staff

Sept. 20

1911 - Navigational instruments first requested for naval aircraft.

1951 - In Operation Summit, the first combat helicopter landing when U.S. Marines were landed in Korea.

1981 - Ammunition ship USS Mount Hood (AE-29) and Navy helicopters rescue 18 crew members of Philippine Navy frigate Datu Kalantiaw.

Sept. 21

1858 - Sloop Niagara departs Charleston, S.C., for Liberia with African slaves rescued from slave ship.

1923 - Asiatic Fleet completes mission of aiding earthquake victims in Japan.

1939 - President Franklin Roosevelt asks Congress to repeal the arms embargo provision of the Neutrality Act.

1944 - Aircraft from 12 carriers commence two-day attack against Japanese ships and airfields on Luzon, Philippines.

1984 - Mideast Force begins escort of U.S. flagged vessels in Persian Gulf.

Sept. 22

1776 - John Paul Jones in Continental Navy ship Providence sails into Canso Bay, Nova Scotia, and attacks British

fishing fleet.

1943 - U.S. destroyers and landing craft land Australian troops at Finschhafen, New Guinea.

1989 - After Hurricane Hugo, Sailors and Marines provide assistance to Charleston, S.C., through Oct. 10.

Sept. 23

1779 - Capt. John Paul Jones in Continental Navy frigate Bonhomme Richard captures HMS Serapis.

1931 - Lt. Alfred Pride pilots Navy's first rotary wing aircraft, XOP-1 autogiro, in landings and takeoffs on board USS Langley while underway.

1944 - Naval Task Group lands Army troops on Ulithi Atoll, Caroline Islands.

1944 - USS West Virginia (BB-48) reaches Pearl Harbor and rejoins the Pacific Fleet, marking the end of the salvage and reconstruction of 18 ships damaged at Pearl Harbor on Dec. 7, 1941.

1947 - James Forrestal, former SECNAV, takes office as first Secretary of Defense.

1990 - Two Hospital ships (USNS Mercy and USNS Comfort) steam together for first time in Arabian Gulf.

Sept. 24

1918 - Ensign David Ingalls, USNR,

flying a Sopwith Camel, shoots down his fifth enemy aircraft, becoming the first U.S. Navy ace, while flying with the British Royal Air Force.

1944 - 5th Fleet carrier aircraft attack Japanese in Visayas, Philippines.

1960 - First nuclear-powered aircraft carrier, USS Enterprise (CVAN-65), launched at Newport News, Va.

Sept. 25

1957 - In project Stratoscope, Office of Naval Research obtains sharp photographs of sun's corona from first balloon-borne telescope camera.

Sept. 26

1781 - French fleet defeats British at Yorktown, Va.

1918 - USCG Cutter Tampa lost with 118 men, probably by German submarine.

1931 - Keel laying at Newport News, Va., of USS Ranger (CV-4), the first ship designed and constructed as an aircraft carrier.

1963 - First steam-eject launch of Polaris missile at sea off Cape Canaveral, Fla. (now Cape Kennedy) from USS Observation Island (EAG-154).

9/11 documentaries and a new generation

By Sarah Smiley
Special Contributor

From the Homefront

It shocked me last week when footage of Sept. 11, 2001, suddenly looked . . . well, historical. Eleven years ago, I thought that day never would age, that the images would remain clear and vibrant. Yet, as I watched History Channel documentaries on the 11th anniversary, the archived media reports seemed from a different time.

Has it really been 11 years?

What surprised me even more was having a conversation about 9/11 with my almost 12-year-old son, Ford, who had been just a baby when the World Trade Center collapsed. Back then, I was feeding him mashed sweet potatoes and singing "Happy Birthday" to our dog, Tanner, when my mom called and told me to turn on the news.

Dustin was on his first deployment on board USS Enterprise, and he had been gone for five months already. At last report, the ship had begun

its transatlantic trip back to the United States. Dustin was due home for my birthday in October. We were in the home stretch.

But when I turned on the news that morning and saw the towers collapse, I knew the Enterprise wasn't coming home anytime soon.

It was a selfish thought. Yet, even though I was thousands of miles away from New York City on the morning of 9/11, I (and other military spouses everywhere) knew what was unfolding on television would affect our military life in innumerable ways.

Ford chewed on his rubber baby spoon and gurgled while Tanner's toe nails clicked on the linoleum kitchen floor. The neighborhood soon filled with husbands and wives rushing home to one another and racing to pick up their children from school. Ford and I were alone.

I reflected on this as I drove him to school last Wednesday.

He told me that he had gotten up at 5 a.m. and watched a TV documentary about 9/11. My first thought: who gets up at 5 a.m.? My second thought: my kid is old enough to watch the History Channel . . . voluntarily?

"And what did you think?" I asked.

"It's weird that all of it happened when I was a baby," he said. "When did Dad finally come home again?"

My mind rushed back to those first few days in September 2001, when e-mails to Dustin weren't going through, and I hadn't heard from him. The commanding officer's wife confirmed that the ship had turned around and was no longer headed home.

"Do you know when they'll come home?" we asked.

"No, not yet."

"Are they safe?"

"Yes."

"When will e-mail work

again?"

"I don't know."

There were so many unanswerable questions, and although Dustin ended up coming home before Thanksgiving, those extra six weeks of waiting and wondering, without a homecoming date, felt like an eternity.

On my birthday that year - which was the original homecoming - our military spouse group got together at one of the wife's houses. It was Ford's 11-month "birthday." At some point during the potluck dinner, Ford pulled himself up to stand next to a coffee table. His bottle hung from his mouth. When he smiled at me, the bottle fell. And the next thing I knew, he started to take his first step.

About 20 military wives screamed, "Oh no! Wait for your Dad!"

But Ford couldn't wait. He was a full-fledged walker by the time Dustin came home.

I got a little emotional as I told Ford about this. And then,

before we pulled up to his school, he said, "Um, Mom, why were you so crazy about my first step and Dad not seeing it? That's kind of weird. I mean, who cares about a first step?"

As I drove home, I laughed to myself. Ford was right. It had once seemed so unfair that Dustin had missed his son's first step.

We get kind of jammed up about those things when it's our first baby, don't we? The first tooth, first step, first word.

In hindsight, it has never really mattered that Dustin didn't see Ford's first step, especially when I consider that thousands of 9/11 babies never even saw their fathers.

But it's all relative. And that night, as I was going to sleep and thinking about what Ford said, I'll admit I was a little sad.

I was sad that, once again, Dustin had missed something - our preteen son doing his best to sort out a world that had already changed before he had even learned to walk.

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

Officer Christian Fellowship

and Bible study

Every Monday at 6 p.m.

NAS Jacksonville Chapel Center

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VP-5 trains with Filipino Navy

By Lt. j.g. Dave Arnett
VP-5 Public Affairs

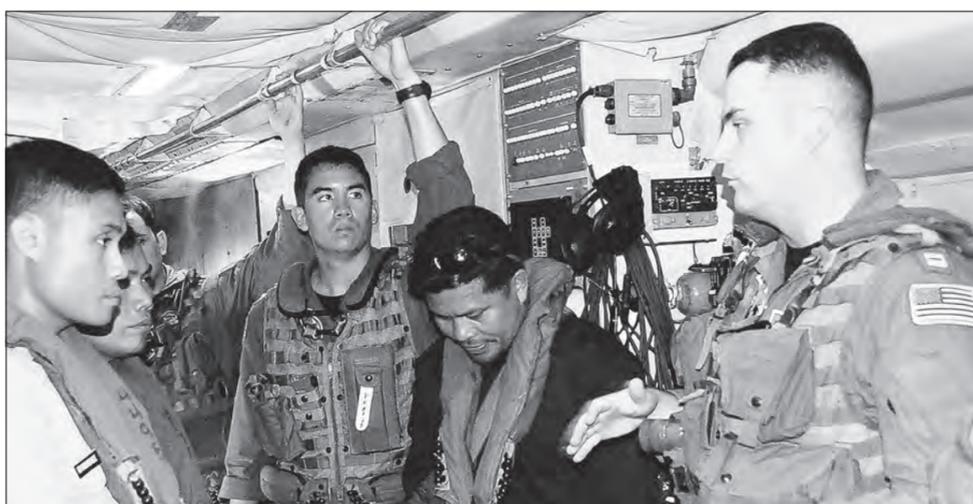
VP-5 participated in exercise Coastal Watch Station Capability Exercise (CWS CAPEX) at the Benito N Ebuena Air Base in Mactan, Philippines Sept. 3. Joined by representatives from the Filipino Navy and Coast Guard, the "Mad Foxes" took part in exercises, training and briefs designed to enhance relations between the Filipino Armed Forces and the United States Navy.

Combat Aircrew Ten (CAC-10) represented the Mad Foxes, led by Mission Commander Lt. Allison Cameron and accompanied by a maintenance detachment which helped support flight operations.

This was CAC-10's second exercise in Mactan this deployment. Tactical Coordinator Lt. Paul Reali said, "It's great to be back. These experiences are very rewarding."

The first day began with a mission to report all maritime activity to Filipino coastal watch stations. The crew reported numerous cargo and fishing vessels and also participated in a search and rescue (SAR) exercise.

By providing an "eye in the sky" for Filipino Navy and Coast Guard forces, CAC-10 helped the coastal watch stations train for the day when they must rely on an airborne



U.S. Navy photos
Lt. Paul Reali of VP-5, discusses the mission objective during the preflight brief for U.S. Navy crew members and Philippine Navy riders aboard a P-3C Orion. VP-5 and the Philippine Navy are participating in the bilateral Coast Watch System Capability Exercises. The exercise is designed to test the Filipino Coast Watch Radar System and enhance operational cohesiveness among the forces.

asset to locate vessels in distress.

Throughout the week, the Mad Foxes took members of the Filipino Navy and Coast Guard for several familiarization flights including maritime patrol, coordinated operations, and additional SAR profiles. The Filipino aircrewmembers were able to develop a feel for what missions are like onboard a P-3C.

The riders were able to observe how each element of the crew, from the flight station to the sensor operators, interacted during all mission sets.

During one sortie, they pro-



vided overwatch for a Filipino Navy vessel that conducted a boarding operation of a simulated rogue vessel.

The crew relayed the position of the motor vessel to the Filipino Navy ship, which intercepted and boarded it. Lt. j.g. Wes Kang said, "That's some of the most exciting flying I've done since on deployment. We were down low, above beautiful water and off the coast of gorgeous beaches. There's nothing like flying close to the sea supporting maritime forces beneath you."

The Mad Foxes were deeply grateful for the opportunity to participate in CWS CAPEX and for the chance to continue to foster relationships with their Filipino counterparts.

Whether through presentations, flights or sharing in the local culture, both the American and Filipino aircrews came away with a better understanding and appreciation for each other.

Lt. j.g. Wes Kang of VP-5 presents a VP-5 command plaque to Philippine Navy members aboard a P-3C Orion following the last flight in support of Coast Watch System Capability exercises.

VP-8 'Fighting Tigers' host JMSDF FAW-2 aviation officer candidates

By MC2 Pedro Rodriguez
VP-8

The VP-8 "Fighting Tigers" hosted 15 aviation officer candidates from the Japanese Maritime Self-Defense Force (JMSDF) Fleet Air Wing Two (FAW-2) "Odin" squadron at Naval Air Facility Misawa, Aug. 31.

VP-8 provided a static display of a

P-3C Orion aircraft, briefed the candidates on the squadron's history and primary missions, and discussed the typical career path for United States Navy aviators and naval flight officers. The visit concluded with a tour of Tactical Operations Center Misawa and lunch with the candidates.

All personnel involved in the visit noted the benefit of interacting with

their counterparts.

"I enjoyed discussing my career path from flight school to today," said VP-8 Pilot Lt. Brandon Clark, who led the visit for VP-8. "The candidates were very interested in how we became P-3C pilots and naval flight officers and how U.S. Navy officers end up in other platforms."

Lt.j.g. Patrick Frailey assisted with the static display and found the candidates

were most impressed by the plane's advanced imaging multispectral sensor camera.

The Fighting Tigers have interacted with their FAW-2 "Odin" counterparts on several occasions this deployment both in-flight and on deck to advance bilateral training and partnerships. The squadron is currently on a six-month deployment to 7th Fleet.



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VP-45 'Pelicans' participate in Cleveland Navy Week air show



Photo courtesy of VP-45

Members of VP-45 display some of their memorabilia while participating in Cleveland's Navy Week event, Sept. 1-2. (From left) Lt. j.g. Andrew Lavin, Lt. Michael Dark, Lt. Emily Cona, AWF2 Greta Hynes, AT3 Joshua Morales and Lt. j.g. John Falzetta.

By Lt.j.g. Alec Verone
VP-45 Public Affairs

Members of VP-45 flew a P-3C Orion to Cleveland over the Labor Day weekend to participate as a static display in the Cleveland Navy Week festivities.

"Air shows are always a great opportunity for VP-45 members to educate the greater public on the P-3C, our primary anti-submarine warfare mission, as well as to be ambassadors for the Navy and the First Coast. So when the opportunity to send a plane to Cleveland arose we jumped on it," said VP-45 Commanding Officer Cmdr. Mike Vitali.

The Cleveland National Air Show is an annual event which has taken place on the shores of Lake Erie in downtown Cleveland since 1964. The show includes a NASA exhibit, static displays, stunt airplanes, modern fighters, and alternates between the Blue Angels and Thunderbirds every other year.

The Pelican aircrew enjoyed answering questions from the public at their static display during the show. "We fielded an incredibly wide range of questions from, 'How long can you fly for?' and, 'What material is your propeller made of?' to, 'Does that plane actually fly missions?' and, 'Why is the airplane leaking?'" said Lt. Mike Dark, patrol plane captain of the air show P-3C. "It was also really nice to educate the public on the P-3C as well as speak to former P-3 aircrew alumni. I spoke to a former P-3B pilot from the Vietnam War era for nearly an hour."

Participating in the air show was also a great experience for Lt. j.g. Andrew Lavin.

"The Cleveland Air Show was something that I will never forget. It was great to see and experience the Midwest and the support for the military. It lifts my spirit to see our nation's pride for the uniformed services."



VP-5 officers gather during the Amazing Wonders Aviation Day at Vacation Bible School at Kadena Air Base, Japan. (From left) Lt. j.g. Ryan Edwards, Lt. j.g. Wes Kang, Lt. j.g. Jordan Holt, Ensign Sally Ranzau and Lt. Dave Childers.

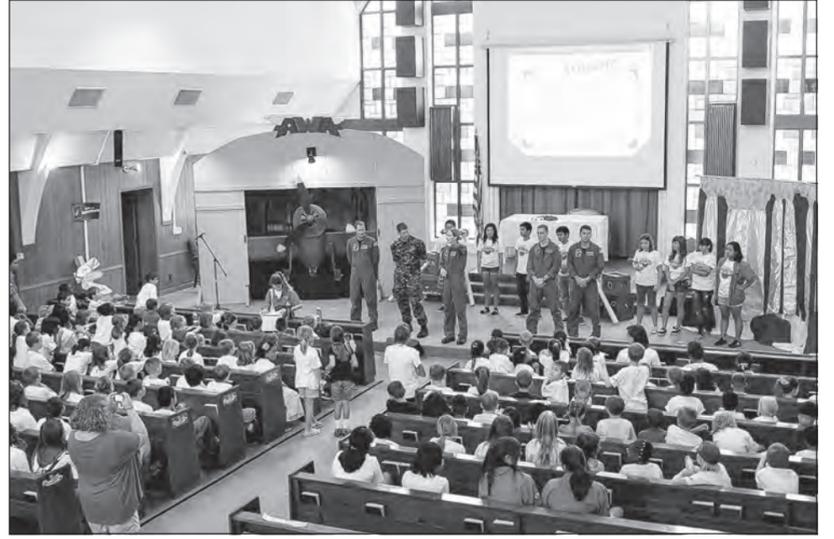
'Mad Fox' aviators visit 'Amazing Wonders Aviation'

From VP-5

VP-5 "Mad Fox" aviators participated in the Vacation Bible School program "Amazing Wonders Aviation" conducted

by the chaplain services and volunteers of Kadena Air Base, Japan Aug. 20.

They arrived at the chapel on the morning of the opening ceremony with their flight helmets in an effort to give



Photos by MC2 Steve White

Members of VP-5 meet with a group of children during Vacation Bible School at Kadena Air Base on Aug. 20, while on deployment in Japan. The children a good idea of what exactly aviation entailed and the chance to wear an actual flight helmet.

The volunteers began with a brief description of the sights they have seen, interesting things they have done, and finished by passing their helmets around to the children to handle and

Overall, the experience was exciting for the children and rewarding for the aviators.

Lt. j.g. Jordan Holt remarked, "Those children are our future and time spent with them is an investment in our nation's future."



Photo by Kaylee LaRocque

Disaster training session

NAS Jax Emergency Management Officer Ray Edmond discusses the incident action plan during a training session in the NAS Jax Emergency Operations Center Sept. 17. Edmond stressed the importance of communications and documentation during disaster exercises and realtime events.

Navy announces RC to AC Program for Reservists to pursue active duty careers

From Chief of Naval Personnel Public Affairs

The Navy is establishing a new augmentation program that will offer enlisted Reservists opportunities to convert to permanent active duty careers, as outlined in NAVADMIN 274/12, released Sept. 9. The Reserve Component to Active Component (RC to AC) augmentation program seeks to place qualified enlisted reserve members in specific rates and year groups to fill active community needs in the fleet.

Once released from their Reserve obligations and assigned to their new billets, RC to AC participants will become active duty Sailors in every respect, including being eligible for AC advancement, permanent change of station orders, and selective reenlistment bonus eligibility.

"The active Navy needs Sailors with talent and experience, and the Navy Reserve is a great place to find them," said Rear Adm. Anthony Kurta, director of military personnel plans and policy.

"Through this program, we're aiming to leverage our Reserve Sailors' skill sets

and experience to place select reserve Sailors in needed billets in the Fleet."

As part of the Navy's Continuum of Service initiative, the RC to AC program is designed to streamline Sailors' transition between Reserve and active service. Additionally, the RC to AC program complements the variety of initiatives Navy uses to fill needed operational billets, enabling Navy to manage its force so it is best prepared to meet current and future warfighting needs.

To improve the efficiency of Reserve to active conversions, the RC to AC program changes the application process. Rather than meet with a recruiter to discuss active duty prospects, interested Reservists can apply to Navy Personnel Command (PERS-92) through his or her unit and Naval Reserve Activity commanding officer in response to advertised vacancies with specific proficiency, year-group and other requirements.

Vacancies will be advertised via the GovDelivery system, and will specify available augmentation quotas by rate and year group. Reservists can sign up

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Evan, 5
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Commander, U.S. Fleet Forces changes leadership

By MC1 (SW/AW)
Raphael Martie

U.S. Fleet Forces Command (USFF) held a change-of-command ceremony aboard USS Harry S. Truman (CVN 75) Sept. 14 in port at Naval Station Norfolk. Adm. Bill Gortney relieved Adm. John Harvey Jr., as USFF commander in the traditional ceremony in front of hundreds of distinguished guests, shipmates and crew members.

Harvey, a surface warfare officer and a 1973 graduate of the United States Naval Academy, assumed command of U.S. Fleet Forces in July 2009. In his more than three-year tenure, he led the command with a strategic focus supporting the nation's maritime strategy through operational readiness, training effectiveness, and professional and personal development.

"Today's not about me. It's about us - who we are, what we do, and why we do it," said Harvey. "The power of our Navy is in our people, not our platforms. Over the past three years, there's been no shortage of challenges, but because of your hard work and dedication, we had a positive influence on this fleet. Your work ensured we provided a unified voice to our CNO in partnership with our Pacific Fleet counterparts, and I am so proud to have had the privilege of serving with you."

During his distinguished nearly 40 years of naval service, Harvey served in a variety of sea and shore billets. He was the Chief of Naval Personnel, and he commanded USS David R. Ray (DD 971), USS Cape St. George (CG 71) and Cruiser-Destroyer Group Eight as part of the USS Theodore Roosevelt Strike Group.

Chief of Naval Operations Adm. Jonathan Greenert served as the event's guest



Photo by MC1 Rafael Martie

Adm. Bill Gortney addresses the audience on Sept. 14, after taking command of U.S. Fleet Forces during a change of command ceremony aboard the aircraft carrier USS Harry S. Truman (CVN 75) at Naval Station Norfolk, Va.

speaker. "He's had a steady hand on the tiller for nearly four decades," said Greenert. "He saw the opportunities, he took action, he got results. He made the Fleet tangibly better during his tenure, and he's got us on the right track and speed."

Harvey thanked everyone who supported the USFF posture to meet global mission requirements. "I will certainly miss the Navy because of the people I got to work with in the sense of mission," said Harvey. "I did this for 39½ years because I loved it, not because I had to."

Gortney, a naval aviator and 1977 graduate of Elon College in N.C., becomes the 32nd commander of USFF. He has served in a variety of command positions afloat and ashore, including most recently as Director, Joint Staff for the Chairman of the Joint Chiefs of Staff and as Commander, U.S. Naval Forces Central Command; Commander,

U.S. 5th Fleet and Combined Forces Maritime Component Commanders. He also commanded Carrier Strike Group 10, on the Norfolk-based USS Harry S. Truman Carrier Strike Group.

"I have spent all but six of my 35 years of service in the fleet. It is great to be back in the fleet," said Gortney. "Here at Fleet Forces Command, our missions are few but they could not be more important to our nation. If executed correctly, the overall mission of the command will succeed and our Sailors and civilians deployed or stationed around the globe will succeed."

Greenert also took the opportunity to discuss the importance of payloads in maintaining an adaptable maritime force.



Photo by Clark Pierce

(Left) Adm. John Harvey Jr., commander, U.S. Fleet Forces Command and VP-30 instructor pilot Cmdr. Jeff Spivey were pleased with Harvey's simulated landing of a P-8A Poseidon on the airstrip at NS Mayport. Harvey toured the P-8A Integrated Training Center in February at NAS Jacksonville.

"Adaptability is the absolute essence of being a Sailor, and we get that adaptability when we think about payload before platform. Replacing platforms is expensive, but when we look at payloads first, payloads that support cutting edge technology - it can be a game changer."

Greenert pointed to the Navy's CVNs as an example of maximizing the platforms adaptability through the use of a variety of payloads. "The CVN is our most adaptable platform," said Greenert.

"You pay once, and you've got a half century of service. Enterprise is 50 years old; she's seen everything from A-4s to F-14s to a variety of F/A-18s, and we can now launch an unmanned strike aircraft from that aircraft carrier. That's the way we need to be thinking."

U.S. Fleet Forces Command supports both the Chief of Naval Operations (CNO) and combatant command-

ers worldwide by providing responsive, relevant, sustainable naval forces ready-for-tasking.

The command provides operational and planning support to combatant commanders and integrated warfighter capability requirements to the CNO. Additionally, USFF serves as the CNO's designated executive agent for anti-terrorism/force protection (ATFP), individual augmentees (IA), and sea-basing.

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AEAR Raymond Fisk of VP-30 and a Boeing technician check the the starboard engine. Like many Boeing 737 variants, the P-8A engine nacelles are not perfectly round. Instead, they are more elliptical with an almost flat-bottomed profile, especially when viewed from the front.

VP-16 'War Eagles' move forward with Poseidon

By Clark Pierce
Editor

"VP-16 aircrew and maintainers are making steady progress as we continue our quest to become the Navy's first combat certified P-8A squadron," said VP-16 Commanding Officer Cmdr. Molly Boron in a Sept. 12 interview at the "War Eagles" space in Hangar 511 aboard NAS Jacksonville.

"VP-30 just accepted their third Poseidon from Boeing, which will positively impact our flight training schedule."

At the P-8A Integrated Training Center, Lt. Cmdr. Mya Swartzlener, an instructor pilot with the VP-30 Fleet Integration Team (FIT), said, "The War Eagles transition is going great. They came off deployment and showed up very well prepared, with lots of enthusiasm."

Lt. Brett Eckert and Lt. David Hanson belong to one of 12 combat aircrews (CAC) of VP-16. A CAC consists of a patrol plane commander (pilot), a patrol plane pilot (copilot), tactical coordinator (TACCO), co-TACCO and five mission crew.

"Hanson and I do all our simulator and flight training together in order to build CAC team work, communication and coordination," explained Eckert.

Hanson said pilot training is proceeding at a measured pace. "Before our first flight in the Poseidon, we logged about 50 hours in the P-8 operational flight trainer (OFT). The remainder of our training will be a combination of simulator and actual flight operations. This week, for instance, we flew the OFT on Tuesday, flew a P-8 flight op on Wednesday, followed by another OFT simulator flight on Thursday."

Eckert said that in contrast to flying the P-3 Orion, "We're more like pilot/managers, thanks to the P-8 flight automation and autopilot systems. We enter our flight plan into the flight management control (FMC) system, and after takeoff, we go to autopilot. The Poseidon isn't necessarily easier to fly than the P-3 - it's just different."

Hanson said a big focus of simulator training is engine emergencies and single-engine flying. "Even though the CFM56-7 turbofan engine is one of the world's most reliable power plants, we need to



Lt. David Hanson (left) and Lt. Brett Eckert practice their "pilot ambidexterity" by working the P-8A flight simulator controls from both the right and left seats.



At VP-16 Maintenance Control in Hangar 511, AM1 Thomas Wheeley (left) and AT1 David Lopatosky discuss training schedules for maintainers who must attain various P-8A qualifications.

train for every possibility. We also work a lot on our landings, making sure the plane is properly set up for approach."

Eckert added, "Each training flight is about five hours, so we usually split our time between the left and right seats. Now, after four flights and significant simulator time, we're refining our skills through repetition."

The P-8A TACCO manages the mission and the co-TACCO handles communications among the displays available

at the enlisted mission sensor operators.

VP-16 Training Officer Lt. Cmdr. Will Toraason is also working on his P-8 TACCO certification. "I liaison with the VP-30 FIT staff, which handles most of the CAT II transition scheduling. In my own training, I notice that a lot of the things on P-3 that required human interface are now automated in P-8 - such as checking weapons systems. Where the P-3 has lots of lights and

See **VP-16**, Page 7



As instructor pilot Lt. Cmdr. Mya Swartzlener looks on, Lt. David Hanson and Lt. Brett Eckert go through their checklist prior to takeoff in a P-8A operational flight trainer at the NAS Jacksonville P-8A ITC.



In the P-8A Part Task Trainer, VP-30 FIT instructor AWO1 Ronel Thomas plays the role of TACCO and monitors the work of electronic warfare operators as they build confidence and skill operating mission subsystems.



The third P-8A Poseidon assigned to VP-30 arrived at NAS Jacksonville Sept. 7 from the Boeing 737 Delivery Center in Seattle, Wash. By year's end, VP-30 is scheduled to have six Poseidons available for training.



AT2 Eric Spann of VP-16 checks the Poseidon cockpit lights for proper operation. The P-8A is a derivative of the Boeing Next-Generation 737-800 commercial aircraft.

VP-16

From Page 6

switches, the new digital P-8 performs a self-diagnostic and suggests solutions.

"Also, the workstations are modular and that expands our flexibility to meet changing mission sets. Of the five workstations, the TACCO and co-TACCO usually occupy the two center positions for improved communications."

Lt. Meredith Trezise is in charge of the daily flight schedules. "I coordinate with VP-30 and work within their training syllabus. Right now, the majority of P-8 flights involve VP-16 personnel working to get certified. Eventually, as we complete the transition, the squadron will assume the scheduling function. For our mission operators, P-8 brings a whole new set of digital systems. While a lot of tactics carry over from the P-3, we're also developing new capabilities for the P-8."

As aircrew and mission operators train at the ITC, War Eagles maintainers are working with VP-30 personnel to attain their "safe for flight" certification.

AE1 Justin Parker said he's pleased to have completed his initial computer-based training classes so he can begin hands-on training. "Right now, we've got VP-30's third P-8A (No. 430) in our space at Hangar 511. Some people are working on the aircraft's acceptance inspection, while others, like myself, are here to train for our various qualifications, such as ground handling. What's really great is coming in everyday and working with a brand new aircraft."

ATAN David Thomas also looks forward to hands-on learning with the Poseidon. "Our shop works on radar, mission crew workstations and navigation systems among other things. It's cool to be part of the first squadron to transition to the P-8 platform, as well as the first P-8 squadron to deploy."

Bill Senn is a Boeing mission system subject matter expert who works with squadron maintainers and Boeing field service representatives. "We're aboard the Poseidon that just arrived at NAS Jax on Sept. 7. We're working together to troubleshoot a couple of problems. After we talk with Seattle this afternoon, the gripes should be resolved."

When the War Eagles become NATOPS qualified, they'll return to Hangar 511 and begin their 12-month IDRC (Inter-Deployment Readiness Cycle) to become combat-certified by CPRW-11.

Like the P-3C Orion, P-8A Poseidon serves a wide range of missions. It can search for and destroy submarines, monitor sea traffic, launch missile attacks on naval or land targets, and act as a flying communications relay. Its intelligence, surveillance and reconnaissance capabilities also make it well suited for land-surveillance missions.



Photo by MC2 Jacob Sippel

Flight crew and mission specialists are assigned to the NAS Jacksonville P-8A Integrated Training Center where they undertake classroom instruction as well as full-motion, simulated exercises that present the highest degree of realism. The P-8A Poseidon is designed to secure the Navy's future in long-range maritime patrol capability. The Poseidon fleet will provide more combat capability from a smaller force and less infrastructure – while focusing on worldwide responsiveness and interoperability with both traditional manned forces and evolving unmanned aerial vehicles.



(Left) Boeing trainer Steve Cox points out features of the P-8's unique engine nacelle, the aerodynamically shaped housing that holds the CFM56-7 turbofan engine, as Boeing trainer Eric Johnson looks on.



AWO2 Chris Walsh of VP-16 (left) and AT3 Jason Porter of VP-30 complete a preflight inspection of a P-8A Poseidon on Sept. 14 at NAS Jacksonville.



(From right) VP-16 pilots Lt. David Hanson and Lt. Brett Eckert discuss their simulator flight plan with VP-30 FIT instructor pilot Lt. Cmdr. Mya Swartzlener. Their simulated training flight at the NAS Jax P-8A Integrated Training Center will take about 2-1/2 hours.

Photos by Clark Pierce



VP-16 pilots Lt. Phil Jenkins and Lt. Jeff Eller prepare to load the P-8A flight management control system for a Sept. 14 trans-continental training flight to a Boeing facility in Seattle, Wash. The Poseidon is capable of 564 miles per hour at a maximum ceiling of 41,000 feet.



AT3 Joshua Blake and AT2 Derek Simpkins of VP-30 troubleshoot a P-8A mission system gripe with Boeing subject matter expert Bill Senn.

Prior to training in the P-8A Weapons Tactics Trainer (WTT), a group of VP-16 naval flight officers meet with VP-30 instructors to discuss scenarios. The WTT has the same software and capabilities as the flying aircraft. Workstations with universal multi-function displays enable workload sharing.



Navy adjusts selective reenlistment bonus plan to retain skilled Sailors

From Chief of Naval Personnel Public Affairs

Navy announced updates to the Selective Reenlistment Bonus award plan, Sept. 8, in NAVADMIN 273/12. The intent of the Selective Reenlistment Bonus (SRB) is to incentivize Sailors with critical skills and experience to stay Navy. SRB rewards Sailors who attain special training in skills most needed in the fleet, and helps meet critical skill reenlistment benchmarks and enhance Navy's ability to size, shape and stabilize manning. Award levels are strategically adjusted as reenlistment requirements for specific ratings and skill sets are met.

From the 100 skill/zone combinations detailed in NAVADMIN 143/12, this update includes reductions for three skills, one skill elimination, ten skills award level increases and 11 skills added to the list.

"The SRB program provides a retention incentive to our top-performing Sailors with critical skills needed in the fleet," said

Rear Adm. Tony Kurta, director, military personnel plans and policy. "We will continue to monitor our bonus programs to maximize retention behavior in our most critical skills within the constraints of our budget."

Sailors should consult NAVADMIN 273/12 to determine their SRB eligibility and award level. The increased award levels are effective immediately and decreased levels are effective 30 days from the release of the NAVADMIN.

This update also announces the upcoming change to annual SRB installment payments from October to the anniversary month of reenlistment date. This policy change will take effect for all Sailors reenlisting for SRB on, or after, Oct. 1, 2012.

For example, Sailors reenlisting in December 2012 will receive their initial SRB payment upon reenlistment, and all subsequent installment payments annually in December until the full bonus amount has been reached.

Sailors under current SRB contracts, as well as those reenlisting prior to Oct. 1, 2012, will continue to receive anniversary payments annually in October until the full bonus amount has been reached.

Additionally, NAVADMIN 273/12 temporarily lifts the restriction preventing Sailors with FY13 end of active obligated service (EAOS) dates from reenlisting for SRB in

FY12. With this change, all FY13 EAOS Sailors, regardless of SRB tier, are encouraged to apply for SRB and reenlist on, or before, Sept. 30, 2012. Sailors electing this temporary early reenlistment option must be otherwise eligible for SRB and have a valid PTS quota prior to their selected reenlistment date.

As with Perform to Serve, eligible Sailors desiring SRB

reenlistment are encouraged to work with their command career counselors, command master chiefs, and chain of command to discuss timing of reenlistment and procedures well before their EAOS.

Sailors can read the complete list of SRB award levels and policy at <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/pages/srb.aspx>.

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Photos by MC2 Salt Cebe

Sailors assigned to Naval Hospital Jacksonville and NAS Jacksonville run in formation during the 11th anniversary 9/11 Memorial 5K run at NAS Jacksonville on Sept. 11.



The NAS Jax Security Department leads a group of runners during the 11th anniversary 9/11 Memorial 5K Run.

CEREMONY

From Page 1

worst terrorist attack in American history brought out the best in the American people. The true legacy of 9/11 is that our spirit is stronger. From the firefighters and first responders who charged up the World Trade Center 11 years ago, to our Sailors, Marines, Soldiers, Airman and Guardsman deployed around the world today, they all define courage and what it means to be an American," said Schaffer.

"I look around at my young Sailors and I know that many of them were deeply affected that day, and many of them chose to join the military because of the tragic events of 9/11. I think that speaks volumes about the type of Sailors we have and I'm proud to serve



Naval Hospital Jacksonville's Commanding Officer Capt. Gayle Shaffer speaks during a 9/11 Remembrance Ceremony at NAS Jacksonville.

with them every day."

NAS Jacksonville Command Chaplain Cmdr. Shannon Skidmore closed the ceremony with a prayer.

"This is a day when we as a nation and the world, pauses, remembers and reflects upon the tragedy that befell our nation 11 years ago today. A day that witnessed terrible acts perpetrated against our land which resulted in the loss of thousands of innocent Americans in places such as New York City, Washington D. C. and Shanksville, Pennsylvania," stated Skidmore.

"As horrific as it was, it was also a day of extraordinary bravery and sacrifice which caused ordinary citizens to become heroes in seeking to rescue those who were injured in these terrorist attacks.

Members of the NAS Jacksonville Honor Support Team render a three-volley salute during a 9/11 Remembrance Ceremony at Naval Hospital Jacksonville.



Sailors assigned to Naval Hospital Jacksonville and Naval Air Station Jacksonville stand in formation as a flag detail hoists the colors during the 9/11 Memorial Ceremony at NH Jacksonville on Sept. 11.

"We pray for the families of those who lost loved ones, and ask Lord that today they might sense your presence with them in a particularly close way. Flood their minds with the precious memories of those they lost that terrible September morning," he continued.

"We pray Lord, may this day inspire us to be ever vigilant in the defense of freedom and that we rededicate ourselves to the cause of liberty here in our own land and around the world. We

pray to bless our nation and may we continue to be a beacon of hope in this troubled world in which we live. To you Lord we look for strength and wisdom as we march boldly into the future, carrying with us always the memories of Sept. 11th."

The 9/11 Remembrance was organized by the NH Jacksonville's Chief Petty Officer Association in collaboration with NAS Jacksonville personnel and the base fire department.

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Photos by Kaylee LaRocque

The newly pinned chief petty officers from NAS Jacksonville and tenant commands stand at attention during the reading of the Chief Petty Officer Creed at the end of the ceremony.

CPO PINNING

From Page 1

certainty that they could not have achieved none of it without the support, love, sacrifice and understanding of their families. It is on your shoulders that these Sailors stand upon that has enabled their success and as a result has made our nation and Navy undefeatable.

"It was our intent that they never forget the past seven weeks of training, what it takes to become a chief petty officer or what is now expected of them, and I am quite sure they will not," said Holloman.

Holloman also gave the selectees several challenges. "I challenge you to be better than the chief that you always looked up to, admired and respected. I challenge you to communicate verbally. I challenge you to never look the other way. I challenge you to hold yourself and those who work for you accountable. I challenge you to be active in the CPO Mess, be 110 percent committed to all three phases of CPO 365 and I challenge you to never forget where you came from. Remember, chiefs make chiefs," he continued.

Holloman then declared, "You're the Navy's future. It's now your time to anchor up!"

Shepherd then recognized some of the accomplishments of the chief selectees during the induction season.

"These chief selectees have been tested and it is an honor to be here to celebrate their accomplishments. Over the past seven weeks, each selectee ran over 100 miles, did 1,893 push-ups and they had a total weight loss of 761 pounds" said Shepherd, who also praised AWVCS(NAC/AW) Jason Reimer of VP-62 who coordinated this year's CPO induction season.



VP-30 Command Master Chief (CMDMCM)(AW/SW/NAC) Jerry Holloman praises the new chief petty officers and their families for their hard work and sacrifices in achieving their goal to become a "chief" during the pinning ceremony.



NAS Jax Command Master Chief (CMDMCM)(AW/SW) Brad Shepherd covers NCC(SW) Rhonaka Williams with her new chief's hat during the pinning ceremony at Hangar 117 on Sept. 14.

As each selectee was officially "pinned and covered" by their family members and mentors, the new chiefs thanked them for helping make their dream come true.

"This is the greatest day of my life. It's something I've been working towards for a long, long time and I've finally achieved my goal. It's a lot more responsibility, but I'm just so excited to become a chief petty officer and happy for my shipmates here today," said AMC(AW) Miranda Davis of Fleet Logistics Center Jacksonville.

"This event was very touching to me - it's the best day of my life. I joined the Navy Reserves in 2000 after being accepted into the United States through the Diversity Immigration Visa Program. That's when the journey began and it still continues," said HMC(SW/AW) Edjona Ehe of Navy Operational Support Command Jax.



ADC(AW) Blake Bundy of VP-30 is pinned with his chief petty officer anchors by his family during the ceremony.

To close out the ceremony, the new chiefs were given a round of applause and then all current and former CPOs were asked to stand for the reading of the CPO Creed.

A reception was held at the Fouled Anchor CPO Club following the event.

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Navy observes 42 years of service for Ombudsman program

By Commander, Navy Installations Command Public Affairs

The U.S. Navy recognized ombudsmen and the 42 years of service supporting the Navy and Navy families Sept. 14.

These individuals volunteer their time, talents and energy to make a difference in the lives of Navy families, helping them during all phases of deployment, disasters or crisis.

They are also there to assist with the everyday questions and challenges facing Navy families.

"I am proud to be associated with the extraordinary people volunteering as ombudsmen and prouder still of their service at this critical time in our nation's history," said Monika French, Chief of Naval Operations (CNO) ombudsman-at-large

"We owe it to all our Navy families to continue supporting the Ombudsman Program."

The Ombudsman Program was introduced to the Navy on Sept. 14, 1970, by CNO Adm. Elmo Zumwalt, in Z-gram 24, as a means to address issues and concerns that are unique to Navy families.

While the date is significant to the history of the program, commands are encouraged to celebrate the event at any time deemed appropriate during the month of September.

Most ombudsmen are the spouses of active duty or selected reserve members of the command. The Navy family ombudsman is a highly-trained volunteer who is able to offer support and guidance to command families and to act as an official liaison between

the command and its families.

The Navy ombudsman plays an important role in the success of a command's mission. Ombudsmen are the first step for family members to turn to during a crisis, guiding Navy families to the proper resources they need. That, in turn, helps their Sailors with assurance that their families are being taken care of at home.

"When command members know that their family has a resource to go to for assistance, they can concentrate on the mission at hand," said French.

"It is the Navy's goal to ensure that every Sailor and family member has access to the services of a command ombudsman."

Family readiness is a primary factor to a Sailor's personal and mission readiness.

Ombudsmen continuously demonstrate just how vital they are to helping our Navy families maintain a state of constant readiness. Whether it is for deployments, disasters or crisis response, they keep the information moving.

According to Lisa Johnson, Commander, Navy Installations Command Ombudsman program manager, the Ombudsman Program is in place to assist the Navy family member and give them an avenue to receive the support they may need in tough times.

"Ombudsmen are not meant to solve problems, but to direct the family member to the people who can help them solve their problems," said Johnson.

"Ombudsmen are not meant to 'be' the help, but to connect the family member 'to' the help."

Connecting Navy families to help is what the ombudsmen have been doing for 42 years. They volunteer their personal time to ensure the Navy is ready 100 percent of the time.

"It is a pleasure to serve along-side a group of dedicated, caring volunteers," said French.

"I want to thank the past, present and future Navy ombudsmen and wish them a very happy anniversary. I look forward to working with you all."

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AWARD

From Page 1

and created a healthy competition during the Healthy Life Biggest Loser Project (HL/BL). At the time, she was struggling to meet her physical qualifications at work.

She had already lost 10 pounds when she decided to participate not only improve her health, but to encourage others to do the same. During the 12-week project, she not only met her weight goals, but won first place among the Jaycees by losing more than 19 extra pounds.

Thayer continues to maintain her healthy lifestyle as a member of the 2012 Jacksonville Jaycee Soccer Team.

Thayer also serves as

the Jacksonville Jaycee Chapter director of community service organizing events and volunteering at Ronald McDonald House; Habitat for Humanity; Relay for Life; Special Olympics Duval County Games; Show and Shine Car, Truck, and Motorcycle Show to benefit Wheelchair 4 Kids; St. John's River Clean Up; Cornhole for a Cause benefiting the American Cancer Society; Catty Shack Ranch Volunteer Day benefiting Catty Shack Wildlife Preserve; and the Jaycee Community Outreach booth at the Jacksonville Art Walk.

The group also participated in a Keep Jacksonville Beautiful

Commission cleanup at Hogan's Creek in downtown Jacksonville.

"It was a huge honor to receive the award and I was extremely grateful that Celeste Mitchell of the NAS Jax Fleet and Family Support Center nominated me for it. The Jaycees are a wonderful group of people and I'm so glad that I joined. I'm extremely passionate about community service and it has been a very humbling experience to be acknowledged for something I truly love doing," said Thayer.

According to Jacksonville Jaycee Community Service Vice President Lindsey Clayton, Thayer has gone

above and beyond supporting the organization.

"Amber is an amazing example of a community service director. She has not only helped me with projects, but ran some of her own. Community is her passion and when you talk to her, you can see that. She is someone you can always count on with any degree of tasks," said Clayton.

The Jaycees is an organization for young people ages 18-40 that teaches leadership development and business skills through community development and individual development projects. For more information, go to www.jacksonvillejaycees.com.

RESERVISTS

From Page 4

for GovDelivery notifications through the Navy Reserve Forces Command homepage at www.navyreserve.navy.mil. Quotas and advertised vacancies will be reviewed regularly and updated based on needs of the fleet.

Selections are made by AC enlisted community managers, who will consider each applicant's performance history, experience, proficiency, and time in grade. Sailors must also meet the eligibility criteria outlined in MILPERSMAN article 1326-021, including in-rate proficiency and physical and medical readiness requirements. Additionally, Sailors must be within the advertised year group and not within two years of their AC High Year Tenure dates based upon their active duty service date. Once selected, a Sailor will be given the opportunity to negotiate for a billet based on the needs of the Navy and his or her preferences. Orders to the new billet will include a projected rotation date and authorization for permanent change of station expenses, if appropriate.

To learn more about the RC to AC program, Sailors may speak with their chain of command, read the NAVADMIN and MILPERSMAN article at www.npc.navy.mil, or call the NPC customer service center at 1-866-U-ASK-NPC, (1-866-827-5672) or e-mail at CSCMailbox@navy.mil.

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Newsweek

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Mulberry Cove Marina replaces aging dock system

By Lt. j.g. Kevin Wendt
Staff Writer

NAS Jacksonville is currently underway in replacing the Mulberry Cove Marina docks – a set of old wooden piers that have undergone extensive damage due to harsh weather and natural deterioration.

Floating concrete docks will be constructed in place of the wooden ones, providing more stable platforms that will more effectively withstand those elements.

Hurricanes and tropical storms are two of the things that have been especially detrimental to the marina and the boats docked there.

“Over the past few years, rough weather has caused around \$400,000 dollars worth of damage to these docks,” commented Phil Collins, manager at Mulberry Cove Marina.

“The positions of the docks themselves tend to aid in generating waves, forcing anchored boats to slam into



Photo by Lt. j.g. Kevin Wendt

Workers from Dennis Chavez Architects Design and Construction use a crane to clear out sections of docks at Mulberry Cove Marina. The demolition project makes way for a new and improved dock system that will consist of floating concrete piers, which are far less susceptible to deterioration and damage from the elements.

them and cause damage.”

According to Collins, the floating concrete docks will

rise and fall with the tides and be much more damage resistant to rough weather.

The 2.4 million dollar project not only replaces the aging docks, but will also add addi-

tional spaces or ‘slips’ for boats to anchor.

“Our plan is to increase the number of piers from three to six,” commented Project Manager Lt. j.g. Jonathan Berube of NAS Jax Public Works Department.

“Six piers will give us 96 slips for boats to tie up at, 92 being for private use and four being reserved for the MWR.”

In addition to the improved durability and expanded space, the concrete piers will also feature two handicap-accessible walkways, as well as fuel stations and storage boxes.

The current dock system is in the process of being demolished by Dennis Chavez Architect’s Design and Construction, while Can’t Be Beat Fence and Construction LLC will install the new concrete docks.

“Completion of this project should be by Feb. 2013,” Collins stated.

For more information, call 542-3260.

American Red Cross offers new hurricane app

From the American Red Cross

In helping to prepare families in the event of a hurricane, the American Red Cross has created a new app from the American Red Cross.

Besides guiding members and families regarding preparedness, the first feature may be useful as means of accounting for family members (AFPAS tracking) – for those who have smart phones that are working. For example, you enter one message like “I’m safe” and can send it to all your Facebook contacts with the push of a button.

The American Red Cross hurricane app features:

- One touch “I’m safe” messaging that allows users to broadcast reassurance to family and friends via social media outlets that they are out of harm’s way.

- Location-based NOAA weather alerts.
- Remote monitoring of personalized weather alerts where family and friends reside.
- Locations of open Red Cross shelters.
- Simple steps and checklists people can use to create a family emergency plan.
- Preloaded content that gives users instant access to critical action steps even without mobile connectivity
- Toolkit with flashlight, strobe light and audible alarm

To download the app, go to www.redcross.org or from your mobile phone, call “**REDCROSS” (**73327677) and the Red Cross will send you a link to download the app to your phone or you can download them directly from the iTunes or Google Play app stores.

Naval Hospital Jax classes and support groups

From Naval Hospital Jax Public Affairs

Baby & Parent

Infant Massage (Wed. 2 p.m., Mental Health bldg. 2036) • Contact: Rachel Nieves, lactation nurse • 891-8228

Baby Boot Camp (1st Wed. 8a.m.-1p.m.); **Breastfeeding** (third Wednesday at 5:30 p.m., 2nd deck conference room, central tower); **Hypnobirthing**; **New OB**; **Prepared Childbirth**; and **Third Trimester** classes • Contact: 542-BABY (2229) • Classes offered to patients delivering at NH Jax

Breast Cancer Support

Ribbons & Roses, breast cancer support group, second Tuesday (except July/August) at 7 p.m. in General Surgery Clinic; and **Breastival** on Oct. 17 (9 a.m. to 1 p.m., NH Jax quarterdeck area) brings together NH Jax Breast Care Center staff and community partners to enhance awareness of breast cancer. Contact: Nikki Levinson-Lustgarten, breast care coordinator • 542-7857

Diabetes Center & Nutrition Clinic

Classes & counseling with doctor referral. Diabetes Center • 542-9178; Nutrition • 542-9786

Operational Deployment Transition

Recalibrate after deployment to manage sleep, irritability, emotional numbing, and relationships. Contact: Tracy Hejmanowski, Deployment Health Center psychologist • 546-7099

TRICARE For Life

For ages 65 and up. Fourth Thursday (Jan-Oct) or third Thursday (Nov-Dec) at 2 p.m., 2nd floor conference room, central tower. Contact: TRICARE Health Benefits Advisors • 542-9164

Wellness Center

Health Fitness Assessment (by appt.); **Tobacco Cessation** (Monday 9 a.m., Tuesday 2 p.m., Thursday 12 p.m.); **Naval Operational Fueling Series (NOFS)** - performance nutrition fundamentals. Call to register for **Heart Health**, **Ship Shape** and **My Plate**. Contact: Wellness Center (Bldg. 867 next to NAS Jax fitness center) • 542-5292.

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U.S. Navy photo by Layne Laughter

New carrier aircraft test flight

F-35C test pilots Navy Lt. Cmdr. Michael Burks and Peter Kosogorin fly CF-1 and CF-2 during a formation flying qualities test on Sept. 5 at the Atlantic Test Ranges. Testing formation flying qualities provides data on handling characteristics. The F-35C carrier variant of the Joint Strike Fighter is distinct from the F-35A and F-35B variants with its larger wing surfaces and reinforced landing gear to withstand catapult launches and deck landing impacts associated with the demanding aircraft carrier environment. The F-35C is undergoing test and evaluations prior to delivery to the fleet.

Veterans Special Recognition Ceremony Nov. 8

From the Office of Congressman Ander Crenshaw

U.S. Rep. Ander Crenshaw, a member of the U.S. House Defense Appropriations Subcommittee, announced that his 2012 Veterans Special Recognition Ceremony will honor Fourth Congressional District Operation Desert Shield and Desert Storm veterans. Those eligible for the honor will receive certificates of special recognition in a ceremony at NAS Jacksonville Nov. 8. The registration deadline is Oct. 5.

"All service branches were involved in a joint effort during Desert Shield and Desert Storm operations, serving our country on land, in the air and in territorial waters in Kuwait, Saudi Arabia, Qatar, Turkey, Syria and beyond," said Crenshaw. "Like the veterans before them, they deserve recognition and thanks for putting their lives at stake for our country."

On Nov. 8, I look forward to honoring eligible Desert Shield and Desert Storm veterans during my annual Veterans Special Recognition Ceremony at NAS Jacksonville. The program is always one of the highlights of my year."

Desert Shield and Desert Storm veterans who live in the Fourth Congressional District and would like to participate are strongly encouraged to contact Crenshaw's district offices in Jacksonville at (904) 598-0481, on the mobile office phone at (386) 365-3316, or on the district toll free line from the 850 area code at 888-755-5607.

The application can also be obtained on Crenshaw's official website at www.crenshaw.house.gov. Go to Constituent Services, then Special Events & Notices, and lastly the Veterans Recognition Ceremony to download the press release and application. Completed applications and documentation should be mailed to: 1061 Riverside Avenue, Suite 100, Jacksonville, FL 32204.

To determine eligibility for the certificate, veterans must complete an application and submit a copy of their DD-214. Veterans who received the Southwest Asia Service Medal qualify for this program.

Navy Band Alumni invited to perform

From Navy Band Southeast

Navy Band Southeast is inviting all Navy Band Alumni to perform at the Alumni Concert at Jacksonville Beach Band Shell Oct. 20 at 12:30 p.m., in conjunction with the 2012 Jacksonville Sea and Sky Spectacular.

A rehearsal will take place at Navy Band Southeast's facility aboard NAS Jax on the evening of Oct. 19.

Anyone interested should contact Navy Band Southeast's Public Affairs Officer MU2 Scott Farquhar at scott.farquhar@navy.mil by Oct. 10.

NAS JAX MCAC PRESENTS

Hispanic Heritage Month

DIVERSITY UNITED, BUILDING AMERICA'S FUTURE TODAY™

Date : Oct. 3
Time: 11 a.m. – 12:15 p.m.
Location: NAS Jax Officers Club
Ticket: \$12
Guest Speaker: TBD
More information or questions contact Sharon Teal @542-3937

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I am. Are you?

Be ready to receive notifications in an emergency or base closure

From Commander, Navy Installations Command

Are you ready to be notified in the event of an emergency or base closure? A quick and easy sign up to the Wide Area Alert Notification (WAAN) system could save you in more ways than you can imagine.

Deployed by the Navy in 2008, the WAAN system provides Navy installations (worldwide) with an effective and reliable mass notification system that can be used during a crisis to warn and direct affected personnel.

"As a civilian employee, I thought that my home phone or cell phone numbers were none of my command's business. And certainly they didn't need to know my kids' personal information," says Marcher Castell, a civilian employee at Commander, Navy Installations Command Headquarters. "Of course, that meant that they couldn't call me to tell me to evacuate, or include my children in the evacuation count. Heck, they couldn't even call me to tell me something simple like the power being

out in my building and not to drive all the way in to the office."

All military (active duty and Reserve), civil service, and contractor personnel with an NMCI or One Net user account are required to register their office email address and phone number, at minimum, in the WAAN. Registering personal emergency contact information also is strongly encouraged.

As Marcher discovered, the Navy can't alert you, if it cannot find you. Registration is not automatic, but by providing your personal contact information, you take advantage of the following benefits:

Registration enhances your safety and empowers you to react in times of crisis.

Registration ensures that real-time alerts provide information to you and your family on what to do and where to go in an emergency.

Registration allows you to find out about base closures due to weather or an emergency, before you show up.

Registration permits you to be noti-

fied when it is clear/safe to return to the installation.

Rest assured; your personal information is safeguarded.

How to register

NMCI/One Net users—Right-click on the Purple Globe icon (bottom right corner on desktop).

Select "Access Self Service."

Select the "My Info" tab and update your Last Name, First Name, and Display Name and save.

Select the "Devices" tab and enter your work and personal contact information in the appropriate mandatory and optional device fields.

SAVE.

Update your profile any time you

have a change.

If needed, use a workaround to register

If you have trouble with registering through the Purple Globe, try the workaround for your region. Links can be found under Mass Notification>Wide Area Alert Notification System on the Ready Navy website at www.ready.navy.mil. Click on (or copy and paste into your browser's address bar) the link for the workaround below for your region.

Southeast Region

<https://waansecdap01.nmci.navy.mil/corp/atlaunch.asp?opt=uid&nextUrl=https://waansecdap01.nmci.navy.mil/SelfService/Entry.aspx?uid=%5bUID%5d>.

Community Calendar

First Coast Heart Walk is Sept. 22 at Metropolitan Park. Contact Kelly Johnson at kelly.johnson@heart.org or 256-5721.

Fall Gardening Workshop by Duval County Extension Offices/UF Sept. 27, 10 a.m. - 1 p.m., at Mandarin Garden Club, 2892 Loretto Road. Register at 255-7450 or email: beckyd@coj.net with your name and phone number.

Florida Branch of the Second (Indianhead) Division Association annual reunion is Oct. 12-14 in Titusville, Fla. at Best Western Space Shuttle Inn. For reservations, call the hotel at 321-269-9100 and say you are with the Second Division. For more info, call Donald Calnan at (561) 742-5379 or email: 2ida.mail@charter.net.

NAS Jax Navy Ball is Oct. 13 at the NAS Jax Officers' Club. Call 542-3530 or email steven.david@navy.mil.

World Golf Hall of Fame & Museum, Nov. 9-11, celebrates Veterans Day with free admission for veterans and dependents. All Hall of Fame guests Nov. 9-11 will enjoy a special scavenger hunt highlighting golf's relationship with the military. In addition, active duty military members and dependents receive free admission Nov. 9-30. For more information, go to www.WorldGolfHallofFame.org.

10th annual Greater Jacksonville Veterans Ball, Nov. 19 at the Hyatt Regency

Jacksonville Riverfront. Hosted by Visayas and Mindanao Association. Call Del Papel at 610-2066 or Julieta Wilde at 349-2820.

Military Officers Association of America N.E. Florida Chapter meets the third Wed. of each month. Open to active duty and retirees of all military branches. Contact Johnnie.walsh@gmail.com or call 282-4650.

National Naval Officers Association meets the fourth Thurs. 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.

Association of Aviation Ordnancemen meets the third Thurs. of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit www.aao9.com.

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

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



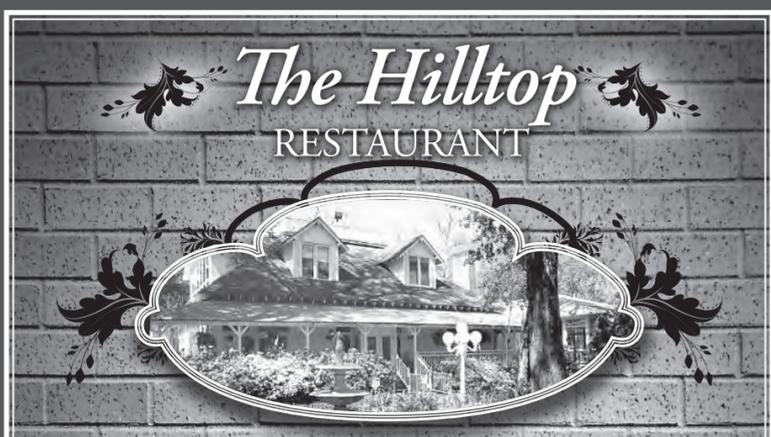
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Saturday, Sept. 29
Mulberry Cove Marina 11-5 p.m.

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For more information call the Mulberry Cove Marina at (904) 542-3260. See the backside of this flyer for Schedule of Events.



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Dutch Chocolate Martini \$8.00

Van Gogh Dutch Chocolate Vodka, Amsterdam Chocolate Liqueur, Crème de Cocoa

Watermelon Cosmopolitan \$8.00

Van Gogh Melon Vodka, Watermelon Schapps & Sour Mix, Sprite

Pomegranate Martini \$8.00

Van Gogh Pomegranate Vodka & Pomegranate Liqueur w/a splash of Pomegranate Juice

Carolina Bluetini \$8.00

Russian Standard Original Vodka, Peach Schapps, Alize Bleu

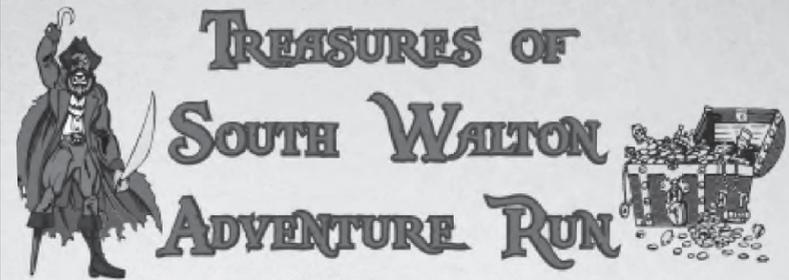


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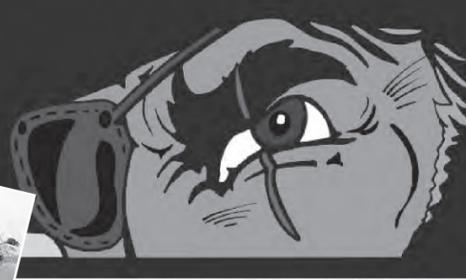
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Friday, Oct. 19th – Masquerade Ball

Saturday, Oct. 20th @ 10:00 AM, Kid's run, vendor/expo set up, and sign in for main event

Sunday, October 21st, 2012 @ 8:00 AM. Main event

Registration Closing Date

Monday, October 1st, 2012 @ 11:59 PM



This 5K run is an obstacle course and pirates will be chasing you for your booty! Every runner will be given 4 golden flags to be worn at the waist. Pirates will be trying to capture the flags.

Be A Pirate

Sign up to be a pirate for a 2 hour shift and you get to do the run at a reduced rate. There will be prizes for the pirate that ends up with the most booty. Limited spaces available!

Saturday Kids Fun Run	\$25.00
Treasures of South Walton Adventure Run	\$55.00
Be A Pirate	\$30.00
Masquerade Ball Tickets.....	\$55.00 ea
3-person team	\$135.00
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Topsail Hill Preserve State Park
 7525 W Scenic Highway 30A Santa Rosa Beach, FL



Photo by Victor Pitts

Discovery Channel films at FRCSE

Herrie ten Cate (left), a film producer with Fetz Films, listens as Adam Davis, an aviation structural mechanic, explains how he will replace a center wing corner fitting on a P-3C Orion aircraft as Michael Ellis, the director of photography, videotapes the exchange in the maintenance hangar at Fleet Readiness Center Southeast on Sept. 14. The Canadian production crew is filming a segment for a series entitled *Mighty Planes* that includes NOAA hurricane hunters for Discovery Channel Canada.

Security deposits and lease terminations

By Lt. j.g. Bradley Meyer, JAGC
Naval Legal Service
Office Southeast

The mobile nature of our military service often leads service members to choose residential leases rather than homeownership.

While renting has certain benefits, such as saving service members from paying appliance or maintenance costs, there is an area of caution when renting.

The most common issue seen at the legal assistance office involves security deposits. Almost every property available for rent requires a tenant to pay a security deposit up front. This usually equals one month's rent, but it can vary depending on the terms of the lease. The primary purpose of this deposit is to cover any damages a tenant may cause to the property during his or her tenancy, but may also cover reasonable cleaning costs if the property is left unclean.

In Florida, when a tenant moves out at the end of his or her lease (or due to termination discussed later), the landlord has 15

days to return the money or 30 days to inform the tenant in writing why part or all of the deposit is being kept.

The tenant may then respond with objections to the charges if warranted. If the landlord and tenant cannot come to agreement, who ever is 'out' the money (usually the tenant, unless the landlord is claiming damages beyond what the security deposit covers) will have to sue in small claims court. If the tenant sues the landlord, a judge will need evidence to determine whether the landlord's claim is legitimate.

So what can tenants do to protect their security deposit? First and foremost, take pictures upon move in and move out. Most renters have probably seen a move-in/move-out checklist. Although the move-in/move-out checklist is important, pictures will do a far better job of proving the condition the property before and after your tenancy. It may feel unnecessary or meticulous at the time of move-in/out to take pictures, but it is the only way of

protecting the hundreds or even thousands of your dollars held by your landlord.

Friendly relationships with the landlord can end when a dispute of the security deposit develops. Please keep all pictures and other documentation of the condition of the premises long after you move out so that you can defend against any claims for damages.

Service members also need to know how to terminate a lease. When a service member PCS moves, he or she (and dependants) are allowed to terminate their lease within 30 days of a written notice. Additionally, service members may terminate a lease if they are deploying from their primary place of duty.

In Florida, service members may also terminate a lease if the member becomes eligible for and moves into base housing. Landlords are not allowed to charge a service member any type of penalty or withhold any amount of the security deposit for termination of a lease for these purposes.

However, all service

members must realize that these rights to terminate leases are not automatic and must be preceded with proper written notice and supporting documentation. Members must contact a Judge Advocate or other counsel for help with the required notices. There may be other valid reasons for terminating a lease in Florida, such as broken utility services, mold, pest infestation, or other conditions which make the property unfit

See LEASES, Page 17



Grand Opening
Celebration
October 4, 3 - 9 p.m.

New family friendly
complex featuring
a full service
restaurant & bar.



Live entertainment
by Cloud Nine
6 - 9 p.m.

Children's Activities
Menu Sampling
Bag Toss Tournament - 6 p.m.
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Free give-a-ways
and more!

GOVERNMENT WARNING:
(1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects.
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Flight line commands test new recycling program

By Clark Pierce
Editor

A new initiative to recycle more aluminum and plastic aboard NAS Jacksonville is underway at HSL-42, HSM-74, VP-30 and VP-45.

"Many sailors bring soda and water containers into their squadron work spaces - so, that's where these new collection sites will be located. Our goal is to make it more convenient to recycle at the squadron level, with one collection box for aluminum and another for plastic," said NAS Jacksonville Environmental Director Kevin Gartland.

Each squadron shop supervisor will work with their hazmat coordinator to transport the reclaimed materials to the recycling center on Birmingham Avenue.

"It will take just a small adjustment of each squadron's mindset when it comes to disposing of a soda can or water bottle. The test phase will be less than 60 days. After we review the test program and work out any kinks, the new containers will be offered to the station's remaining squadrons," said Gartland.

NAS Jacksonville Commanding Officer Capt. Bob Sanders said the program looks promising.

"This will expand our base recycling program as it reduces our solid waste stream - a win-win



Photos by Clark Pierce

AM1 Cheryl Brockhouse, hazmat coordinator at HSL-42, applies labels ("plastic" and "aluminum") to the new recycling containers for the squadron's spaces in NAS Jax Hangar 1122.

situation no matter how you look at it."

Gartland agreed, "We can never be satisfied with where we are. We must always work to raise the bar for environmental achievement."

For information on procuring aluminum and plastic recycling containers for your command, call NAS Jacksonville Hazardous Waste Manager Jane Beason at 542-5251.

(From left) AM1 John Rutten, NAS Jax assistant hazardous waste manager Billie Brownfield, AM2 Christopher Robbins and AM1 Keith Delgado stand by two of the new recycling containers set up in the HSM-70 metalsmith shop on Sept. 13 in Hangar 1122.

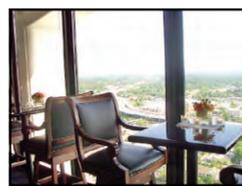


Business Spotlight



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Back to the Basics

Saturday, Oct. 13
Officer's Club (6 p.m. - Midnight)
*Tickets on sale at Base Chapel (542-3051)

Prices:
E1 - E6: \$25
E7 - Above/Civilians: \$35

For more information
Call: 904-558-5275
or 542-2523
Email: steven.david@navy.mil

Military: Service Dress Uniform
Civilian: Formal Attire
*Childcare provided by CDC \$20 per child (7-11 p.m.)

The Navy Ball Committee is a non-federal entity operated and controlled by individuals acting in their private capacity. It is not a part of the U.S. Department of Defense or any of its components and it has no governmental status. The Navy Ball Committee is a recognized private organization in accordance with NASJAXINST 1000.15A.

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 Shoe rental not included

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

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 Complete packages include bowling, shoe rental, kid's meal, cake, balloons and much more!

Fall Bowling Leagues now forming!
 Mixed league - Monday - 7 p.m.
 After-work league - Wednesday - 4:30 p.m.
 Seniors league - Thursday - 9



Photo by Andrea Aribé

Kevin Pangilinan goes in for a layup at the Liberty Center basketball court. Liberty offers a wide variety of activities for single Sailors including trips, Barracks Bash events, game competitions and much more. For more information, call 542-1335.

a.m.
 Mixed league - Thursday - 6:30 p.m.
 Intramural (Captain's Cup) league - Friday - 11:45 a.m.
 Friday night league - 7:30 p.m.
 Rising Stars youth league - Saturday - 10:30 a.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

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

Outdoor Pool Open
 Open Saturday & Sunday 11 a.m. - 6 p.m. until October 1.
 Free for military and DOD civilians, \$3 for guests

I.I.T. Events

Call 542-3318.

The Price is Right
 Times Union Center
 Sept. 25, 7:30 p.m., \$47

Spanish Military Hospital
 Museum in St Augustine
 Adult \$4.50, Child \$3

Victory Casino Cruise in Port Canaveral

Meal/slot play \$25
 Monster Truck Jam
 February 23, 2013
 Preferred seating - \$42, lower level seating \$22

Trapeze High Florida
 Fleming Island
 \$35 per person

Scenic St. Augustine Cruise
 Adult \$11.75, child \$5.50

Wet N Wild Orlando
 Adult \$34, child \$29
 Blast Away Beach is now open!

2012 - 2013 Live Broadway Series
 West Side Story - Dec. 8
 Mary Poppins - Jan. 26
 Billy Elliot - March 2
 Rock of Ages - April 6

Legoland - 1 day \$45.50, 1 day w/water park \$52.75, 2 day \$54.50, 2 day w/water park \$58.75

Jacksonville Jaguar Tickets - \$58.50 sections 146 & 147
 Jaguar game shuttle - \$12

Wild Adventures Theme Park
 1 day \$29.50, 2 day \$40

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

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

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

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

Medieval Times - Free royalty upgrade with dinner reservation

Upcoming ITT Trips:
 Yalaha Country Bakery - Sept. 29

Mt. Dora - Oct. 27
 Lakeridge Winery - Nov. 10

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.

The Price is Right Show
 September 25
 \$10 per person

Dinner & a Movie
 September 26
 7 p.m. at Liberty

Kennedy Space Center Trip
 September 30
 9 a.m.

NAS Jax Golf Club

Golf course info: 542-3249
 Mulligan's info: 542-2936
 Military Appreciation Days
 \$18 per person, includes cart & green fees
 October 9 & 23 for active duty
 September 20, October 11 & 25 for retirees & DoD personnel

September is customer appreciation month
 Monday - Friday play 18 holes for \$18, includes cart and green fees.
 Not valid on holidays. Open to military, DOD and guests

Twilight Special
 Play 18-holes with cart for only \$16 after 2 p.m. every day!

CFC Golf Tournament
 October 25, 12:30 p.m. shotgun start
 \$60 per person

Mulberry Cove Marina

Call 542-3260.

Free Kayak & Canoe Rental
 Every Thursday for active duty

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

September 29, 11 a.m. - 5 p.m.
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Ground School
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 \$500 per person

NAS Jax Sports

Fall Bowling League begins
 Open to NAS Jax active duty, selective reservists, and command DoD personnel and DoD Contractor personnel. Matches play on Friday at 11:45 a.m. at NAS Freedom Lanes. The cost is \$5 for three games of bowling and shoe rental. For more info, call 542-3493.

Fall Softball League forming
 Open to active duty, selective reservists and command DoD personnel. Games play in the evenings on Tuesday and Thursday. Contact the NAS Jax Fitness, Sports and Aquatics Center for the rules and required paperwork.

Men's and Women's Doubles Tennis Tournament - Sept. 24, 5 p.m.

Open to all NAS Jax active duty, selective reservists, and command DoD men and women. Participants earn points for their command toward the Captain's Cup. Separate men's and women's divisions. Matches play at the Guy Ballou Tennis Complex. Sign up at the NAS Jax Fitness, Sports and Aquatics Center by Sept. 21.

Greybeard Basketball League meeting - Oct. 10, 11:30 a.m.

Open to NAS Jax active duty, command DoD, DoD contractors and selective

reservists age 30 and older. Meet at the base gym. Commands whose athletic officer or designated representative attend will receive five captain's cup points. Attend the meeting for rules and required paperwork.

7-on-7 Flag Football League forming
 Open to NAS Jax active duty, command DoD, DoD contractors and selective reservists. Season begins in October on the new artificial turf field. Games play on evenings during the week. Contact base gym for rules and required paperwork.

For more information about any sports, contact Bill Bonser at 542-2930 or e-mail bill.bonser@navy.mil. Visit the MWR Web site at www.cnic.navy.mil or www.facebook.com/nasjaxmwr.

New umpires needed

The River City Umpires Association in Northeast Florida is looking for baseball and softball umpires in Duval, Nassau, St. Johns, Clay, Baker and Bradford Counties.

Men and women interested in officiating can call Terry Padgett at (904) 879-6442 or go to www.rivercityumps.com.

Signature no longer needed for some NEX credit card purchases

By Kristine Sturkie
 Navy Exchange Service Command Public Affairs

The Navy Exchange Service Command (NEXCOM) announced Sept. 10 that NEX customers who make a purchase for \$25 or less using a credit card will no longer need to sign a sales receipt.

This option is available to customers who make a purchase using a Visa, MasterCard, Discover or Military Star Card.

For those customers using an American Express card to pay for purchases, a signature will still be

required.

"This change [makes] it easier and more efficient for customers to complete their NEX purchase," said Richard Dow, Navy Exchange Service Command (NEXCOM) senior vice president, Store Operations.

"We know our customers, often times, run into their NEX to make a small purchase such as a cold beverage, snack or other convenience item, especially in our mini marts. This new procedure will make shopping at your NEX even more convenient."

Customers will still receive a printed receipt for all purchases.

LEASES

From Page 15

to live in. The process for this type of lease termination is also not automatic and requires a seven-day written notice demanding the landlord fix the issues. After seven business days (not counting the day of notice), the tenant follows up with a final written notice of termination, along with returning the keys. The tenant must be moved out by that time.

Again, contact a Judge Advocate or other counsel for assistance with the written notices. There is risk with this procedure, as the landlord may bring a lawsuit against the former tenant claim-

ing that the reason for terminating the lease was not sufficient and that the premises were in adequate condition.

The Naval Legal Service Office Southeast has legal assistance offices at Jacksonville (904-542-2565 ext. 3006), Mayport (904-270-5445 ext. 3017), and Kings Bay (912-573-3935). If you are not close to any of these bases, to find the nearest U.S. Navy legal assistance office closest to you, access the Navy JAG website: http://www.jag.navy.mil/legal_services/nlso_map_global.htm.

This article is not a substitute for individual legal advice. Readers are advised to consult a lawyer to obtain proper advice for any legal issue.



NAS Jacksonville
Navy 237th Birthday 5K Run
Oct. 11, 11:30 a.m.
Perimeter Road/Antenna Farm

Race day registration is from 10:30-11:15 a.m. Pre-registration must be returned to the gym or Fitness Source by Oct. 5.
 Open to all active duty, Reservists, retirees, DoD civilians and family members
 Awards will be given to the top men/women in each age category.
 For more information, call 542-2930/3518.

'War Eagles' race to raise funds in 9/11 Heroes Run

Lt. j.g. Amy Crisp
VP-16

The VP-16 "War Eagles" joined fellow members of the Maritime Patrol and Reconnaissance community along with members of the Jacksonville community to commemorate the late Travis Manion and raise money for the Travis Manion Foundation.

Approximately five hundred people ran in the one-mile family fun run and the five-kilometer race that began at the Veteran's Memorial Wall Sept. 8.

This year marked the second year that Jacksonville has hosted the 9/11 Heroes Run.

"It's really an honor to participate in this run in support of the Travis Manion Foundation. Ultimately, it's a small effort on our part compared to his sacrifice for our country," said VP-16 Executive Officer Cmdr. Bill Pennington.

1st Lt. Travis Manion, originally from Doylestown, Penn., was commissioned in the Marine Corps after attending the United States Naval Academy.

He spent two tours in Iraq before he was killed on April 29, 2007 by sniper fire in Anbar Province,



Photo courtesy of VP-16

Members of VP-16 gather at Veteran's Memorial Wall in downtown Jacksonville before participating in the annual 9/11 Heroes Run on Sept. 15.

Iraq. Manion was posthumously awarded the Silver Star and Bronze Star with Valor.

Lt. Nick Rueda of VP-30, the race director, was a close friend of Manion's at the Naval Academy.

"My son was born the day that Travis died, so I was unable to attend his funeral. Since then I've tried to give back to the Manion family in any way that I can," he

said.

This year the Jacksonville 9/11 Heroes Run raised approximately \$12,000 for the Travis Manion Foundation.

The foundation uses this money to help support families of fallen service members as well as provide youth with scholarships that promote leadership and interest in government service.

Coalition remains resolute despite insider threat

By Jim Garamone
American Forces Press Service

The insider threat will not lessen the coalition's resolve to accomplish its objectives in Afghanistan, Army Gen. Martin Dempsey said today. The chairman of the Joint Chiefs of Staff spoke about the insider threat in Afghanistan during an interview conducted after a visit to Turkey.

"We are absolutely resolute in our commitment to the objectives of our campaign, but ... on the path to achieving those objectives we will make adjustments as we go," he said.

The insider threat attacks on coalition personnel by members of Afghanistan's security forces or people wearing Afghan uniforms is serious, and coalition and NATO leaders are leaving no stone unturned in the efforts to reduce and eliminate the threat, Dempsey said.

The chairman also takes lessons from history. He noted that the British also faced an insider threat when they were in Afghanistan in the 19th century. The threat is part of every war in which outside forces help build indigenous forces, he said.

But building these indigenous forces is the right strategy for Afghanistan, he said.

The roughly 340,000 trained members of the Afghan national security force today will grow to 352,000 shortly. These forces are taking the lead for operations, protecting roughly 75 percent of the Afghan population. At the end of 2014, NATO and coalition forces will end their combat mission and will remain only to train and assist local forces.

Given the size of the Afghan forces, those who turn their weapons on their coalition allies are a small, small number, the chairman pointed out.



DoD photo by D. Myles Cullen

Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, talks with a NATO Chairman of Defense at Sibiu, Romania in 2012. The chiefs discussed insider attacks – where Afghan security forces, or those disguised as security forces, fire on coalition troops.

But the coalition and Afghan government must assess the situation where the attacks take place and find out how to stop the attacks from happening, he added.

"What we need to do is look at these places and understand why there is a greater propensity, and to arm ourselves against it and to continue to encourage our Afghan partners at every level of their leadership to be engaged with us in this," Dempsey said.

It should come as no surprise the coalition and Afghan forces are adapting operations to meet changing threat conditions, Dempsey said, and unrest over the portrayal of Islam in a YouTube video is part of the threat that coalition forces face.

"It's important to note that it is not just the threat condition of the insider threats that we are reacting to, but the heightened tension related to the reaction of the Islamic world to the video," he said.

Training for Afghan forces has

not been cut, the general said. Recruit and unit training continue at the bigger base camps and operating locations, but there have been changes in the way Afghan and coalition units partner.

"I expect that two weeks from now, [Marine Corps Gen. John Allen, commander of coalition forces in Afghanistan] will be looking at the conditions as he confronts them and making other assessments," Dempsey said.

The insider threat is complex and must be seen in context, the chairman said. While the Taliban have infiltrated and conducted some attacks, other killings are not ideological.

The Taliban have been calling for the Afghan security forces to turn against their American partners for years, the chairman said.

Insider attacks have increased this year, he said, and Afghan and coalition officials will work together to understand the root causes of these attacks.

Wounded warriors discuss transitions to new lives

By Lisa Daniel
American Forces Press Service

Caregivers, National Guard, reserve support and sports for the wounded are the top Defense Department priorities for wounded warriors and their families, the deputy assistant secretary of defense for warrior care said Sept. 13, as wounded warriors discussed their experiences with recovery.

John Campbell made the comments after listening to panelists at the annual Warrior-Family Symposium, sponsored by the Military Officers Association of America. The panel included four wounded warriors who spoke about their transitions to a new life after being wounded in battle.

Retired Marine Corps Master Sgt. William Gibson moderated the panel, along with retired Marine Corps Col. Derek Donovan, vice president of the Fisher House Foundation. Gibson was a 35-year-old gunnery sergeant in Iraq in 2006 when he was shot through the knee. His left leg was amputated above the knee, but he started competing in triathlons while recuperating at Brooke Army Medical Center in San Antonio, Texas and has competed in more than a dozen races. In 2008, he went back to Iraq as the first above-the-knee amputee to return to a ground combat area of operations.

Gibson's determination showed up early in his recovery, when he proved he could get himself to the second floor of a Fisher House room – the only one available – rather than stay in the hospital. "I went up and down those stairs for two hours, sweating profusely, just to prove I could do it," he said.

Another panelist, retired Navy Petty Officer Benjamin Host, was with the Seabees in Iraq in 2004 when he suffered severe traumatic brain injury and post-traumatic stress disorder after being in a Humvee convoy accident. Host said he received "exquisite" military medical care that included three brain surgeries and repairing his fractured skull. But, he said, "it's the in-between area where we get a drop-off" meaning a lack of oversight in the recovery process.

Although it took a legal battle, Host said, he was medically retired from the Navy earlier this year.

Campbell and the audience also heard from Dr. Tara Dixon, a trauma and critical-care surgeon who deployed to Iraq as an Army reservist with a forward-deployed unit in 2008 and 2010. Dixon recalled the stress of "routine bombings" on her camp, of treating "the guy I had breakfast with that morning" for critical injuries, and of having to make split-second decisions about whether to amputate a limb or risk transporting a soldier hours away to a Baghdad hospital.

Then there were the abused Iraqi children brought in as decoys for insurgent attacks on the unit and the surprising number of female soldiers who needed treatment for sexual assaults – crimes she was legally bound not to report at the victims' request, she said.

"It messes with your mind a bit," Dixon said of her time in Iraq. She described through tears the toll her service took, which culminated in a suicide attempt six months after her redeployment.

Among the many problems, Dixon said, was returning to a city without a military base and no means of support. "I was very much an outcast, and I felt very much alone," she said.

The panel also included retired Air Force Tech. Sgt. Matthew Slaydon and his wife, Annette. Slaydon was an ordnance disposal technician on his third deployment in Iraq in October 2007 when a roadside bomb exploded in his face. Like Host, Slaydon said he received excellent medical treatment, but struggled after returning home from the hospital. Family members didn't understand the symptoms of post-traumatic stress, he said, and some relationships, including with his mother, ended.

Slaydon, who lost his arm and was blinded by the bomb, said his symptoms worsened after he received a medical retirement from the service. He became paranoid, he said, at noises in his house and would spend his days terrified and sitting with his guns.

Slaydon said he has had a wonderful caregiver in his wife, an Air Force recovery care coordinator. Still, the ongoing stress of recovery and caregiving weighed on the couple, and they separated even though Slaydon said he still loved her, but that he needed to recover on his own.

"There's no handbook that says when you should pull back as a caregiver and give them more independence," Annette Slaydon said. "There is no instruction booklet about how to move forward on this."

Turning to Campbell, and with the preface of an apology, Mrs. Slaydon said, "There are some really big holes that need to be filled either by the government or the private sector or both to give our families a chance."

"It's okay, I need to hear this," replied Campbell, a former bank executive who started MyNetwork. He started the online social network to add meaning to his work. In doing so, he said, "I heard the voice of my mother," who was his caretaker after he was injured twice as a platoon commander in the Vietnam War.

"I've been worried and concerned for a while about caregivers," he said, adding that his office will host a conference early next year about how to help them.

On the Guard and reserves, he said, "They don't have a base, they don't have the community. They're alone and they need our help."

Campbell said he wants to continue to explore the issues that most affect wounded warriors and their families and get them the help they need.

He said he believes in public-private-nonprofit partnerships. "There's this mindset that [the government] can do it all, but it can't," he said.

Select NEXs to open 'mobile centers'

NAS Jax, NS Mayport to open in October

By Kristine Sturkie
Navy Exchange Service Command Public Affairs

Navy Exchange Service Command (NEXCOM) announced Sept. 5, its customers will find purchasing a mobile phone and mobile services easier thanks to its new NEX Mobile Centers.

The centers will offer customers wireless products, accessories and services from a variety of service providers – including AT&T, Boost Mobile, T-Mobile and Verizon Wireless.

"With hot new advanced mobile phones hitting the market every few weeks, customers can now turn to their NEX Mobile Center for great pricing on the latest mobile phones and service plans," said Mary More, Navy Exchange Service Command (NEXCOM) Telecommunications Program Office.

"NEX Mobile Centers will be a one-stop shopping for all mobile phone and mobile phone service plans. NEX customers will find products and services from all the major brands in the mobile phone industry, as well as a highly-trained staff."

The new centers will sell a wide variety of smart phones. Customers will also find mobile phone service plans to meet the needs of their families.

"NEX Mobile Centers have value added in its pricing," said Morse.

"They meet or beat the most competitive pricing in the area. They also offer a standard military discount, so NEX customers can feel at ease when purchasing their mobile phone or mobile service from an NEX Mobile Center."

NEX Mobile Centers offer special programs for the military members, including suspension of service during a deployment and a release from their contract due to an overseas transfer.

It also offers a special order program where if a mobile phone is not in stock, the NEX Mobile Center will mail the phone directly to the customer's house fully ready to use.

NEXs scheduled to receive the NEX Mobile Center in September are: NEX Pearl Harbor, Hawaii; NEX North Island, San Diego, Calif.; NEX Aviation Plaza, Pensacola, Fla.; NEX Great Lakes, Ill., Student Store; and NEX Norfolk, Little Creek and Oceana Va.

NEX Whidbey Island, Wash.; NEX Jacksonville and Mayport, Fla., will have the centers in October.

NEX Bethesda, Md., will receive the NEX Mobile Center in time for its grand opening in November.

NEX Port Hueneme, Lemoore, Calif.; NEX Memphis, Tenn.; NEX New London, Conn.; NEX Everett and Bangor, Wash.; NEX Charleston, S.C.; NEX Kings Bay, Ga.; NEX Gulfport, Miss., and NEX Great Lakes, Ill., Burkey Mall are all scheduled to have NEX Mobile Centers installed in 2013.

DeCA begins rollout of Commissary Rewards Card

By Courtney Rogers
DeCA customer relations specialist

The Defense Commissary Agency is making progress in its rollout of the Commissary Rewards Card that will soon allow customers to access and redeem digital coupons at all of its stores.

Testing began Aug. 8 at the Fort Lee Commissary, Va., eventually moving to 30 stores by the end of the month. DeCA then began a gradual rollout to its commissaries in September, with deployment scheduled to be completed by early fall.

Cards can only be used at commissaries where the card has been deployed. Customers are asked to check with their local commissary to see if the card is available at their store. Stores that are using the cards will be actively passing them out to authorized patrons and will have signs displayed promoting the program. As an

introductory offer, customers who pick up their cards by Oct. 24 will receive preloaded digital coupons on their cards that they can use in the commissary immediately.

"We are very excited about this new initiative," said DeCA Director and CEO Joseph H. Jeu. "These cards will allow our customers to reduce the number of paper coupons they have to clip and carry," he added. "That saves our customers time, effort and money."

The cards, which will only be available at commissaries, are easy to use. Once customers get their cards in the store, they will need to visit DeCA's website to register it and load digital coupons to their account. Once the card is scanned at the register, the coupons will be matched to their purchases and the savings automatically deducted. It's that simple. Customers like retired Army Sgt. 1st Class Kelly Scherer said they are excited

about what the program has to offer.

"I don't coupon enough," said Scherer, the first commissary customer to use the new card at the Fort Lee Commissary. "But now that I have this, I don't have to - I can just load them on the card at home and come shopping."

Customers will have the option of printing off a list of their coupons before making the trip to the commissary to help them keep track of their savings. New offers will typically be posted online every two to three weeks.

As an incentive, customers who register their card by Oct. 24 can enter the 2012 Commissary Rewards Card "Home for the Holidays Sweepstakes" sponsored by Dr Pepper-7UP for a chance to win round-trip airline tickets for four to anywhere in the states, lodging in a hotel room that accommodates four for six

days and five nights, and \$1,000 spending money. The sweepstakes entry form will appear at the end of the registration process online.

Digital coupons, just like their paper counterparts, have expiration dates and other terms and conditions that must be followed for redemption. However, digital coupons will not be accepted for up to six months after expiration overseas, as paper coupons are. That's because the coupons are distributed digitally and are instantly available to all customers worldwide, so overseas customers won't need extra time to use the coupons. Once a coupon expires, it will disappear from the customer's account.

Also, DeCA's coupon policy limits coupons to one per purchase, so these digital coupons cannot be combined with manufacturer coupons, including paper coupons and military or

commissary coupons.

Future enhancements to the card are expected to enable DeCA's industry partners to target savings based on the customer's specific usage, alert patrons to available sales promotions at their local stores and reward consistent shoppers with specific incentives.

"Digital couponing is the first of many innovative programs that are part of our Commissary 2020 vision to deliver a 21st century benefit," Jeu said. "We are always working with our industry partners to negotiate the lowest possible prices and identify new ways for our customers to save even more."

For more information on this card, please visit www.commissaries.com/faq and click "Commissary Rewards Card." Assistance is also available through the customer service hotline at 855-829-6219 or through e-mail at commissary-support@inmar.com.

Improve your life skills with free knowledge

From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues. All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration.

• Ombudsman Basic Training - Nov. 13-16 (5:30-10 p.m.)

• Transition Assistance Program (TAP) Separation Workshop - Oct. 15-19, Nov. 5-9, Dec. 3-7.

• Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m.-4:15 p.m.) - Sept. 24-28, Oct. 22-26, Nov. 26-30, Dec. 17-21.

• Federal Employment Workshop (9 a.m.-noon) - Oct. 12, Nov. 14.

• Job Search & Interview Techniques Workshop (8-9:30 a.m.) - Nov. 19.

• Resumes & Cover Letters Workshop (9:40 a.m.-noon) - Nov. 19.

• Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) - Nov. 20-21.

• Command Financial Specialist Training - (7:30 a.m.-4 p.m.) - Dec. 10-14.

• Money, Debt & Credit Management Workshop (8-11 a.m.) - Oct. 3.

• Strategies for Best Deals in Car Buying (9-10:30 a.m.) - Nov. 13.

• PCS Sponsor Training (1:30-3 p.m.) - Oct. 2, Dec. 4.

• PCS Smooth Move Workshop (1:30-4 p.m.) - Nov. 11, Nov. 13.

• Military Spouse 101 Workshop - Nov. 17 (10 a.m.-noon).

• What About the Kids (9-11 a.m.) - Oct. 15, Nov. 19, Dec. 10.

• Stress Management 101 Workshop (9-10 a.m.) - Oct. 3, Nov. 7, Dec. 5.

• Anger Management Workshop (8 a.m.-noon) - Oct. 16, Nov. 20, Dec. 18.

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



Halloween Horror Nights

ITT Vendor Day - Oct. 5, 10 a.m. - 2 p.m.

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For more information call ITT at (904) 542-3318

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Stress Navigation Plans help Sailors get control

From Navy Personnel Command Public Affairs

To assist Sailors, families and the Navy community with getting ahead of stress and fostering readiness before a crisis occurs, Navy Suicide Prevention and Operational Stress Control Programs, Navy Behavioral Health, have introduced "Stress Navigation Plans."

Sometimes finding a way to de-stress can be stressful itself if we don't know what to do or where to go. Readiness doesn't begin at the time of a crisis. Readiness starts by having the tools to help us respond to unforeseen circumstances swiftly and with clarity and knowing where those tools are, according to Capt. Kurt Scott, director, Navy Behavioral Health Program.

"We can't always plan for life's challenges," said Scott. "But we can be ready for the stress from these challenges by identifying our resources and practices for navigating these challenges while we're still healthy."

By personalizing a stress navigation plan, you'll know where your 'life jackets' are in case of an emergency. It only took me fifteen minutes, and I've got my stress plan here in my office for quick access."

Stress is a part of everyday life, especially in the Navy, according to Scott. Having a plan ahead of time will help

stop stress issues from becoming stress problems.

Stress navigation plans are simple templates that can be personalized with practices for navigating stress while we're still emotionally healthy, which be a life-saving drill if a crisis arises.

The template is available on Navy Personnel Command web site and includes fields to personalize with names, contact numbers and personal practices for dealing with a variety of challenges in life, from work stress to relationship issues.

Taking a moment to personalize a Stress Navigation Plan now may have a significant impact later by helping to prevent future obstacles from compounding and leading to negative stress reactions.

According to instructions on the Suicide Prevention website, Stress Navigation Plans do not have to be shared or revealed to anyone, but should be in a readily accessible place for personal use in times of crisis.

Anyone can use a Stress Navigation Plan. Encourage your shipmates, peers, family and community members to personalize theirs and take the stress out of navigating stress. Life counts!

To access the stress navigation plan template, visit http://www.public.navy.mil/bupers-npc/support/suicide_prevention/HowToHelp/Documents/Stress%20Navigation%20Plan.pdf.

NMCRS Volunteer Spotlight Meet Daniela Hines

From NMCRS

Daniela Hines is one of the newest volunteers at the NAS Jacksonville Navy and Marine Corps Relief Society.

For the past six months, she has served as a Budget for Baby counselor and most recently as a caseworker and client service associate. Hines provides active duty service members and their families with financial counseling and assistance.

Born in Arizona, her family moved to Brazil when she was three months old.

She lived there until she was 16 when she returned to the United



Daniela Hines

States as a Rotary exchange student. She went on to attend the University of Mississippi, majoring in International Studies.

After meeting her husband Marc, Hines switched gears and

decided to focus on teaching. She earned her Master's Degree in 2006 in Secondary Education from the University of West Florida.

In her free time, Daniela enjoys spending time with her husband and their two sons. She also enjoys cooking, biking and yoga. When she is looking for calm or inspiration, she heads out to spend some time on the beach.

Want to learn more about volunteer opportunities at NMCRS? Please contact NMCRS Chairman of Volunteers Amanda O'Connell at 542-3515 or mandivoc@gmail.com.

Jacksonville Jaguars tickets available at USO

From the USO

The NAS Jax, NS Mayport and NSB Kings Bay USO offices are now selling tickets to all Jacksonville Jaguars home games. All tickets are located in the 200 Section, lower area in the north end zone.

Sept. 30, 4:05 p.m. - Jags vs. Cincinnati Bengals (Tickets on sale Sept. 17)

Oct. 7, 4:05 p.m. - Jags vs. Chicago Bears (Tickets on sale Sept. 24)

Nov. 4, 1 p.m. - Jags vs. Detroit Lions (Tickets on sale Oct. 22)

Nov. 8, 8:20 p.m. - Jags vs. Indianapolis Colts (Tickets on sale Oct. 29)

Nov. 25, 1 p.m. - Jags vs. Tennessee Titans (Tickets on sale Nov. 12)

Dec. 9, 1 p.m. - Jags vs. New York Jets (Tickets on sale Nov. 26)

Dec. 23, 1 p.m. - Jags vs. New England Patriots (Tickets on sale Dec. 10)

Jaguars ticket sales will begin at noon per the above schedule. Tickets are first come, first served. Price is \$15 per ticket (cash only). All active duty members including Florida National Guard, Reservists on active duty orders and family members are eligible to purchase/use these tickets.

Retirees and Veterans/DoD employ-

ees are eligible to purchase tickets for New York Giants and Atlanta Falcons games.

Military personnel with authorized dependents may buy a maximum of four tickets if member and dependents equal four. If you have less than four, you may only purchase total for family. Spouses may purchase tickets for military personnel, but under no circumstances are dependent children authorized to represent the service member/spouse to purchase tickets. Larger families desiring to purchase in excess of four tickets must be approved by the USO Center director.

Single service members may purchase a maximum of two tickets, one for their use and one for a guest. No exceptions.

For deployable commands, a request for a "block of game day tickets" may be requested by CO/XO/CMC only to the executive director. These blocks may be approved for commands either deploying or returning during the season. Requests, with justification, must be sent to John Shockley at jshockley@usojax.com.

If anyone is caught purchasing excess tickets or reselling tickets he/she will be prohibited from buying any more tickets for the entire season.



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6315 San Juan Ave., Jax
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890 Blanding & Ridgecrest,
Orange Park
1201 Blanding & Tanglewood,
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- FCE - Shell (Daily's)**
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4225 Roosevelt Blvd., Jax
- Fina Express Mart**
201 Orange Ave, Green Cove Spr
- First Coast Deli & Grill**
6082 St Augustine Rd., Jax
- Fred's**
1435 S. Orange (17), Green Cove Spr
- Gate**
5617 Bowden Rd., Jax
4120 Belfort Rd., Jax
3230 Emerson St., Jax
3938 Hendricks Ave., Jax
4259 Southside Blvd., Jax
8251 Southside Blvd., Jax
9144 Baymeadows Rd., Jax
9540 San Jose Blvd., Jax
10455 Old St Augustine Rd., Jax
11461 Old St Augustine Rd., Jax
12705 Durbin Lk Dr (I-95&Old St. Aug),
Jax
- 12548 San Jose Blvd., Jax
1605 Racetrack Rd. Jax
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5000-60 Hwy 17 & CR-220,
Orange Park
277 Blanding Blvd., Orange Park
5480 Collins Rd., Jax
8020 Collins Rd., Jax
7023 103rd St., Jax
4511 San Juan Ave., Jax
640 Stockton St., Jax
7924 Devoe St., Jax
511 Bulls Bay Hwy, Jax
1900 Mizell Rd., St. Aug
2350 SR-16, St. Aug
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Roosevelt, Jax
- Krystal**
Roosevelt, Jax
- Comfort Inn**
Park Ave., Orange Park
- Cecil Pines**
6008 Lake Cove Ave., Jax
- VyStar**
7795 Blanding Blvd., Orange Park
- VFW**
187 Arora Blvd., Orange Park
- Business Park**
Park Ave., Orange Park
- Yellow Water Mini-Mart**
Bldg. 3073, Jax
- Cecil Pines Adult Community**
6008 Lake Love, Jax
- American Legion**
5443 San Juan Ave., Jax
- Fleet Reserve**
5391 Collins Rd., Jax
- Wesconnett Library**
103rd St., Jax

Know Your Navy Aircraft

EP-3E (Aries II) Signals Intelligence (SIGINT) reconnaissance aircraft

From Navy Fact File

The EP-3E (Aries II) Signals Intelligence (SIGINT) reconnaissance aircraft is a four-engine turboprop signals intelligence reconnaissance aircraft, based on the P-3 Orion airframe.

The EP-3E ARIES II (Airborne Reconnaissance Integrated Electronic System II) is the Navy's only land-based SIGINT reconnaissance aircraft. The 11 EP-3E aircraft in the Navy's inventory provide fleet and theater commanders worldwide with near real-time tactical SIGINT. With sensitive receivers and high-gain dish antennas, the EP-3E exploits a wide range of electronic emissions from deep within targeted territory.

It is capable of a 12-hour endurance and a range of more than 3,000 nautical miles. The normal crew complement is 7 officers and 17 enlisted aircrew.

During the 1990s, 12 P-3Cs were converted to EP3-E ARIES II to replace older versions of the aircraft. The original ARIES I aircraft were converted in the late 1960s and early 1970s. The last EP-3E ARIES II aircraft was delivered in 1997. EP-3Es were heavily engaged in reconnaissance in support of NATO forces in Bosnia, joint forces in Korea and in Operation Southern Watch, Northern Watch, and Allied Force.



Photo by Clark Pierce

An EP-3A (Aries II) is parked on the tarmac at NAS Jacksonville near Hangar 511. Adm. Jonathan Greenert said the navy's ageing EP-3 Aries and special projects aircraft will be retired by 2020.

DoD: families, friends need to recognize signs of suicide

By Karen Parrish

American Forces Press Service

September, National Suicide Prevention and Awareness Month, is a reminder to everyone in the military community to watch out for each other, a senior defense official said.

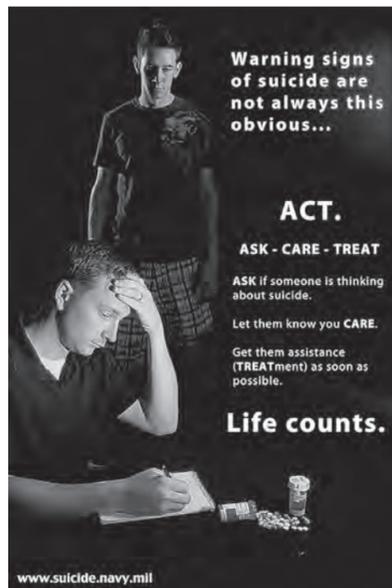
Jacqueline Garrick, acting director of the Defense Suicide Prevention Office, told the Pentagon Channel and American Forces Press Service the Defense Department's theme for the month's observance, "Stand By Them," is a prompt to get involved when a friend or loved one seems distressed.

Defense Secretary Leon Panetta, she noted, has been adamant about encouraging people to seek help, and in stressing leaders' responsibility to ensure their people get the counseling they need.

"I think the first key factor is to understand the signs and symptoms of suicide, and not to be afraid to ask the question," she said. "It's a myth that if you ask somebody, 'Are you feeling suicidal?' that you'll put a thought in their head. And that's just not going to happen. If somebody's really in distress . . . the first thing we want people to know to do is ask the questions, 'Do you feel like you could hurt yourself,' 'Do you have a plan?,' and 'How can I help?'"

Garrick said relationship issues, legal or financial problems often are factors in the lives of people at risk for suicide. Anyone suspecting possible suicidal impulses in a friend, co-worker or loved one also should be sensitive to changes in moods or behavior patterns, she added.

Excessive risk-taking, substance



abuse, giving away possessions and changes in life insurance arrangements are all possible indicators someone may be considering suicide, she said.

"Be mindful of those kinds of things," she advised. Garrick added that mood changes in both directions can indicate a person is considering suicide.

"Sometimes it's a euphoria, or it's a depression," she said. "So just be mindful. And leadership needs to know . . . what their service members are like, so that they can know when there have been those changes."

Garrick said she encourages military family members concerned about a loved one's state of mind to contact commands, chaplains' offices, community services, or any other means of help they can reach.

"One of the key features that we're

working on right now is with the Department of Veterans Affairs," she said.

"For several years, they have been working on the Veteran's Crisis Line, and we have been working with them to rebrand [it] as the Military Crisis Line so that our men and women in uniform know that the Military Crisis Line - the '1-800-273-TALK(8255) number, press 1 if you're military' - is for them as well."

The Military Crisis Line is an overarching and confidential resource - "one number to call when you're experiencing any kind of crisis, any kind of suicidal ideation, any thoughts, feelings . . . that you're not sure how to deal with," Garrick said.

The crisis line also has an online chat option at <http://www.militarycrisisline.net>, and a text component reachable by smartphone at 838255, she explained.

"You can access assistance any way, any time of the day, from anywhere in the world," Garrick said, adding other options are in place or in development for troops overseas.

Any of the various means of approach to the crisis line will put military members or their families in contact with a VA mental health provider, she said. Garrick noted family members often are the first to notice a loved one's struggles, and she encourages them, as well, to reach out through the crisis line.

"We know that family members are usually the first ones to see if somebody has had any changes in mood, personality and activity," Garrick said. "They're the ones that need to hear the message first."

"We want to give them a way to get

involved," she continued. "If they call the crisis line, family members can be supported as well - for their service member, and for their own issues."

Garrick acknowledged there is a common belief among military members that seeking help for mental health issues can damage their careers.

"Not seeking help is going to harm your career even more," she said. "So even if you have to take a medication, or you can't deploy, or you have to go for further testing, . . . there are benefits to treatment. Treatment works."

Mental health support "that we know works" is available across the services through military treatment facilities, community mental health services and chaplains' offices, Garrick said.

"That will benefit your career in the long run," she added. "And it will benefit your life in the long run, because this isn't just about your military career - it's about your family well-being, it's about your safety, and it's about what your long-term plan is for your future."

Someone who calls the crisis line, Garrick said, "can expect to talk to somebody who is compassionate and competent. These are all trained clinicians [and] providers that are on the other end of the line."

Military crisis line responders understand military culture, and many are themselves veterans, she said.

"The VA works very closely with this department to make sure that our service members are being cared for properly," she said.

"So they can expect to get the best possible assistance and competent care."

USS Fort Worth departs Mayport for commissioning

From Program Executive Office for Littoral Combat Ships Public Affairs

The Navy's newest Littoral Combat Ship, USS Fort Worth (LCS 3), sailed from Naval Station Mayport Sept. 13, beginning the final leg of its maiden voyage to its commissioning site in Galveston, Texas.

Fort Worth is the third LCS delivered to the Navy - and the second of the steel, semi-planing mono-hull Freedom variant. It will be commissioned Sept. 22.

During its two-week stay at NS Mayport, the ship underwent a scheduled preventive maintenance availability and conducted initial Combat Support Systems Onboard Testing, and TRS-3D RADAR Electronic Target Generator Testing in support of the Combat System Ship Qualification Test that will take place later this year after the ship arrives in its homeport of San Diego.

The ship departed the Marinette Marine Corp. shipyard in Marinette, Wis., Aug. 6, sailing through the Great Lakes and St. Lawrence Seaway, before eventually making her way down the East Coast of the United States.

The trip through the Seaway was particularly complex, as the ship transited 11 narrow locks that were, in many cases, only a few feet wider than the ship itself - a feat few Navy vessels ever get the opportunity to experience.

"Fort Worth completed a challenging transit, and I'm impressed with how well she handled," said



U.S. Navy photo

The littoral combat ship Pre-Commissioning Unit (PCU) Fort Worth (LCS 3) departs Marinette Marine Corp. shipyard in Marinette, Wis., on a shakedown cruise that included a port call at Naval Station Mayport. Fort Worth is scheduled to be commissioned on Sept. 22 in Galveston, Texas.

Rear Adm. James Murdoch, program executive officer for Littoral Combat Ships. "Both the ship and crew performed superbly."

LCS 3 has incorporated a number of design changes based on lessons learned from the first ship of class, USS Freedom (LCS 1). These changes are now part of the baseline design and will be incorporated into future ships of the class prior to construction.

LCS is a high-speed, agile, shallow-draft, focused-mission surface combatant designed for operation in near-shore environments yet fully capable of open-ocean operation. Fort Worth is designed to defeat asymmetric "anti-

access" threats such as mines, quiet diesel submarines and fast surface craft.

The 387-foot Fort Worth will be outfitted with reconfigurable payloads, called mission packages, which can be changed quickly, and focus on three mission areas: mine countermeasures, surface warfare and anti-submarine warfare.

In addition to the three focused warfare missions it will conduct, the Littoral Combat Ship's inherent capabilities and suitability to conduct lower-end missions will free up our more expensive, multi-mission cruisers and destroyers to conduct higher-end missions.

UNITAS Atlantic phase kicks off in Key West

From U.S. Naval Forces Southern Command and U.S. 4th Fleet Public Affairs

Naval forces from Brazil, Canada, Colombia, Dominican Republic, Mexico, the United Kingdom and the United States kicked off the Atlantic Phase of UNITAS, an annual multi-national exercise, in Key West, Sept. 17 hosted by Commander, U.S. Fourth Fleet.

Thirteen warships will conduct operations in the Western Caribbean through, Sept. 28.

UNITAS is designed to train participating forces in a variety of maritime scenarios to test command and control of forces at sea, while operating as a multinational force to provide the maximum opportunity to improve interoperability.

Observers from France, Jamaica, Panama and Peru are also participating this year.

UNITAS develops and sustains relationships to improve the capacity of our partners' maritime forces. This annual exercise fosters friendly, mutual cooperation and understanding between participating navies.

"While the overarching goal of the exercise is to develop and test command and control of forces at sea, training in this exercise will address the spectrum of maritime operations," Commander U.S. Fourth Fleet, Rear Adm. Sinclair Harris said. "Specifically, there will be high end warfare scenarios addressing Electronic Warfare, Anti-Air Warfare and Air Defense, Anti-Submarine Warfare, Anti-Surface Warfare, and Maritime Interdiction Operations," he said.

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) supports USSOUTHCOM joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

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LA-Z-BOY mauve, like new, \$150obo. Counter Chairs 25" sea foam, \$50- Leather, nice. Bob 904-599-6039

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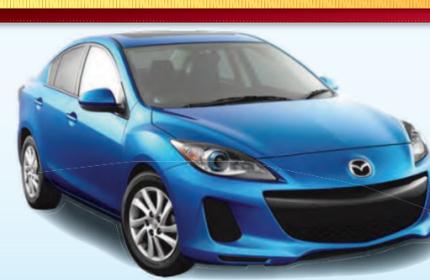
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