

## Northeast Florida celebrates 'Week of Valor'

By MC3 Dylan Miles  
Navy Public Affairs Support  
Element Detachment Southeast

The multipurpose amphibious assault ship USS Bataan (LHD 5) arrived at Naval Station Mayport Nov. 2 to support the "Week of Valor" sponsored by the City of Jacksonville. The weeklong event honors service members, both veterans and active duty, for their service to the nation.

Sailors and Marines from throughout Northeast Florida and Southeast Georgia have the opportunity to attend a variety of functions, including a free concert, an NFL football game, an NCAA basketball game on board Bataan, and the downtown Veterans Day parade on the last day of the event.

"I think this week will be a good morale booster for the crew," said Lt. Jennifer Bouchard, Bataan's assistant first lieutenant. "Preparing to show off our ship to our guests builds camaraderie."

During the port visit, Bataan will host a National Collegiate Athletic Association (NCAA) basketball game on the ship's flight deck. Crew members will have an opportunity to meet the University of Florida Gators and the Georgetown University Hoyas who are scheduled to play Nov. 9.

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Photo by MC3(SW/AW) Desiree Green

From left, City of Jacksonville Veterans and Disabled Services Representative Victor Guillory; Jacksonville Mayor Alvin Brown; USS Bataan (LHD 5) Commanding Officer Capt. Erik Ross; Commander, Navy Region Southeast Rear. Adm. Jack Scorby Jr. and Naval Station Mayport Commanding Officer Capt. Douglas Cochran, chat before attending the Nov. 2 press conference following the arrival of Bataan at Mayport. The ship is a centerpiece of city's "Week of Valor" celebration and will host the Navy-Marine Corps Classic, an NCAA basketball game between the University of Florida and Georgetown University. The game honors veterans, active and reserve service members, and military families.

## Individual Augmentees recognized at NAS Jax

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

NAS Jacksonville and the Northeast Florida Navy League Council hosted their 10th bi-annual Individual Augmentee (IA) Appreciation luncheon Nov. 1 at the NAS Jax Officers' Club. Fifty-eight IAs from the base and tenant commands and several spouses were recognized at the event. The event was sponsored by the Northeast Florida Navy League, Rotary Club of Orange Park and Rotary of Orange Park Sunrise.

The luncheon kicked off with the singing of the national anthem by MU2 Laura Carey of Navy Band Southeast and the invocation by NAS Jax Chaplain Lt. Hylanie Chan-Williams. Music was provided by Navy Band Southeast.

As awardees and command representatives enjoyed their lunch, NAS Jax Commanding Officer Capt. Bob Sanders welcomed and thanked the IAs for their dedicated service before introducing U.S. Congressman Ander Crenshaw as the guest speaker.

"I want to thank you all not just your commitment to

the Navy, but you've demonstrated tremendous commitment to our country. As a member of the U.S. House of Representatives Committee on Appropriations, I occasionally travel to some of those places where you have served such as Afghanistan, Iraq and Guantanamo Bay, Cuba to ensure that we are taking care of our troops," said Crenshaw.

Crenshaw continued, "I remember my first trip to Iraq in the middle of August and it was about 110 degrees. I think I had the best ice tea I've ever had. My trip was nothing like what you've experienced on your IA tours. But I want you to know as you step up from your comfort zones and go there on your own, working in a different job for a different service, we realize how difficult that is. So thank you!"

"As I look around here, I see a lot of family members. And, I realize that just like Individual Augmentees deploying alone without the support of a squadron or ship, many of your spouses might not have the support from other military spouses. So for those of you who stayed home and took care

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Photo By Kaylee LaRocque

Navy League Florida Region President Bill Dudley (left) and U.S. Congressman Ander Crenshaw (right) thank ADC(AW/SW) Sandra Lay of VP-30 for her outstanding service as an Individual Augmentee (IA) during the IA Luncheon on Nov. 1.

## President proclaims November 'Military Family Month'

American Forces Press Service

"In our military families, we see the best our country has to offer. They demonstrate the virtues that have made America great for more than two centuries and the values that will preserve our greatness for centuries to come," President Barack Obama said in his proclamation issued Nov. 1 declaring the month of November as Military Family Month.

The proclamation reads:

"Since our nation's earliest days, courageous men and women of all backgrounds and beliefs have banded together to fight for the freedoms we cherish. Behind each

President Barack Obama shakes hands with enthusiastic Sailors and Marines after delivering his remarks on Oct. 26, 2009, during his visit to NAS Jacksonville.



File Photo

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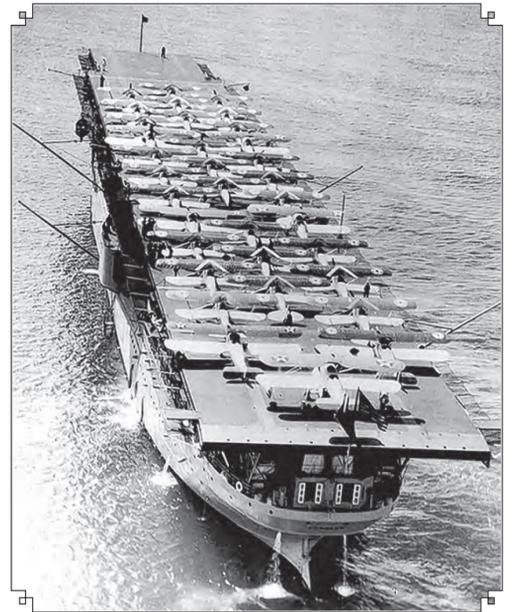


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U.S. Navy Photos

The Sullivan Brothers on board USS Juneau (CL-52) at the time of her commissioning ceremonies at the New York Navy Yard, Feb. 14, 1942. All were lost with the ship following the Nov. 13, 1942 Naval Battle of Guadalcanal. The brothers (from left) were: Joseph, Francis, Albert, Madison and George Sullivan.



USS Langley (CV-1), the Navy's first aircraft carrier, was converted from the collier USS Jupiter. In November 1922, the 11,500-ton vessel catapulted and recovered her first aircraft during initial operations in the Atlantic. Transferred to the Pacific in 1924, Langley was the platform from which naval aviators, guided by Capt. Joseph Reeves, developed the carrier operations and tactics that were essential to victory in World War II. Though larger and faster aircraft carriers arrived in the fleet in the later 1920s, the old "Covered Wagon" remained an operational carrier until October 1936, when she was converted to a seaplane tender. When the Pacific War began in 1941, she supported seaplane patrols and provided aircraft transportation services. On Feb. 27, 1942, Langley was attacked by Japanese aircraft and disabled, forcing her to be scuttled by her escorting destroyers.

## This Week in Navy History

### From Staff

#### Nov. 8

1861 - Capt. Charles Wilkes seizes two Confederate diplomats from the British steamer Trent, causing an international controversy with Great Britain (known as the Trent Affair).

1942 - Operation Torch (Allied landings in French Northwest Africa). American forces land at Casablanca. French naval forces attack U.S. Navy ships and 13 French ships are sunk without a loss to the U.S.

1956 - Navy Stratolab balloon (Lt. Cmdrs. Malcolm Ross and M. Lee Lewis) better world height record soaring to 76,000 feet over Black Hills, S.D., on flight to gather meteorological, cosmic ray and other scientific data.

#### Nov. 9

1921 - USS Olympia arrives at the Washington Navy Yard from France carrying the body of the Unknown Soldier for internment at Arlington National Cemetery.

1950 - Task Force 77 makes first attack on the Yalu River bridges. In first engagement between MIG-15 and F9F jets (USS Philippine Sea), Lt. Cmdr. William Amen (VF-111) shoots down a MIG and becomes first Navy pilot to down a jet aircraft.

#### Nov. 10

1775 - Congress votes to raise two battalions of Continental Marines, establishing the U.S. Marine Corps.

1941 - U.S. escorted convoy WS 12, carrying 20,000 British troops to Singapore, sails from Halifax, Nova

Scotia.

#### Nov. 11

1870 - Navy expedition to explore the Isthmus of Tehuantepec, southern Mexico, commanded by Capt. Robert Shufeldt, enters the Coatzacoalcos River to begin a survey for possible inter-oceanic canal. Support provided by USS Kansas and USS Mayflower.

1918 - Armistice ends World War I.

1920 - Lenah Higbee becomes the first woman to be awarded the Navy Cross. It was awarded for her World War I service.

1921 - Washington Naval Conference begins.

1943 - Two Carrier Task Forces strike Japanese shipping at Rabaul, sinking one carrier and damaging other ships. Raid was first use of SB2C Curtiss Helldivers in combat.

1954 - Nov. 11 designated as Veterans Day to honor veterans of all U.S. wars.

1966 - Launch of Gemini 12, with Cmdr. James Lovell Jr., as command Pilot. Mission lasted three days, 22 hours and 34 minutes. Included 59 orbits at an altitude of 162.7 nautical miles. Recovery by HS-11 helicopter from USS Wasp (CVS-18).

1981 - Commissioning of first Trident-class nuclear powered fleet ballistic missile submarine, USS Ohio (SSBN-726).

#### Nov. 12

1912 - Lt. Theodore Ellyson makes first successful launching of an airplane (A-3) by catapult at the Washington Navy Yard.

1940 - CNO Admiral Stark submits memorandum to

Secretary of the Navy on four plans if U.S. enters war. He favors the fourth one, Plan Dog, calling for strong offensive in the Atlantic and defense in the Pacific.

1942 - First day of the three days of fighting in the Naval Battle of Guadalcanal.

1943 - President Franklin D. Roosevelt embarks on USS Iowa (BB-61) to travel to the Allied conferences at Teheran, Iran and Cairo, Egypt.

#### Nov. 13

1776 - Capt. John Paul Jones sailing Alfred, along with brig Providence, captures British transport Mellish, carrying winter uniforms that were later used by Washington's troops.

1942 - Loss of USS Juneau (CL-52) during Battle of Guadalcanal results in loss of Five Sullivan Brothers.

1943 - Fifth Fleet carriers begin long range night bombing attacks on Japanese positions in Gilberts and Marshalls in preparation for landings.

1957 - First firing of Regulus II bombardment missile.

#### Nov. 14

1846 - Naval forces capture Tampico, Mexico.

1910 - Civilian Eugene Ely pilots first aircraft to take-off from a ship, USS Birmingham (CL-2) at Hampton Roads, Va. He lands safely on Willoughby Spit, Norfolk, Va.

1941 - Order to withdraw Marines from Shanghai, Peiping, and Tientsin, China.

# Cavities are an unspeakable part of childhood, parenting

By Sarah Smiley  
Special Contributor

## From The Homefront

Today I'm sharing with you something that I'd rather not. If you thought I was a bad parent because my boys watch SpongeBob and ride their bikes in the street, wait until you read this:

Two of my children have cavities. The third one probably does, too, but so far, he hasn't cooperated for x-rays.

There, I've said it.

Mothers don't like to talk about cavities because we view them as evidence of what we perceive to be bad parenting. How could we let those precious little baby teeth decay? Even the sound of the word "decay" makes us shudder.

Decay? Decay? My child's mouth has decay?

We've sheltered our children from so many things, made them wash their hands before dinner, and now they have decay — in their mouths.

Every time one of my boys gets a cavity, I feel like I'm the only mom who's let this happen. The dentist assures me I'm wrong. Dental caries are the most common chronic infectious disease of childhood. Plus, he says, "Cavities aren't something moms talk about at school pick-up."

He's right. We don't ask about cavities (as in, "Are your children's mouths decaying?") because we are afraid of

the answer: "Cavities? What? No way! Not my kids."

A mother who asks another mother about cavities might as well announce that she lets her kids eat pizza twice a week and frozen waffles for breakfast. (Done and done.)

The truth is that no matter how many times you brush your children's teeth, or floss them more than just "when we remember," you still might see the D-word (decay) on your child's chart. Sometimes, genetics simply aren't on our side.

Except, neither my husband nor I have ever had cavities. So that pretty much eliminates genes from my arsenal of defenses.

My husband had horribly misaligned teeth growing up. When we were in elementary school together, his front teeth stuck out parallel to the floor. They were huge like horse teeth. He couldn't get his lips around them. And he would spend the next seven years of his life in head gear and braces.

But he didn't have cavities.

I had braces, retainers and this deceptively small, exquisitely painful bar — a palate expander — in the top

of my mouth. My teeth had to be filed down and my frenulum snipped.

But I didn't have cavities.

The most recent cavity appeared in our youngest son's molar. I sent him back to the dentist for what I thought would be an ordinary filling, just like all those other times. Instead, he returned to the waiting room an hour later with a silver cap on his molar. Apparently the cavity was so big, a filling would have cracked the baby tooth.

What came out of my mouth when I saw him was, "Oh, Honey, how do you feel?" What went through my mind, however, can't be printed here. There's no hiding a shiny, silver cap, even if it is in the back on a molar. While the doctor had my son on the nitrous oxide, he should have gone ahead and tattooed "Mom lets me drink juice" on his forehead, too. The silver tooth is like a dagger in my heart.

But that's just me. My son loves his new tooth, especially because his older brothers are fraught with jealousy. "I want one," they said. "Why did I get a plain filling?"

This proves, once again, that my three sons will fight over anything.

The dentist tells me I did the best I could. Sometimes, these things happen. My son isn't broken and his teeth will be fine.

"Can't you just pull the tooth out?" I asked, eager to be rid of the silver blemish on my parenting.

"No," the dentist said. Extracting the tooth, while eliminating my guilt, would create problems for my son's permanent teeth. The silver cap "holds a place" for the grownup tooth below.

So I put on my big-girl Mommy pants and accepted it. Because parenting involves getting over ourselves and our guilt for the sake of our child's future. A silver cap today means healthy teeth for the rest of my son's life. In theory, at least.

As I finished my conversation with the dentist, he smiled and said, "Remember, when a silver tooth falls out, the tooth fairy brings \$50."

That's when I realized: I feel guilty — but not that guilty.

### CORRECTION

Due to a reporter's error, the "Restaurant Impossible" article contained incorrect information. The photo caption of CS2 Foxworth and CS2 Graciano should read, "both with Naval Hospital Jacksonville."

The photo caption of CS2 Varweshi Eldridge should read, "with Naval Hospital Jacksonville."



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# CO hosts RECP town hall, next meeting set for today

By Clark Pierce  
Editor

In support of the Navy's Resident Energy Conservation Program (RECP), NAS Jax Commanding Officer Capt. Bob Sanders hosted a resident utility meeting Oct. 31 at All Saints Chapel, where he discussed a new plan to reduce base housing energy consumption.

"This is a top priority of our CNO, Adm. Jonathan Greenert, who supports building a culture of conservation within privatized housing. The goal of RECP is to increase resident awareness of their energy usage and encourage conservation habits in the home," said Sanders.

He added, "By working with our privatized housing partner, Balfour Beatty Communities, residents will learn how to reduce electricity use without sacrificing comfort.

"This is important to the Defense Department, when you consider it spends more than \$4 billion annually on energy costs. They also found that when base housing residents are responsible for the cost of energy they consume - they quickly develop smarter energy habits. And with RECP, the money we save is reinvested our Navy housing communities to support improved lifestyles for our Sailors and their families."

Sanders explained that RECP is just one part of the installation-wide initiative to reduce energy consumption by 30 percent in 2015 (from its 2005 baseline).

"Overall, the less we spend on energy, the more we can spend on other needed budget items."

NAS Jax will be the third Navy region to implement RECP when it goes live in April 2013.

Under RECAP, housing at NAS Jax will be grouped according to energy efficiency into like-type groups (LTG). The base criteria to determine LTG includes neighborhood location, the size of the housing unit (number of bedrooms and square footage), and the year the housing unit was built or renovated.

Each month, the average utility usage for each LTG will be determined and a 10 percent buffer above and below the average will be added to create normal usage bands that account for severe weather changes.

Mock bills will be issued to residents for three months beginning Jan. 1. The mock bill enables residents to compare their utility cost and usage report that help adjust their energy consumption habits so they place within the normal usage band for the LTG.

When live billing begins in April, residents will be billed if their usage is higher than the normal usage band. Residents whose consumption falls within the normal usage band will not owe anything for that billing period. Residents whose consumption falls below the normal usage band will receive a refund.

Separately, Balfour Beatty Communities recently won a grant from the Department of Energy for the Switch4Good Program that encourages conservation by educating and informing residents of habits that can affect their utility consumption and how to shift their habits to promote conservation.

Residents can also request a home energy audit, as well as a free "energy coach" visit.

Another resident utility meeting is scheduled Nov. 8, from 4-6 p.m., at All Saints Chapel.



Photo by Clark Pierce

Navy housing resident April Rankins (right) asks NAS Jax Commanding Officer Capt. Bob Sanders for clarification about the RECP Switch4Good Program to encourage energy conservation in base housing, during the resident utility meeting on Oct. 31 at All Saints Chapel.

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# Greenert uses 'position report' to check course of Navy

By Jim Garamone  
American Forces Press Service



Adm. Jonathan Greenert

While generally satisfied with the progress of the service, the Navy's top officer used his latest position report to assess the effects of "set and drift" on the status of the U.S. Navy. Chief of Naval Operations (CNO) Adm. Jonathan Greenert spoke about his report during a roundtable with reporters in his Pentagon office Nov. 1.

Set and drift at sea "is current, it's wind, it's things you didn't think about - something that takes you a little bit off," he said.

"Then you deal with it, you adjust a bit, and you move ahead."

Position Report: 2012 addresses what the Navy needs to work on, the admiral said. The report is based on the three tenets of the service: "Warfighting first, operate forward and be ready."

Much of what the service planned when Greenert came

into his position last year, he said, is on track.

The Navy has reinforced aid to warfighters by deploying new mine hunting and neutralizing equipment to the Arabian Gulf, and also has fielded improved torpedoes, advanced electromagnetic sensors and up-gunned patrol craft in the region. And the USS Ponce is deployed to the region as a forward staging base.

The Navy and Marine Corps are working to reinvigorate

amphibious warfare skills, Greenert said. In the past year, 25 ships and 14,000 sailors and Marines honed those skills in Exercise Bold Alligator, he noted.

Operating forward has meant an increasing number of ships and sailors deploying, Greenert said. The Navy has made progress in rebalancing ships' homeports to 60 percent in the Pacific and 40 percent in the Atlantic, rather than the 50-50 split that was the norm before a shift in strategic focus to the Asia-Pacific region.

Being ready has meant filling billets on ships. The Navy has improved advancement and re-enlistment opportunities across the board by reducing overmanned ratings and revising re-enlistment processes to ensure fairness, the admiral said in his report.

An enlisted retention board also affected the service. "The impact of it, what we needed to do, the marketing of it, making sure it's transparent, mak-

ing sure we give our folks every opportunity to do a deliberate transition for them" are important and must be accomplished, the admiral said.

The board was needed "to get our fit right - to get our people in billets at sea where they need to be, [with] the right skill set, with the right seniority in the right rating," he explained.

The admiral said the Navy will not conduct another enlisted retention board during his watch.

He expects the Navy will fill the personnel gaps and will have the right mix for the fleet.

But "set and drift" did affect the service over the past year, Greenert acknowledged.

"The thing that we didn't foresee a year ago was the level of [operational tempo] that the Navy has," he said. "Mainly, it is the request for forces that extended past their deployments." The need for two carriers in the Arabian Gulf, four extra minesweepers in the Arabian Gulf and more

helicopters in the region was "not anticipated to continue so long," he added. Looking ahead, Greenert said, he will reinstate tracking of individual operational tempo.

"This is important for the overall health of the force," he said. Another area that needs more attention, the admiral said, is the crime of sexual assault. "The number of events being reported has not declined, and I'm not satisfied," he said. "There will be a renewed emphasis. I like the strategy we have in place. I am satisfied that the track laid out by the Navy is good, but I personally am going to put more attention on that."

The number of suicides in the Navy is creeping up, "and we don't know why," Greenert said. "We need to work on that - work on the resilience of our folks, make sure the programs we are putting in place are properly implanted and getting to the people who need them," he said.



Photo by MCC Joshua Treadwell

## New NAVFAC commander

Chief of Naval Operations (CNO) Adm. Jonathan Greenert (center) salutes during the change of office ceremony for Naval Facilities Engineering Command (NAVFAC). Rear Adm. Kate Gregory relieved Rear Adm. Christopher Mossey as Commander, NAVFAC during the Oct. 26 ceremony in Washington D.C.

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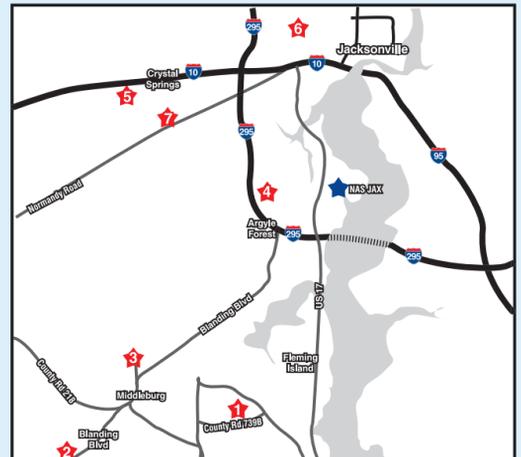
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# LUNCHEON

From Page 1

of the families, you are heroes as well," Crenshaw stated.

He also told the IAs that as they return home, he hopes they will share the experiences of their deployment fighting in wars for democracy for people who don't understand what democracy or freedom is. "Military families understand this, but many in our country don't realize how lucky we are and are not exposed to these other cultures that don't have the freedoms we do," said Crenshaw.

Capt. Louis LaVopa of Naval Hospital Jax also offered a brief perspective and slide show on that it was like working in a hospital in Afghanistan during his IA tour.

"I'm here today to stress the importance of Navy Medicine in Afghanistan. I'm an ER doctor and was deployed for one year with the Multinational Medical Unit in Afghanistan. During my tour, we saw over 1,100 patients including U.S. service members, coalition partners, Afghan nationals and security forces and contractors, he said.



Photos By Kaylee LaRocque

**Individual Augmentees from NAS Jax commands, members of the Northeast Florida Navy League Council, Rotary Club of Orange Park and Rotary Club of Orange Park Sunrise gather for a photo after the luncheon.**

"There was an ever present threat from improvised explosive devices so that was always on our minds especially when our teams had to leave our facility. We worked side-by-side with coalition forces providing medical care to the injured. Healing our nation's heroes was our mission.

"We would get the call of inbound victims and our trauma teams would jump into action because the Medevac transports would bring in the injured directly from the battlefields. The first responders would meet them on the flightline and we'd quickly check for IEDs and rush them to the trauma bay, surgery, and get

them the care needed to stabilize them for transport to Bagram Hospital and then a stateside hospital. The average stay at our intensive care unit was less than 12 hours.

"We also provided ceremonial honors for fallen heroes who paid the ultimate sacrifice as they were transported from our facility. This was always a very somber event.

LaVopa concluded his presentation with a three-minute slideshow created by HM2 Kyle Murphy which portrays numerous photos of medical staff members saving lives in Afghanistan.

To close out the luncheon, each IA was presented with a

special plaque and coin from the Northeast Florida Navy League Council and thank-you letters from U.S. Senators Bill Nelson and Marco Rubio, and U.S. Congressman Ander Crenshaw. Each spouse was also presented with a rose courtesy of the Navy Exchange.

The IA Recognition Luncheon was first held at NAS Jax in 2008 and initiated by the Northeast Florida Navy League Council. "It's important to recognize them because these men and women are deployed from their commands as an individual and were not getting any recognition when they returned home. So this event pays tribute to them for their



**Capt. Louis LaVopa of Naval Hospital Jacksonville talks about some of his experiences as an Individual Augmentee working in a hospital in Afghanistan providing care to wounded warriors, Afghan nationals, coalition forces and contractors working in the country.**

sacrifices," said Navy League Florida Region Navy League President Bill Dudley.

# PROCLAMATION

From Page 1

of them stands a parent, a sibling, a child, a spouse – proud family members who share the weight of deployment and make profound sacrifices on behalf of our country. During Military Family Month, we honor our military families and recommit to showing them the fullest care and respect of a grateful Nation.

"In our military families, we see the best our country has to offer. They demonstrate the virtues that have made America great for more than two centuries and the values that will preserve our greatness for centuries to come. With loved ones serving far from home, military spouses take on the work of two. Their children show courage and resilience as they move from base to base, school to school, home to home. And even through the strain of deployment, military families strengthen the fabric of each community they touch and enrich our

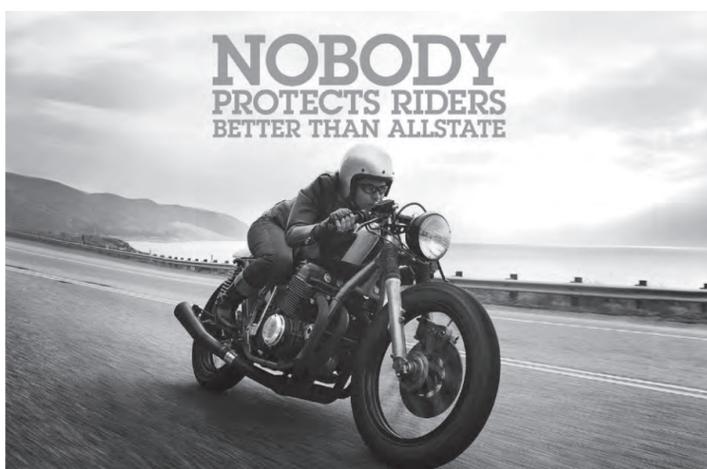
national life as shining examples of patriotism.

"We each have a solemn duty to serve our Armed Forces and their families as well as they serve us. Through First Lady Michelle Obama's and Dr. Jill Biden's Joining Forces initiative, we have worked to fulfill this obligation by mobilizing all Americans to give service members and their families the opportunities and support they have earned. Last year, we challenged American businesses to hire or train 100,000 veterans and military spouses by the end of 2013. To date, they have already exceeded that challenge, hiring over 125,000 veterans and military spouses. From helping military children succeed in the classroom to increasing support for those who care for our wounded warriors, Joining Forces will keep fighting to ensure the well-being of our troops and their families.

"When a young woman signs up to defend our Nation, her parents are enlisted as well. When a father deploys to a combat zone, his children are called to

serve on the home front. And when the men and women of our military serve far from home, their families feel the strain of their absence. In that absence, let us stand together as one American family. Let us honor the brave patriots who keep our country safe, and let us forever hold close the memories of those who have perished in the line of duty. This month, we reaffirm that we will always lift up our military families – not just when their loved ones are away, but also long after the welcome home ceremonies are over.

"Now, Therefore, I, Barack Obama, president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2012 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation."



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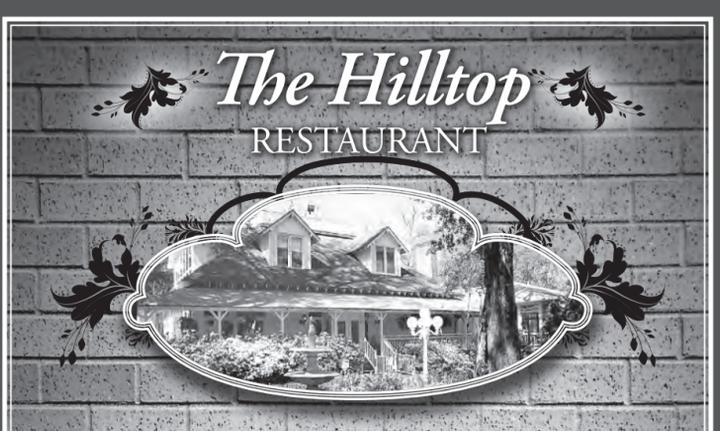


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Photo by MC2(SW) Marcus Stanley



Sailors along with construction technicians transform the flight deck of the amphibious assault ship USS Bataan (LHD 5) into an arena for the NCAA "Navy-Marine Corps Classic" basketball game on Nov. 9.



# VALOR

From Page 1

"The Gators and Hoyas basketball game is a great way to entertain people," said CTC(SW/AW) Burton Stark, a native of Virginia Beach, Va. "It will attract a large crowd, and when they're not watching the game, people can see what Sailors do."

When the ship moored Nov. 2, the Honorable Alvin Brown, mayor of Jacksonville, welcomed the crew and presented Capt. Erik Ross, commanding officer of Bataan, with the key to

the city. "I am proud and honored by the arrival of USS Bataan at Naval Station Mayport," said Brown in his welcoming remarks. "We work every day to ensure a great relationship with our current and retired service members," he said, explaining why the city was hosting the Week of Valor.

"This is an excellent opportunity to showcase our ship, and the fine young Sailors who make things happen," said Ross about the ship's visit. "We hope everyone who comes on board will

take a moment to ask our Sailors about their jobs. Guests will definitely see the pride and professionalism of their Navy."

While preparations are made for the Navy-Marine Corps Classic on board, Bataan's crew will be also able to enjoy liberty and the hospitality of the city. Along with Morale, Welfare, and Recreation tours arranged for the week, Sailors will also be able to participate in Veterans Day celebrations and other military appreciation events. The city

The amphibious assault ship USS Bataan (LHD 5) arrives at Naval Station Mayport Nov. 2 to participate in the City of Jacksonville's "Week of Valor" and to host the Navy-Marine Corps Classic basketball game between the University of Florida and Georgetown University. The Navy-Marine Corps Classic is put on by the city of Jacksonville which, along with its surrounding communities, has a long tradition of supporting Sailors and Marines. The game honors veterans, active and reserve service members, and military families.



Photos by MCSN Rob Aylward

Jacksonville Mayor Alvin Brown awards a key to the city to Capt. Erik Ross, commanding officer of the amphibious assault ship USS Bataan (LHD 5), upon the ship's arrival at Naval Station Mayport on Nov. 2.

(Right) Construction workers assemble bleacher scaffolding on the flight deck of the multipurpose amphibious assault ship USS Bataan (LHD 5) Nov. 4 for the "Navy-Marine Corps Classic" basketball game. Scheduled for Nov. 9 between University of Florida and Georgetown University at Naval Station Mayport, the NCCA basketball game is a first for the City of Jacksonville and surrounding communities.



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officials are planning to make the Week of Valor an annual event, in support of the large number of veterans and active duty personnel who have made Northeast Florida their home.

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Seven HS-11 helicopters returned home to NAS Jacksonville Oct. 31 following an eight-month deployment on board USS Enterprise.



Photos by Kaylee LaRocque

## HS-11 'Dragonslayers' home from deployment

By Staff

As seven HS-11 "Dragon-slayer" helicopters arrived in formation over NAS Jacksonville Oct. 31, family members cheered as they anxiously awaited the reunion with their loved ones. When the helos landed, family members happily greeted the HS-11 crew welcoming them home from an eight-month deployment on board USS Enterprise (CVN-65). The carrier is set to decommission later this year.

AWR1 Brandon Lee summed up what his squadron's missions entailed. "Ultimately, we're out there to protect the carrier from enemy threats," said Lee. "It's nice to be back in our country but our mission is to defend the freedoms of our people."

During the deployment, HS-11 provided anti-terrorism force protection, surface surveillance control, medical evacuations, vertical replenishment of supplies (353 tons of cargo) and supported photo missions.

"This was one of our lon-



ATC Jeffrey Hittenbert of HS-11 at the squadron's homecoming.

gest deployments and being separated from our families for eight months is definitely hard," said HS-11 Commanding Officer Cmdr. Ryan Keys. "We were able to communicate through email to stay in touch with our loved ones back home but it's great to be back at NAS Jax."

For AD2(AW) Shawn Carmichael, the homecoming was very emotional. "This is really great to be home seeing my daughter and wife. I last saw my daughter when she was 10 days old and now she's seven months old. My wife, Erica sent lots of pictures but it's wonderful to be back and see them," he said.

During the deployment, the Dragonslayers flew 1,012 flights for 2,575.8 hours completing 99.9 percent of their flights. Squadron personnel also visited several countries including Greece, Italy, United Arab Emirates and Bahrain.



HS-11 Executive Officer Tim Kinsella gives his boys, Charlie (left) and Timothy (right), a big hug after landing his helicopter at NAS Jax after an eight-month deployment on board USS Enterprise (CVN 65).



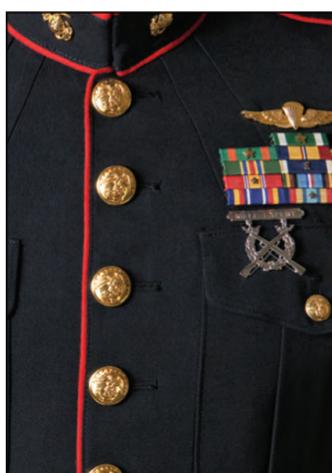
Family members and friends of Lt. j.g. Dane Thorleifson of HS-11, anxiously await his arrival home to NAS Jax on Oct. 31.



AD2(AW) Shawn Carmichael of HS-11 happily greets his 7-month-old daughter Audrianna as his wife, Erica looks on at the squadron's homecoming Oct. 31. The last time he saw his child was when she was 10 days old. "I am thrilled to be back home with my family," said an elated Carmichael.

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Photo courtesy of VP-45

Commander, Naval Safety Center Rear Adm. Brian Prindle (left) and VP-45 Commanding Officer Cmdr. Mike Vitali (right) present AWO1(NAC/AW/SW/IUSS) Steven Oles with a plaque after recognizing him as VP-45's Sailor of the Year during the VP-45 Association Reunion on Oct. 20.

# Oles announced as VP-45 Sailor of the Year

By Lt. j.g. Alec Verone  
VP-45 PAO

VP-45 recognized AWO1(NAC/AW/SW/IUSS) Steven Oles as the VP-45 Senior Sailor of the Year during the VP-45 Association Reunion in Mobile, Ala. Oct. 20.

"I am proud to name Petty Officer Oles as the VP-45 Sailor of the Year," said VP-45 Commanding Officer Cmdr. Mike Vitali. "He embodies our Navy's core values of honor, courage, and commitment and is an exceptional example of 'Pelican' pride for us all."

"Petty Officer Oles' garnered the award based upon his superior performance leading Sailors while on deployment in Sigonella, Sicily and during a compressed Inter-Deployment Readiness Cycle," said

VP-45 CMDCM Tom Ayers.

"We look forward to supporting him as he represents VP-45 in competition for the Patrol and Reconnaissance Wing 11 Sailor of the Year Award in early November."

The Sailor of the Year program was instituted by Adm. Elmo Zumwalt in 1972 to recognize the top Sailor at each command. The award is given annually by every command in the Navy with subsequent competitions at higher levels to ultimately determine the Chief of Naval Operation's Sailor of the Year in four categories (Sea, Shore, Reserve, and Recruiting). The four winners of the CNO's Sailor of the Year competition are meritoriously advanced to chief petty officer in a ceremony in Washington, D.C.



Photo by Kaylee LaRocque

## World War II vet visits Air Ops

AC1 Sindy Thomas of NAS Jacksonville Air Operations shows Willard Tomlinson, a former Seaman Second Class assigned to NAS Jacksonville during World War II in 1944-45, the equipment in the Air Operations Radar Room Nov. 2. Tomlinson, 86, worked in Hangar 116 maintaining radar equipment used to train pilots flying the Corsair aircraft.

## Teen driver improvement class Nov. 19

From NAS Jax Safety Office

Parents of youthful drivers can rest a little easier when they sign up their offspring for the Driver Improvement Class designed specifically for dependent drivers between 15 and 21 years of age.

The class will be held Nov. 19, from 8 a.m. -1 p.m., in Building 1.

Kristen Montejo, of Cape Fox Professional Services, said that new drivers are more likely to be involved in an accident or receive a ticket within the first 12 months of getting their driver's license. For parents of a new driver, that can cause some worry and sleepless nights.

"Class members are not required to

have a driver's license to attend," said Montejo. "This class will offer valuable safety tips, how to respond to driving emergencies, as well as raising awareness of other risks - such as distracted driving."

There will be no time behind the wheel of a vehicle - it is a classroom session only. Those who pass the multiple-choice test will receive AAA Driver Improvement Class completion certificates. Beverage and snack machines will be available.

If you believe your teen can benefit from driving tips by professional driving instructors, sign them up for the Teen Driver Improvement Class. Contact Linda at 542-3082 or Cindy at 542-2584.

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# CNRSE announces Sailors, Civilians of the Quarter

By Navy Region Southeast Public Affairs

MCI(SW) Greg Johnson and IT3 Patrick Schroeder were named Commander, Navy Region Southeast (CNRSE) Senior and Junior Sailor of the Fourth Quarter, respectively, Oct. 27. Phil Hageman and Sharon Warner were named Senior and Junior Civilian of the Third Quarter, respectively, Oct. 31.

As a staff public affairs specialist, Johnson wrote 13 articles and shot more than 800 images during the past quarter. He was one of 25 military photojournalists selected to attend the 20th Annual Department of Defense Worldwide Military Photography Workshop, where he placed third in the competition. In addition, he manages the command's official Navy Web site and is the CNRSE Navy Community Service Program (NCSP) coordinator.

"I cannot conceive of anyone more deserving of this recognition or of anyone who gives more back to the community," said Mike Andrews, Navy Region Southeast public affairs officer. "Petty Officer Johnson does double-duty. Not only does he volunteer for community service projects, he's also the person who actually organizes these projects so others can participate."

According to Johnson, command involvement is one of the most important factors in the success of Sailors at every level in the chain of command.

"It's not enough to just come in and do your job," he said. "As Sailors, we have a much wider range of responsibility. When you take the time to get involved with extracurricular activities, you create opportunities to develop your junior Sailors, your peers and yourself."

As the NCSP coordinator, Johnson developed community partnerships between CNRSE and multiple local community organizations, including First Coast High School and Habitat for Humanity. His efforts resulted in a total of 121 command volunteer service hours during the quarter.

"We have a lot of great Sailors here who are not only willing, but eager to go out and give up their time for a good cause," Johnson said. "It's through their efforts that we have been able to have a positive impact on the local community. It's amazing that, even with a small



MCI(SW) Greg Johnson



IT3 Patrick Schroeder



Phil Hageman

command, our Sailors have been able to make such a difference in our local neighborhoods. I couldn't appreciate their efforts more."

Schroeder serves as a regional watch specialist in the Regional Operations Center (ROC). During Hurricane Isaac, he was the operations section knowledge manager on the Crisis Action Team. During that time, he spent more than 30 hours in the ROC, ensuring his section chief had the information necessary to assist installations affected by the disaster.

Additionally, Schroeder is highly active in the command. He is the treasurer for the CNRSE Petty Officers Association and is an active member of the Morale, Welfare and Recreation Committee. He helped raise more than \$5,000 in support of the command's annual picnic.

"He is extremely bright and an incredibly fast learner," said QMC(SW) Jeffrey Brebner, Schroeder's supervisor. "He's very proactive when it comes to problem solving, and he is sought out by his superiors to tackle time-sensitive, high-visibility projects."

According to Schroeder, it is humbling to receive such a prestigious award.

"It really is an honor, especially as a third class, to get it my first time up."

Schroeder cited hard work within his division and command involvement as keys to his success.

"I just try to do the best job I can and work hard in the division, but it helps to be involved with the command and participate in as many functions as possible," he said.

Phil Hageman, CNRSE's SCOQ, is a management and program analyst. His direct involvement in the Contract Acquisition Management Office (CAMO) process has contributed to the suc-

cess of a region-wide implementation, and his development of detailed tutorials for training and process documentation are the benchmark nationwide, said Dennis O'Rear, Hageman's supervisor.

"Phil, day in and day out, approaches his job the same way. He is always extremely professional and provides superb service to those he supports," O'Rear said.

Hageman said it was the efforts of his co-workers that were most instrumental to his selection.

"Receiving this award is an honor. I'm humbled, grateful and especially thankful for my CNRSE colleagues. They made possible the opportunity to apply skills to improve business processes leading to our success," he said. "To everyone associated with my work, my deepest

appreciation for your understanding and patience as we developed and implemented new business processes. Process improvement is not always easy, but positive attitude, coupled with desire for improvement, overcame many obstacles."

Warner is a human resource (HR) specialist assigned to the CNRSE HR Pensacola Satellite, where she plays a lead role in support of the CNRSE Summer Hire Program. She initiated a plan of action and coordinated with

other HR satellite offices to help maximize workflow efficiency for more than 30 students. She also worked with various satellite offices to expedite the processing of new-hire paperwork and performance evaluations for selected students who were appointed for a short tenure. According to her supervisor, Genie Milhouse, Warner sets an example for everyone who works around her.

"Sharon is dedicated to doing her own work and willingly takes on new challenges without fear to help support the CNRSE HR team," she said. "Many times, she recognizes skill shortfalls of customer liaisons and volunteers herself to help them grasp the HR steps and procedures to execute the customer need, whether it involves recruitment or other types of personnel issues."

Warner said her selection for the award is an honor she doesn't take lightly.

"I am not only grateful, but humbled to even be nominated for this award. This is an exciting and cherished achievement in my career that I will carry with me throughout my future endeavors," she said.

According to Warner, hard work and dedication have contributed to her success, but she also offered some additional advice to those who aspire to be in her position.

"As a focused and determined federal employee, I use the skills and knowledge I have learned in my 14-year career to accomplish any and all tasks. I enjoy what I do and love coming

to work every day to see what new challenge awaits me," she said. "My advice for those who want to succeed is to be true to who you are, do your very best, no matter what you are tasked with, and seek out opportunities to expand and enrich your knowledge base."

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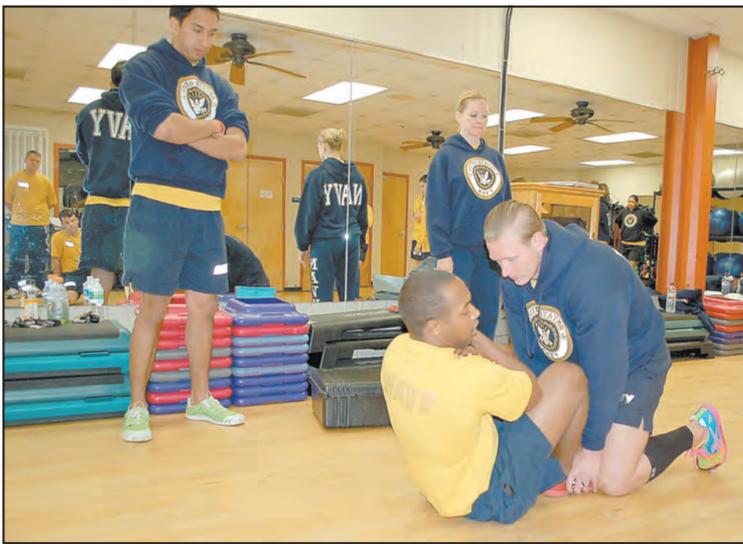


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# Getting ready for PFAs



Ear buds and headphones are popular accessories when Sailors work out on the stationary bicycles.



HM2 Kyle Coven, an assistant command fitness leader at Naval Hospital Jax, demonstrates the proper form for a Navy sit-up. Holding his feet is HM3 Matthew Smith.



Shipmates count off each push up as the Sailors fight to exceed the target number for their age group.

## Sailors prepare for physical fitness assessment

### From Navy Personnel Command

With many commands across the Fleet and at NAS Jax preparing for the semi-annual physical fitness assessment (PFA), the Navy's physical readiness program director, talks about Sailor responsibilities for the physical readiness test (PRT).

"It's the Sailor's responsibility to maintain physical fitness standards constantly and consistently, not solely at the time of semi-annual testing," said William Moore, director, Navy Physical Readiness Program on Oct. 16.

"It's important for Sailors to maintain a minimum level of physical fitness necessary for worldwide deployment readiness, whenever and wherever needed."

According to Navy's Physical Readiness Program instruction, Sailors should complete at least 150 minutes of moderate physical activity each week. Examples of moderate-intensity activities include brisk walking (3 mph or faster), bicycling (slower than 10 mph) and water aerobics. High-intensity activities include jogging or running, lap swimming, jumping rope and circuit training. Sailors should also perform strength training exercises at least twice a week to work all major muscle groups.

The Navy assesses each Sailor's physical readiness twice a year through the semi-annual PFA. The PFA includes a medical screening, a body composition assessment (BCA), and a PRT.

BCA is based upon a Sailor's height and weight measurements, and circumference (measuring tape) measurements as required.

Sailors are responsible to comply with medical screening



At the Naval Hospital Wellness Center, next door to the MWR Fitness Center, HM3 James Freeman prepares to measure a Sailor's body composition using the highly accurate "Bod Pod" to determine the percentage of fat and non-fat mass. The device also measures resting metabolic rate, which is used to determine the amount of caloric intake required to either lose or gain weight.

requirements for Navy physical training.

Medical screening includes a current annual periodic health assessment (PHA), a semi-annual PARFQ (Physical Activity Risk Factor Questionnaire) and pre-physical activity questions. Sailors may check the status of their PHA in PRIMS (Physical Readiness Information Management System), a Navy-wide program available in BUPERS Online, used to track Sailors' physical readiness data. PHA data is located on

the member's page under the header "Last PHA." Sailors should contact medical to schedule a PHA if their current PHA has expired or will expire before the next PRT.

Failure to complete any of the medical screening can prevent a Sailor from participating in the PRT.

"All unauthorized non-participation in the PFA will be designated as 'UA' in PRIMS and scored a PFA failure for the PFA cycle," said Moore.

OPNAVINST 6110.1J provides guidance for the Navy's



Lt. Cmdr. Mike Finckbone, a bicycle enthusiast, helps Ensign Lynnetria Drummer adjust the length of her pedals on an exercise bike at the MWR Fitness Center.

Physical Readiness Program, lists program requirements, defines responsibilities for compliance and establishes required minimum standards of physical fitness.

"All members are required to participate in the semi-annual PFA regardless of gender, rank, age, title, billet or retirement request status," said Moore.



A line of staff members from Naval Hospital Jax grunt and sweat their way to the required number of sit-ups in a training session at the MWR Fitness Center.



HM2 Kyle Coven demonstrated perfect form prior to the push-up training session.



Thousands of Sailors from NAS Jax and tenant commands make working out at the MWR Fitness Center a regular part of their fitness regimen. The facility offers exercise classes, free weights and all types of cardio equipment.



Displaying perfect push-up form, Lt. Fred Pacifico of VP-30 was going for 70 reps on Oct. 31 at the NAS Jax MWR Fitness Center.



Lt. Robert Dibbern, of VP-30, tests his physical readiness as he runs on a treadmill at the MWR Fitness Center on Oct. 31.



LS2 Jonathan Echols gets up to speed on the elliptical trainer under the supervision of ATC Cesar Triana. Echols is one of more than 600 VP-30 Sailors that CFL Triana tracks on a annual basis.



HM2 Shannon Baronio holds the feet of Ensign Lynnetria Drummer as she counts off her curl-ups and dreams of wash board abs.



Naval Hospital Jax Assistant Command Fitness Leader HM2 Terri Gibson (left) checks the program input of Lt. Cmdr. Kathryn Carrick, who is training on the stationary bicycle.



VP-30 Command Fitness Leader ATC Cesar Triana confirms the treadmill speed settings with Lt. Robert Dibbern.

## Photos by Clark Pierce



(Right) Lt. Cmdr. Mike Finckbone of Naval Hospital Jax joins his shipmates in stretching exercises before participating in curl-ups and push-ups Nov. 2 at the MWR Fitness Center.



Photo by Lt. j.g. Kevin Wendt

## NAS Jacksonville commissary honored in record-breaking sales

Employees of the NAS Jax Commissary celebrate being part of record-breaking sales worldwide for the 2012 fiscal year. "The Defense Commissary Agency (DeCA) has recorded more than \$6 billion of sales worldwide, with our commissary at NAS Jax accounting for \$65 million of that. We are ranked 13th worldwide, and are honored to be featured as the cover story for the DeCA magazine," stated Larry Bentley, store director of the NAS Jax Commissary.

## Fueling up for the holidays: Pay attention to nutrition

From Navy Personnel Command Public Affairs

The holidays can bring as much stress as they do joy, especially when watching your nutrition, Navy leaders said Oct. 23.

"Command and family gatherings are approaching. The kids are getting excited in anticipation of being out of school, and you are preparing for a visit from your in-laws. You may have a lot to do to prepare for the holidays, but don't let yourself run on empty. With the stress from planning and prepa-

rations, and the easy access to candy and your favorite not-so-healthy holiday foods, it's easy to get off course from your fitness and nutrition goals," said Lt. Cmdr. Jennifer Wallinger, OPNAV N-135 Nutritionist.

"Eating well and staying active doesn't have to stand in the way of holiday celebrations - and can actually add to your enjoyment," said Wallinger.

"Now is a great time to reaffirm your nutrition and fitness goals, increase awareness of the days ahead and prepare a plan to manage stress that often accompanies the holidays."

Navy Physical Readiness Program offers several nutrition resources that can help you stay energized during the holidays and curb the negative impact to your body and mind.

Fact sheets on achieving your holiday goals and being food label savvy will soon be available online, offering guidance on choosing quality foods and a fixing a great plate for the holidays.

The Navy Operational Fueling Series also outlines how to choose the right foods and portions -something we can all do a better job at during the holidays.

Being mindful of your eating hab-

its and setting aside time for physical activity will help you keep stress, and your waistline, under control.

"Exercise contributes to positive behavioral health by building resiliency when faced with daily stress," said Captain Kurt Scott, director, OPNAV N-135H, Navy Behavioral Health.

"Familiarize yourself with fitness and nutrition resources to stay ready and resilient this holiday season."

For more information, visit Navy Physical Readiness Page at [www.npc.navy.mil/support/physical](http://www.npc.navy.mil/support/physical).

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# NAS Jax celebrates Hispanic Heritage Month

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

NAS Jacksonville celebrated Hispanic Heritage Month during a special luncheon Oct. 30.

The event was held at the NAS Jax Officers' Club and was sponsored by the base Multi-Cultural Awareness Committee. This year's theme is "Diversity United, Building America's Future Today."

NAS Jacksonville Commanding Officer Capt. Bob Sanders kicked off the event with some opening remarks.

"Each year, Americans observe National Hispanic Heritage Month from Sept. 15 to Oct. 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Center and South America," said Sanders.

"The Navy's strength is a product of its diversity. Hispanics have served bravely in the Navy through every war and conflict since the American Revolution. Today, more than 63,000 Hispanic and Latino Sailors and civilians serve in the Navy Total Force," continued Sanders.

Sanders added, "Today, contributions of Hispanics to the mission of the Navy are woven into every segment of naval operations. Recognizing that America's strength lies in its diversity is vital to mission accomplishment. We must leverage the strength of the diversity that our nation and our people have to offer."

The guest speaker for this year's event was Hector Sepulveda, program director, Fleet and Family Support Programs, Commander, Navy Region Southeast.

"I was born in Mayaguez, Puerto Rico and at the age of 10, my mother and I moved to the lower west side of Manhattan. I had to learn



NAS Jax Commanding Officer Capt. Bob Sanders (left) presents Hector Sepulveda an award for participating in the Hispanic Heritage American Observance Luncheon on Oct. 30. Sepulveda was the guest speaker for the event.

English and American customs the hard way and I faced many misunderstandings," he told the audience.

"Today, the Hispanic population in the United States numbers about 47 million or about 15 percent of the population in this nation of over 300 million. During the next 40 or so years the Hispanic population will grow to a significant one-third of the population. By the year 2050, Hispanics are projected to double in size to a whopping 30 percent of the United States population."

Sepulveda went on to talk about some of the cultural differences regarding Hispanics.

"Latin-Americans often display non-verbal cues to enrich the spoken word. Sometimes

nothing is said, yet the implicit message is passed on non-verbally. There is also a difference of maintaining measurable distances between people as they interact; the 'bubble' around us. When Americans interact with some people of other cultures, they feel their 'bubble' or space has been invaded. In Hispanic culture, the relative distance between individuals tends to be small," he said.

"And, touch is an extremely important sense for humans. For Hispanics, and particularly for the Puerto Rican culture, touching is a way of life. It is a sign of respect, friendship, or admiration," continued Sepulveda.

In conclusion, Sepulveda

stated, "Hispanics have added new threads to the American fabric. These cultural values and behaviors will be interwoven in the American cul-



Hector Sepulveda, program director, Fleet and Family Support Programs for Commander, Navy Region Southeast talks about some of the different mannerisms Hispanics use during the Hispanic Heritage American Observance and Luncheon on Oct. 30 at the NAS Jax Officers' Club.

tural fabric. Although we are talking about Hispanic Heritage Month, I'd like to say that the greatest asset of the American culture is its diversified culture. America's greatest strength is our ability to draw on the strength of all our cultural members of this great American society."

The guests were then treated to a Latin-style buffet that included a variety of traditional dishes from various featured Hispanic nationalities and a short dance program.

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# Program promotes reading for military children

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

Blue Star Families brought the joy of reading to military children by donating 400 new books through the organization's Books on Bases program at the NAS Jacksonville Child Development Center Oct. 29. The books were donated following a book drive by Jacksonville's Books A-Go Go and Retired Seniors Volunteer Programs for Blue Star Families.

During the event, Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr., his wife, Chris, along with NAS Jax Commanding Officer Capt. Bob Sanders and his wife, Kathy, read "A Handy Manny Halloween" to preschoolers before giving each of the children a book to take home.

"Blue Star Families is a non-profit organization comprised of military families supporting and empowering other military families. One of the ways we do this is partnering with the Department of Defense and other organizations to



Photos by Kaylee LaRocque

NAS Jax Commanding Officer Capt. Bob Sanders reads "A Handy Manny Halloween" to a group of preschoolers at the NAS Jax Child Development Center on Oct. 29.

develop programs that help military families," explained Jacksonville Blue Star Families Chapter Director Sheila Stevens.

"One of those programs is Books on Bases where we bring books to base libraries, schools and child care centers. So today, we are delivering more than 400 Halloween books to the children here, along with several other books for the classrooms and a Nook for the teachers to use," she continued. "We hold these events because there are a lot of children whose parents are deployed. Reading gives them a

chance to escape inside a book and they can sit down and read with the parent at home or with siblings."

"This is a great event. They are promoting literacy and we want all of our children to enjoy reading and to be successful when they get to kindergarten so this helps give them a good start," said NAS Jax Child and Youth Program Manager Mary Grenier.

Books on Bases plans to distribute more than 65,000 books nationally this year, to reach, military-impacted public schools, and community libraries.



Blue Star Family representatives Kate Pennington, right, and Sheila Stevens pass out free books, bookmarks and other goodies to a group of children at the NAS Jax Child Development Center. Blue Star Families is a non-profit organization dedicated to helping military families.



Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. passes out "A Handy Manny Halloween" books to children at the NAS Jax Child Development Center on Oct. 29 as part of a Blue Star Families event to promote literacy.

## USS Enterprise's final deployment



Photo by MC3 Harry Gordon

The aircraft carrier USS Enterprise (CVN 65) arrives at Naval Station Mayport Oct. 31. Enterprise is completing its final scheduled deployment to the U.S. 5th and 6th Fleet areas of responsibility in support of maritime security operations and theater security cooperation efforts. After 51 years of distinguished service, Enterprise will deactivate Dec. 1 in a ceremony to be held at Naval Station Norfolk, Va.

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# FRCSE mechanic is mentor for game-day officials

By Marsha Childs  
FRCSE Public Affairs Specialist

A sheet metal mechanic at Fleet Readiness Center Southeast (FRCSE) spends his days repairing mission-critical aircraft in support of Warfighters – but in his off-duty hours he referees high school football, an avocation for which he was recently recognized.

Ray Reberio, assigned to the FRCSE P-3 Orion aircraft production line, received this year's Florida High School Athletic Association (FHSAA) Official of the Year award presented annually to recipients who exemplify the highest standards of ethical conduct and moral character.

He was presented a plaque at the first North Florida Officials Association meeting in August. Reberio has been active for 15 years with the FHSAA and is currently responsible for officiating at 52 schools in four counties.

Dan Hicken, the First Coast News (WTLV Channel 12) sports director and weeknight sports anchor, accompanied by videographer Chad Cushnir, interviewed Reberio in the FRCSE P-3 production hangar Oct. 25.

Hicken wanted to portray referees in a more positive light following the NFL's three-month referee labor dispute during which replacement referees reportedly blew two calls between Seattle and Green Bay and awarded the Seahawks the winning touchdown (14-12) over the Packers.

Reberio said every official has made mistakes in the game, but instant replay is not allowed in high school football.

"My regular job isn't officiating," said Reberio. "I love doing it (refereeing), and all the coaches know me well. I mentor officials, and I run a tight ship. It's our responsibility to know all the rules – with many changing from year to year. Sometimes a parent thinks you made a bad call, but they don't always know as much as they think they do."

He said his job is to make novice officials into veterans, so they can move up in the organization to make room for new officials.

"We take tests through FHSAA, the official governing body for interscholastic athletics in Florida," he said.

He's been involved with youth athletics for more than 25 years, first working with the Pop Warner youth football league in Virginia. He does it for the love of the sport, and he wants to be a good role model for the players.

Reberio said he is paid for officiating at two to three varsity and junior varsity games each week, but it scarcely covers his gas or time.

"You actually lose money," he said. "I leave home at 4 p.m. and return some nights at 11. If you're doing this for the money, you're in the wrong business."



Photo by Victor Pitts

Ray Reberio (left), an FRCSE sheet metal mechanic, explains his passion for refereeing high school football to Dan Hicken (center) sports director of First Coast News (WTLV Channel 12).



Photo courtesy of Ray Reberio

Referee Ray Reberio was named 2012 FHSAA Official of the Year for his local association by the First Florida Officials Association.

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Photos by Jacob Sippel

## American Diabetes Month

Novella Everson, Naval Hospital Jacksonville medical assistant, explains the process for monitoring a person's blood sugar to a patient on Nov. 1, the beginning of American Diabetes Month. Diabetes Month is an important effort designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.



Nyvea Tinajero, a Naval Hospital Jacksonville registered nurse, educates a patient on insulin use. November is American Diabetes Month.

## Navy Legal Office changes name, services remain intact

**From Judge Advocate General Corps Public Affairs**

The Naval Legal Service Command realigned its offices Oct. 1, but its legal services to the fleet did not change.

Legal assistance services were previously provided by Naval Legal Service Offices (NLSOs).

As a result of the realignment, a service member seeking legal assistance with an issue such as a will, power of attorney, family law advice or any similar personal legal matter can now find assistance at the closest Region Legal Service Office (RLSO). The provision of legal assistance will continue at all prior NLSO locations, but will now be delivered by RLSO commands.

There are legal assistance offices in fleet concentration areas, and at or near most Navy bases around the world, with legal support providers prepared to assist service members, their families, retirees, and other eligible clients. All legal assistance services are provided free of charge to those eligible.

RLSOs will continue to prosecute courts-martial and provide legal advice to commands around the globe. Command services include advice on military justice, ethics, JAG Manual investigations, administrative law, and other legal issues involving Navy commands.

On Oct. 1, eight NLSOs headquartered in Pensacola; Norfolk; Bremerton; Jacksonville; San Diego; Washington, D.C.; Naples, Italy; and Yokosuka, Japan, realigned to become four Defense Service Offices (DSOs) headquartered in San Diego; Washington, D.C.; Norfolk; and Yokosuka, Japan. The DSOs' mission is to defend service members in military justice proceedings, represent them at administrative boards, and provide other representational services, including advice on non-judicial punishment and adverse personnel actions.

This realignment also changed the way service members receive defense services in 12 locations around the fleet where former NLSO detachments were closed. In those locations, service members will receive personal defense services in a manner similar to the way service members at sea are supported.

Service members requesting defense services, such as representation for courts-martial or administrative boards, will make initial contact with a DSO attorney by telephone or other remote communication technology, with subsequent in-person consultation if necessary. The 12 locations are Everett, Whidbey Island, Port Hueneme, Lemoore, Corpus Christi, New Orleans, Millington, Kings Bay, Guantanamo Bay, Newport, Earle, and Sigonella.

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Photos by MC2 Pedro Rodriguez

AWO3 Samuel Woolard, center, of the VP-8 "Fighting Tigers" simulates sweeping snow during an aircraft de-icing drill Oct. 31. VP-8 is on a six-month scheduled deployment to northern Japan in support of U.S. 7th Fleet.



AWO3 Samuel Woolard (center) of VP-8 simulates sweeping snow while hoisted by AWO1 Joshua Hawkins (background) during an aircraft de-icing drill.

# 'Fighting Tigers' prepare for winter in Northern Japan

By MC2 Pedro Rodriguez  
VP-8 Public Affairs

With winter weather right around the corner in northern Japan, the "Fighting Tigers" of VP-8 are preparing themselves to conduct cold-weather operations.

To the Fighting Tigers, who are used to operating in the warm weather of their homeport of NAS Jacksonville, conducting de-icing training is an important necessity to ensure the safety of the aircrew flying the aircraft, and the maintainers who work on the flightline. VP-8 recently conducted a de-icing drill to train and prepare their maintenance personnel and flight crews for inclement winter weather. Maintenance personnel gained the skills necessary to operate deicing equipment ensuring they are capable of safely and effectively removing any ice buildup and snow on the aircraft's fuselage, wings, and control surfaces.

"Snow and ice can be very dangerous during flight," said VP-8 Safety/NATOPS Officer Lt. Cmdr. Leroy Shoesmith. "Too much ice on the wings will decrease the amount of lift needed for the aircraft to safely fly. In the air we have systems that help us with ice removal, but on the ground these systems are ineffective. During pre-flight snow and ice buildup needs to be removed manually by aircrew and our maintenance team. Special equipment which applies a liquid anti-ice mixture to the aircraft is then used to prevent any additional buildup prior to takeoff."

The drill consisted of a simulated pre-flight performed by VP-8 aircrew who called for a maintenance deicing crew. With the GL-1800 Global Deicing truck on scene VP-8 Sailors conducted the necessary training to de-ice and ready



AWF1 Eugene Williams of VP-8 directs a GL-1800 Global de-icer truck during a de-icing training drill.

an aircraft to go flying in winter conditions.

Aircrew got to experience the amount of time and manpower it takes to properly deice an aircraft. VP-8 aircrews have not routinely operated in cold, icy environment since late 2008.

"There are very few individuals in the squadron that have ever operated in and around snow. Training and preparation ensures we are ready to execute our duties in all conditions without sacrifice to safety or proper procedure," said Shoesmith.

"Everyone got a front row view of what should happen. Maintenance per-



VP-8 Maintenance Officer Lt. Cmdr. David Barrington, center, debriefs the squadron after completing an aircraft de-icing training drill.

sonnel who attended the training got the opportunity to participate in operating the equipment, and all aircrew got to see just how the process will work. I know that everyone is significantly

more aware of the processes and safety concerns involved in this evolution."

The Jacksonville-based Fighting Tigers are on a six-month scheduled deployment in support of U.S. 7th Fleet.

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## Make gift-giving plans early to avoid stress, save budget

From Navy Personnel Command Public Affairs

Not interested in another desk fountain or lava lamp? Really don't want to participate in the office or club gift exchange?

It's okay, but don't put off letting others know your preferences.

"Plan ahead and avoid feeling obligated to join-in or ungrateful for that unappreciated gift. With the holidays just around the corner, this is a good time to think about how you want to celebrate and plan your gift giving," said Stacy Livingstone-Hoyte, personal financial management specialist at the Fleet and Family Support Center in Millington, Tenn.

Generally there are two categories of shoppers - the planners or the procrastinators, according to Livingstone-Hoyte.

"Regardless of such labeling, one thing is certain; you will not survive the holidays financially without a well-thought-out and realistic plan," she said.

"Everyone wants to have a great holiday season and include gifts, but to do that realistic planning and managing expectations goes with that."

There are some simple steps Sailors and their families can take to prepare for the holidays. Decide what your priorities during the holidays are, what is important to you and why.

"Don't spend money out of guilt or a sense of obligation," said Livingstone-Hoyte.

"Knowing what your priorities are and shaping the expectations of your family, friends and coworkers early in the season can relieve stressors later. People will know what to expect."

For more tips on managing holiday spending along with a holiday budget worksheet, visit [www.navynavstress.com](http://www.navynavstress.com).

## Community Calendar

**AARP** is offering a free driver safety course to military veterans Nov. 8-9 and Nov. 15-16 from 9 a.m. to noon at the Trinity Lutheran Church, 1415 South McDuff Avenue, Jacksonville. For more information, call 777-8059.

**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](http://www.WorldGolfHallofFame.org).

**Ride to Remember 2012**, a motorcycle event supporting the Wounded Warrior Project, will be Nov. 10 at 10 a.m. For more information, call 608-1220 or go to [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org).

**Cecil Pines Antique Car Show and Open House**, Nov. 10 from 10 a.m. to 2 p.m. at Cecil Commerce Center. For more information, call 771-8839 or go to [www.cecilpines.org](http://www.cecilpines.org).

**Arts & Crafts Holiday Event**, Nov. 16-17 at Penney Farms Retirement Community. Open 9 a.m. to 4 p.m. on Friday and 9 a.m. to noon on Saturday. Penney Farms is located on State Road 16 and County Road 218. Call 529-1496 for more info.

**10<sup>th</sup> 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.

**Wild Adventures Theme Park** is offering free admission to military members with ID cards (active, retirees, disabled veterans, military reservists and their families) Nov. 23-25. For more information, go to [www.wildadventures.com](http://www.wildadventures.com).

**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](mailto: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 retired Lt. Cmdr. Paul Nix at 542-2518 or email [paul.nix@navy.mil](mailto:paul.nix@navy.mil).

**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.aa09.com](http://www.aa09.com).

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

**Navy Jacksonville Yacht Club** meets the first 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](mailto:commodore@njyc.org).

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

**COMPASS Spouse-to-Spouse Military Mentoring Program.** Helping others help themselves. Call Melanie at 200-7751 or email: [www.gocompass.org](http://www.gocompass.org)

**Navy Wives Clubs of America Jax No. 86** meets the first Wed. of

each month at 7 p.m. in Building 857 (at NAS Jax main gate behind Navy-Marine Corps Relief Society). Not So New Shop open Tues. and Thurs. (9 a.m. to 1 p.m.). Call 542-1582 for info.

**Navy Wives Clubs of America DID No. 300** meets the second Thurs. of each month at 7 p.m. at Lakeshore Methodist Church, 2246 Blanding Blvd. Call 272-9489.

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

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

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

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

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

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

*For when you come home, either standing or dead, know we will remember you fought and you bled. Our payment to you, and this you can trust, that we will always remember, we will always be faithful, as you were faithful to us.*

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Photos courtesy of CPRW-11

The halls of Commander, Patrol and Reconnaissance Wing 11 were transformed into a Haunted House for the command's Halloween party.



AGAN Connor Goetz of Commander, Patrol and Reconnaissance Wing 11 gets ready to scare some visitors in his zombie butcher costume in the Haunted House.

## CPRW-11 holds Halloween party

From CPRW-11

Commander, Patrol and Reconnaissance Wing 11 (CPRW-11) was transformed from its workspace into an amazing haunted house for a Halloween festival and trick or treating family extravaganza Oct. 26.

The Sailors and civilians of CPRW-11 showed off their creative wit and ingenuity by building the scariest haunted hallway in all of Navy Region Southeast.

Cmdr. Kelly Holmes stated, "That was way too scary for my kids and almost too scary for me," as he walked through the creepy spaces once known as the CPRW-11 operations hallway.

Family activities during CPRW-

11's Halloween party included an autumn festival complete with carnival games and prizes.

Pumpkin painting and trick or treating through the decorated hallways of Building 850 ensued as the Sailors of CPRW-11 cooked an incredible BBQ for all of the families.

AWVC Terry Trayer said, "This is a great way to welcome the weekend and kick off the holiday season."

The unbelievable effort and attention to detail put forth by the CPRW-11 staff into this Halloween party is just one more demonstration to how this command tackles its demanding operational commitments while keeping family a priority.



OSC Chad McGraw, dressed like a toy soldier, stands by to usher guests into the haunted house.

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- Parking located in "The Valley" (South Campus), LOT I.
- Enter campus at the Main entrance, opposite Merrill Road
- Proceed straight through Campus, down the hill and park in the lot at the bottom (Lot I) next to the tennis courts.
- To reach the game from the parking lot, go up the stairs behind the baseball field and take a left at the top.
- Walk straight (north) to arrive at Milne Football Field (North Campus)

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Photos by Clark Pierce

Jacksonville University Assistant Professor John Enz (binoculars) scans the retention pond on Oct 26 to locate a small alligator before his students approach turtle traps.



Wearing hip waders, Jacksonville University Assistant Professor John Enz pulls a basking trap to shore to check for captured turtles.

# Turtle roundup near NAS Jax Golf Club

By Clark Pierce  
Editor

A team of Jacksonville University biology students is working with NAS Jax Natural Resources Manager Christine Bauer and NAS Jax Storm Water Manager John Young to trap and identify turtles residing in a retention pond slated for renovation.

"The storm water retention pond along Mustin Road near the NAS Jacksonville Golf Club is scheduled for dredging to remove excessive silt runoff that has accumulated over the years," said Bauer.

"We're fortunate that John Enz, assistant professor of biology and marine science at Jacksonville University, volunteered his students for this important task. It saves our base some money and lets the students earn a lab credit."

Enz explained, "We're spending about five weeks to survey the fauna - primarily turtles, in addition to snakes and alligators - to make sure the turtle population is not adversely affected when equipment is brought in to dredge the retention pond. As we capture the turtles in non-lethal basking or bottom



Photos courtesy of John Enz

Jacksonville University Assistant Professor John Enz works with two biology students to examine a Red-ear turtle that wandered into a trap in an NAS Jax retention pond.

"It's good to see that the Navy is concerned about maintaining the natural environment of NAS Jacksonville. I've learned that the base is a dependable community partner on all types of environmental projects. This is a great educational opportunity for students in my herpetology class and it counts as a lab that gives them real-world research experience. And with my class col-

lecting the data, the Navy saves some money versus hiring a consultant," said Enz.

Young added, "At three weeks into the survey, Professor Enz and his students have identified six species of turtles and one small alligator. But there could be up to eight or more turtle species. Some of the more reclusive species include bottom dwellers such as mud, musk, softshell and snapping turtles.

"The Jacksonville University volunteers are also mapping the depth of the pond - before and after dredging - to provide a bottom profile. That will allow measurement of the rate of siltation to help understand what upstream mea-



The red-ear slider is a semiaquatic turtle belonging to the family Emydidae. It is also the most popular pet turtle in the United States.



Florida Redbelly turtle

asures can be taken to better manage future storm water runoff," said Young.

According to the Florida Fish and Wildlife Conservation Commission, Florida has more species of turtles than other states. Of the 26 types of turtle species found in Florida, the vast majority (18) are freshwater turtle species. Besides freshwater turtles, Florida is home to the gopher tortoise, box turtles and five sea turtle species.

While most freshwater turtles have hard boney shells, three species known as softshell turtles have fleshy shells adapted for swimming. Turtle shells provide protection from predators. Be careful of the Florida snapping turtle and the alligator snapping turtle, both of which can bite with great force.







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# Women golfers tee off

By Morgan Kehnert  
MWR Marketing

The NAS Jacksonville Golf Club hosted the 2012 Mary Burnside Golf Tournament on Oct. 31.

The Jacksonville Women's Golf Association (JWGA), the third-oldest golf association in the country at 85 years, organized the annual tournament.

The tournament honors the late Lt. Cmdr. Mary Burnside, who joined JWGA in 1968 and served as president of the organization from 1983 to 1985.

"Her devotion to JWGA and love of golf catapulted the organization into the public eye and served as inspiration to everyone involved," said Faye Shepherd, the current JWGA president. She was pleased with the turnout for the event - with 79 participants, plus, an additional eight special guests in atten-

dance for the awards luncheon held at the NAS Jax Officers' Club.

The tournament's top golfers were Tama Caldabaugh (low gross overall winner) and Delores Adams (overall net winner) who shot a terrific round that included a natural eagle on Blue No. 6. Mary Hafeman, a JWGA member since 1980, was guest speaker at the luncheon. She talked about Mary Burnside's influence on others saying, "What you leave behind is not what is engraved onto a granite monument - but is woven into the lives of others. Mary wove a lot of great memories, a lot of great moments into our lives."

After serving the Navy for 20 years, Mary Burnside spent her last days of service to our country at NAS Jacksonville, making it the perfect place to host the 2012 Mary Burnside Golf Tournament.



Photo by Morgan Kehnert

NAS Jax Commanding Officer Capt. Bob Sanders welcomes members of the Jacksonville Women's Golf Association at the 2012 Mary Burnside Tournament played at the NAS Jax Golf Club on Oct. 31.



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Saturday & Sunday 11 a.m. - 2:30 p.m.

### I.I.T. Events

Call 542-3318.  
Kennedy Space Center - Adult \$40, child \$31  
Gatorland - military member is free, tickets available for family members at ITT \$19.25 adult, \$12.50 child, \$54.25 zip line

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

Monster Truck Jam  
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Preferred seating - \$41, lower level seating \$22

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

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

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Jacksonville Zoo - Adult \$12, Child \$7  
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Upcoming ITT Trips:  
Lakeridge Winery - Nov. 10

New Disney World Orlando Armed Forces Salute 4 day hopper - \$153.25

Universal Studios Special Complimentary tickets for active duty and retirees, free 3 day, park-to-park ticket with valid military ID. Admission

is valid for up to 14 days from first use. Tickets are available at ITT through March 31, 2013 and must be redeemed by June 30, 2013.  
Ask about our special discounted tickets for family members.

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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.

Free Jaguars vs. Colts game  
Nov. 8 at 6:30 p.m.

Florida Gators Football Game  
Nov. 10  
FREE admission and transportation

Old City Music Festival Trip  
St. Augustine  
Nov. 11 at noon

### NAS Jax Golf Club

Golf course info: 542-3249  
Mulligan's info: 542-2936

Military Appreciation Days  
\$18 per person, includes cart & green fees  
November 13 & 27 for active duty  
November 15 & 29 for retirees & DoD personnel

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

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Cart and green fee included.  
Open to military, DoD and guests. Not applicable on holidays.

Turkey Trot Killer Scramble  
Nov. 21 at noon  
\$50 entry fee, \$60 for civilian guests  
Four-person scramble

### Mulberry Cove Marina

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Military Family Appreciation Carnival  
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Allegheny Softball Field

Dashing Through The Grove  
Dec. 8, 4-8 p.m. at Patriot's Grove  
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Photo by MC2 Jesse Sharpe

Fire trucks ceremoniously spray a P-3C Orion with water in celebration of Lt. Cmdr. John Wickham and AFCM Roger Reed's final flight on Oct. 31.

# Two VP-26 'Tridents' embark on final flight

## They bid farewell after 52 years of service

From VP-26 Public Affairs

Two highly regarded VP-26 "Tridents" prepared for retirement from their distinguished naval careers Oct. 31. The morning marked the ceremonial final flight for Lt. Cmdr. John Wickham and AFCM Roger Reed. Together, they have served a combined 52 years in the U.S. Navy.

Both Tridents devoted decades of service to the maritime patrol community and were selflessly committed to a number of naval commands from Brunswick, Maine to Kaneohe Bay, Hawaii and beyond during their multi-

tude of deployments across the globe.

Their final flight aboard Trident number 916 took off into clear blue skies and gusty winds. The crew of five flew approximately two hours before ultimately landing on runway 28. With Reed as a passenger, Wickham closed out his naval flight career just shy of 3,800 flight hours upon landing.

Following the flight, the command arranged a formal retirement ceremony in Hangar 511 to pay homage to his contributions to VP-26 over his 24 months on board. Guest speakers for the event included the Tridents' Commanding Officer Cmdr. Erik Thors and former shipmate Capt. Vincent Segars.

"I love the story of John's career, because it represents what is truly great about our nation and the U.S. Navy," said Segars. "He has held the highest qualifications achievable at every step along the way."

Wickham's naval career began with

his enlistment on July 29, 1991. After Yeoman "A" school, he served the Commander of Submarine Forces for the Pacific Fleet, as well as completing a tour with USS Newport News (SSN 750) where he earned his Silver Dolphins. In May of 1999, Wickham received his commission and began his flight career. His tours included VP-4, Combined Task Force 54/74, Special Projects Unit Two, VP-30 and finally, VP-26.

His department head tour with the Tridents placed him in various high profile roles, including training officer, safety/NATOPS officer and operations officer. Wickham also served as officer in charge of Task Group 57.2 for the duration of his final deployment in U.S. 5th Fleet from December 2011 to June 2012.

Reed enlisted in the Navy in May of 1982. Following "A" school, he completed tours with VP-6, Executive Transportation Department, Special

Projects Unit Two, VP-47, VP-8 and AIMD Brunswick.

From there, he made the trek to his final assignment with VP-26 as the maintenance master chief petty officer (MMCPO) of the squadron.

Reed's equally admirable tour with VP-26 as MMCPO resulted in a record-setting deployment to U.S. 5th Fleet. He led the Tridents in overseeing the maintenance and upkeep of eight aircraft, resulting in an astounding 99.5 percent mission completion rate. He attributes his success to the collaboration of the entire Trident maintenance team.

"I am extremely proud of the Sailors here at VP-26," Reed said. "We had a great deployment. It tells you the quality of this maintenance department. They have continued their high level of performance throughout the inter-deployment readiness cycle as well."

Reed will formally retire from service on Nov. 9.



Photo by Cheryl Townsend

## Storybook characters come alive

NAS Jacksonville pilots Lt. Cmdr. Jason Walters, left, (HS-11, Seahawk helo, Page 6) and Cmdr. Jason Jamison (VP-30, P-8A, Page 8) autographed the Jax Kids Book Club book, "We Salute Our Military!" at the Military Appreciation Luncheon sponsored by the Jacksonville Chamber of Commerce Nov. 5 at the Prime Osborn Convention Center.

## 'Mad Foxes' help Special Olympics

By Lt. j.g. Kaitlin Hady  
VP-5 Public Affairs

The "Mad Foxes" of VP-5 took time from their busy schedules to volunteer for a "Gas and Glass" event for the Kadena, Okinawa Special Olympics Oct. 27.

Mad Fox volunteers joined forces with personnel from Commander, Fleet Activities Okinawa and the U.S. Naval Hospital to tackle the day's events. The Sailors spent the afternoon pumping gas and cleaning windows at the Kadena gas station. They provided a full-service experience, even swiping credit cards for customers, so they would not have to leave the comfort of their vehicles.

"It was a fun event working with different Navy personnel from the area," said IT3 Nicole Souza. "I enjoyed knowing I was working hard for a great cause, supporting the Special Olympics."

The event continued VP-5's growing relationship with the Special Olympics, which began with participation in the Torch Run through Okinawa on Sept. 22. The Mad Foxes will be present in full force Nov. 17, the official date of the Kadena Special Olympics.

VP-5 is currently on a routine deployment to the 7<sup>th</sup> Fleet area of responsibility conducting maritime patrol operations.

## 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
- 11 a.m. - Protestant Worship
- 11:15 - Catholic CCD
- Daily Catholic Mass**
- 11:35 a.m. (except Friday)
- Bible Study** - Wednesdays, 7 p.m. at the Chapel Complex, Bldg. 749
- Weekly Bible Study**
- Thursdays, 7 p.m. in the Barracks
- NAS Jacksonville Chapel Center**
- Corner of Birmingham Avenue & Mustin Road
- 542-3051**

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# Overweight and looking for help!

By **Capt. Joe McQuade, MD**  
*NH Jax Director for Public Health*

## Ask Dr. Joe

**Question:** I am seriously overweight. Does this mean I am at risk for developing diabetes and other life-threatening conditions?

**Dr. Joe says:** Yes, obesity is a prime indicator - increasing the incidence of Type 2 diabetes as well as cardiovascular disease, high levels of cholesterol and triglycerides, hypertension and stroke.

"It is estimated that for every one-kilogram (2.2 pounds) increase in weight, the prevalence of diabetes increases by nine percent," according to Patrick Sullivan, PhD, at the University of Colorado Health Sciences Center in Denver.

**Question:** Every time I lose weight I am unable to keep it off. What is the best way for me

to achieve my goal of long-term weight loss?

**Dr. Joe says:** By tracking the habits of people who lose weight and keep it off, researchers have found these common denominators in weight-loss success stories:

- Consume about 1,400 calories per day of which less than 24 percent comes from fat.
- Make major changes in the way you think about food and daily activities.
- Change both eating and exercise habits to maintain weight loss.
- Exercise for at least one hour a day. Walking is the most frequently reported exercise that seems to help.
- Rather than seeing yourself as a "dieter," think about a



**Capt. Joe McQuade, MD**

- "lifestyle change."
- Weigh yourself regularly,

but don't be upset by small changes on the dial. Don't panic about one or two pounds of weight gain. Deal with it through better nutrition and exercise adjustments.

**Question:** I want to start a workout program, but I do not know where to begin. Any suggestions?

**Dr. Joe says:** First off, if you are way out of shape you should first consult with your primary care physician.

When you are cleared for exercise, the American College of Sports Medicine as well as the American Heart Association recommends the following:

- Do moderately intense cardio exercise 30 minutes a day, five days a week, or

• Do vigorously intense cardio exercise 20 minutes a day, three days a week, and

• Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise two days a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation.

It should be noted that to actually lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary daily.

The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

These guidelines have been suggested for healthy adults under the age of 65.

## November application phase open for Sailors seeking PCS orders

From **Navy Personnel Command Public Affairs**

The Career Management System Interactive Detailing (CMS/ID) application phase is scheduled to begin Nov. 8, and remain open until 5 a.m. Nov. 20 for Sailors in their permanent change of station (PCS) orders negotiation window.

CMS/ID is the web-based program enlisted Sailors use to review and apply for PCS orders when it's time to transfer duty stations. Sailors may access the site at <https://www.cmsid.navy.mil> or from the CMS/ID link at [www.npc.navy.mil](http://www.npc.navy.mil).

Sailors are in their orders negotiation window when they are within nine through seven months from their projected rotation date (PRD). This is the first application phase for Sailors with an August 2013 PRD, the second application phase for Sailors with a July 2013 PRD and the last application phase for Sailors with a June 2013 PRD.

These Sailors may review advertised billets in CMS/ID during the application phase and apply for up to five jobs, either directly using CMS/ID or through a command career counselor (CCC). The application phase is typically 10 days, allowing Sailors time to review available jobs, research billets and discuss options with their family and chain of command before making applications before the application

phase closes.

Updated detailing business rules announced earlier this year in NAVADMIN 226/12 eliminated red zone and green zone job advertisements in CMS/ID and now detailers fill all advertised active-duty billets each month using the available Sailors who are in their orders-negotiation window. Sailors can be more proactive in getting an assignment of their choice by maximizing their choices. Data shows that Sailors rarely apply for more than two advertised jobs. Officials recommend using all five choices when applying.

CMS/ID features a "Sailor Preference" section under the "Sailor Info Tab" where Sailors may rank duty preferences by type, command, location, platform and community, as well as indicate which special programs and schools they would like and leave comments for the detailer. Detailers will always attempt to fill billets using a Sailor's desired selections first; however, Fleet readiness requirements are the guiding factor in filling billets. Detailers must also follow sea-shore flow guidelines outlined in NAVADMIN 201/11, so unless a Sailor requests Sea Duty Incentive Pay (SDIP) or the Voluntary Sea Duty Program (VSDP) to take consecutive sea duty orders, a Sailor up for shore duty should not be involuntarily assigned another sea tour. It may mean a Sailor hoping for shore duty in Florida or California may receive shore duty

someplace else, where the need is greater.

A single set of sea billets, prioritized by U.S. Fleet Forces Command, and a single set of shore billets, prioritized by U.S. Fleet Forces Command and Bureau of Naval Personnel are advertised each application cycle as the Navy seeks to fill gaps at sea and place Sailors with the right experience levels and skill sets into high-priority Fleet billets.

Some factors a detailer must weigh when matching Sailors to jobs include the Sailor's desires, qualifications, career progression and cost to the Navy.

Detailers won't assign Sailors to advertised jobs until after the close of the application phase, during the detailer selection phase. Sailors may log into CMS/ID anytime after the detailer selection phase to see if they have been selected for orders.

## TRICARE office in Orange Park moves

From **TRICARE**

Humana Military is contracted with the federal government to manage the TRICARE contract for the South Region.

The office in Orange Park has moved from its Kingsley location to 769-1 Blanding Boulevard, Orange Park, Fla.

There are approximately 170,000 TRICARE beneficiaries in the Jacksonville area.

TRICARE is the Department of Defense's worldwide health care program available to eligible beneficiaries in any of the seven uniformed services - the Army, Navy, Air Force, Marine Corps, Coast Guard, Commissioned

Corps of the U.S. Public Health Service, and Commissioned Corps of the National Oceanic and Atmospheric Administration.

TRICARE eligible beneficiaries may include active duty service members and their families, retired service members and their families, National Guard and reserve members and their families, survivors, certain former spouses, and others. TRICARE brings together military and civilian health care professionals and resources to provide high-quality health care services.

For more information about TRICARE benefits, call 1-800-444-5445 or visit [www.tricare.mil](http://www.tricare.mil).

## Who to notify when a credit card is stolen

From **Staff**

Credit card theft is a huge burden and can cause major problems for victims. The following are numbers to call if cards are lost or stolen. These agencies should be contacted immediately.

**Equifax Credit Bureau: 800-525-6285**

**Experian Credit Bureau: 888-397-3742**

**TransUnion Credit Bureau: 800-680-7289**

**SS Administration Fraud Line: 800-772-1213**

**Federal Trade Administration - Identity Theft Line: 877-438-4338**

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# U.S. 4th Fleet Sailors help at local charity

By MC1 Sean Allen  
COMUSNAVO/C4F Fleet Public Affairs

Sailors with the White Hat Association from U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) participated in a community relations project Nov. 2 at the Clara White Mission in downtown Jacksonville.

The Sailors assisted the mission with daily food service by providing breakfast to the less fortunate and needy of Jacksonville.

The mission serves an average of 400 meals per day. For more than 100 years, the Clara White Mission has helped Jacksonville's low-income, at-risk individuals, through job training, educational programs and daily meals.

"Volunteers are essential to the Clara White Mission," said Shirley Edwards, volunteer coordinator at the mission.

"Without them we would not be able to help the individuals that we do. We are grateful for the time these Sailors have given us today."

The mission also has a veterans center that provides job training, along with access to computers

and laundry facilities.

The purpose of COMUSNAVO/C4F White Hat Association is to bring junior enlisted Sailors together, personally and socially to promote friendship, mutual support and career development among the members.

"Volunteering at the Clara White Mission is a great way for our association to introduce ourselves to the command and the community," said IT2 Faith Goodwin, president of COMUSNAVO White Hat Association.

"I am very happy our Sailors are involved in the community," said Rear Adm. Sinclair Harris, U.S. Naval Forces Southern Command and U.S. 4th Fleet commander.

"Our Navy and local communities all benefit from well-rounded Sailors who support both our mission at 4th Fleet, as well as the needs of our community. Our White Hat Association's involvement with the Clara White Mission is a fine example of that."

The experience the Sailors had being able to help others was a great experience, but for one Sailor, in particular, the



Photos by MC1 Sean Allen

IT3 Ryan Sullivan helps patrons at the Clara White Mission get a healthy breakfast as part of a community relations event Nov. 2. Sailors from U.S. Naval Forces Southern Command and U.S. 4th Fleet spent the morning volunteering at the homeless shelter preparing and serving breakfast.

experience was much more personal.

"I wanted to volunteer for this project, because I, myself, was homeless before I joined the Navy," said ISSN Chad Reed. "It was great to be able to help any way that I could now that I am in a position to do so." Reed was homeless as a teenager and that experience had a large impact on his decision to join the Navy.

For more information about COMUSNAVO/C4F White Hat Association, contact IT2 Goodwin at 270-5868.

For more information regarding volunteer opportunities at the Clara White Mission, contact

Shirley Edwards at 354-4162.

COMUSNAVSO/C4F supports U.S. Southern Command's 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; 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.



LS2 Carlissia Johnson of U.S. Naval Forces Southern Command/U.S. 4th Fleet, serves breakfast to a patron at the Clara White Mission in Jacksonville on Nov. 2.



Photos by Lt. j.g. Kevin Wendt

## 'Fitness fun' through Zumba

Terry Crawford, zumba instructor and information and referral specialist with the NAS Jacksonville Fleet and Family Support Center (left), leads a group of zumba participants at the NAS Jax Navy Exchange on Oct. 30. "Our goal is to finish strong in promoting Domestic Violence Awareness month, but also to promote physical fitness. We want people to get moving and get healthy," exclaimed Crawford.

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Nov. 5 ★ 11:30 a.m.

Military Appreciation Luncheon at the Prime Osborn Convention Center

Nov. 7 ★ 10 a.m. to 2 p.m.

Veterans Summit University of North Florida University Center

Nov. 8 ★ 8:20 p.m.

Jacksonville Jaguars vs. Indianapolis Colts Military Appreciation Game

Nov. 9 ★ 8:30 a.m.

Veterans Job Fair ★ Prime Osborn Convention Center

Nov. 9 ★ 4:30 p.m.

Mayport Music Concert ★ NS Mayport

Nov. 9 ★ 9 p.m.

Navy-Marine Corps Classic Florida vs. Georgetown ★ NS Mayport

Nov. 12 ★ 9 a.m.

Veterans Recognition Breakfast ★ Times Union Center

Nov. 12 ★ 11:01 a.m.

Veterans Day Parade ★ Downtown Jacksonville

For more information, visit [coj.net](http://coj.net) or call (904) 630-3690.

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• Naval Hospital Jacksonville Deployment Health Center Program Manager  
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Guest Speaker: Dawn Mills  
• Naval Air Station Jacksonville, School Liaison Officer

Free lunch provided. Childcare is available at the CDC (\$4/hr per standard rates). Registration by Nov. 15 recommended (342-9075)

**WHEN:**  
Thursday, Nov. 29th | 10 a.m. - 12:30 p.m.  
RSVP kindly requested by Nov. 26th to: [jaxoakleaf@gmail.com](mailto:jaxoakleaf@gmail.com)

**WHERE:**  
NAS Jacksonville, Building 751  
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# Navy provides disaster relief in aftermath of Hurricane Sandy

From Defense Media Activity – Navy

The U.S. Navy continued to provide disaster relief Nov. 4 in support of the Federal Emergency Management Agency (FEMA), national and local authorities in the New York and New Jersey areas affected by Hurricane Sandy. USS Wasp (LHA 1), USS San Antonio (LPD 17), and USS Carter Hall (LSD 50) are in position off the coast of New York and New Jersey supplying military personnel and equipment to disaster areas.

Wasp is supplying aircraft to aid in the mission with a total of 18 helicopters aboard:

- two SH-60s
- four MH-53Es
- six CH-53Es
- six UH-1Ns
- one MH-53.

Several of these helos have departed for Joint Base McGuire-Dix-Lakehurst (JB MDL) for tasking.

Wasp also sent a team of damage controlmen and hull technicians to help repair the damaged Hoboken Ferry Terminal.

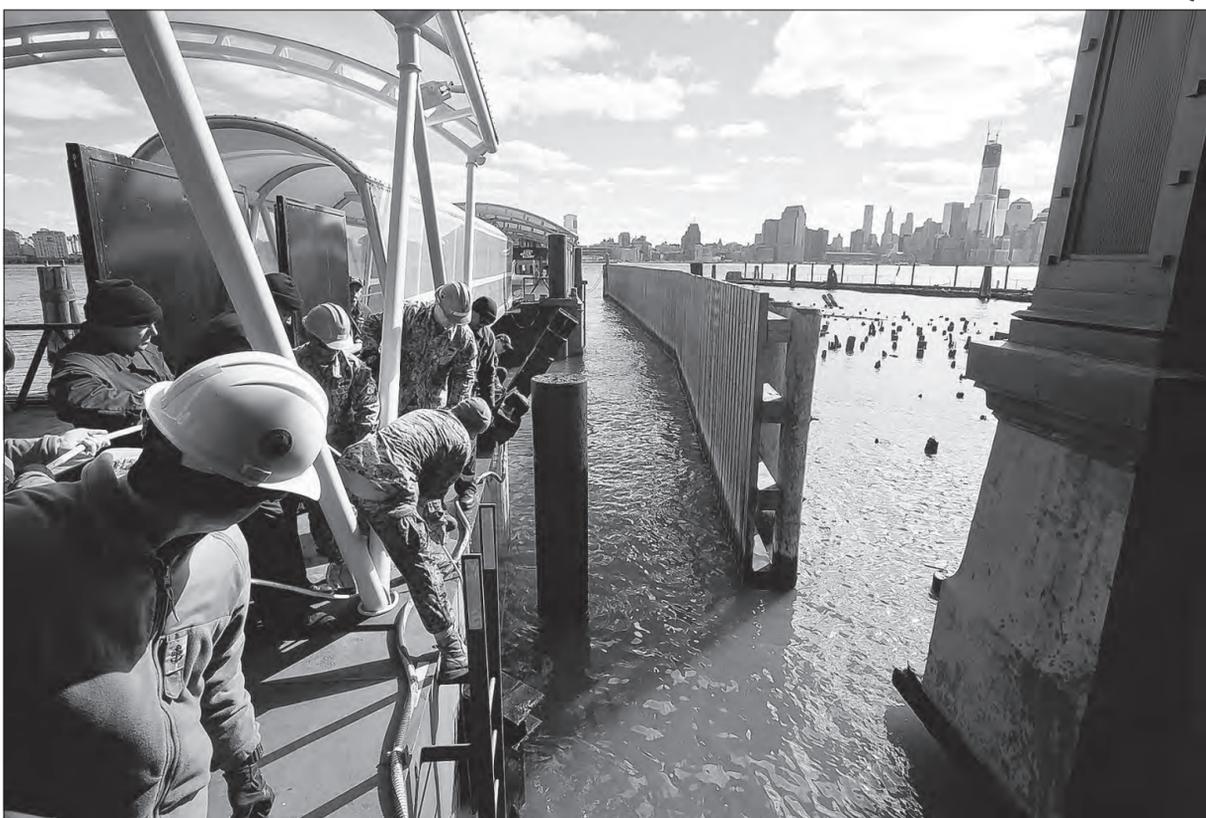
San Antonio has four MH-60S and a Landing Utility Craft (LCU) capable of transporting cargo, vehicles and personnel from ship to shore.

Carter Hall also has a landing utility craft (LCU) capable of transporting cargo, vehicles and personnel from ship to shore. This LCU ferried supplies and personnel ashore to Sandy Hook, N.J., Nov. 4.

Both San Antonio and Carter Hall are capable of providing command and control; underwater infrastructure repair capabilities; riverine search and damage assessment; and underwater port survey.

Construction Battalion Maintenance Unit (CBMU) 202, embarked aboard San Antonio and Carter Hall, is providing two 15 kilowatt generators and three 250 gallons per minute (gpm) pumps. Additionally, they are providing small boat and command and control support to the U.S. Coast Guard.

Navy Mobile Construction Battalion (NMCB) 11 is providing a convoy of 23 vehicles and



USMC photo by Cpl. Bryan Nygaard

With Manhattan in the background, U.S. Navy Seabees work to repair pier facilities Nov. 3 in Hoboken, N.J. The U.S. Navy has positioned forces in the area to assist U.S. Northern Command (NORTHCOM) in support of FEMA and local civil authorities following the destruction caused by Hurricane Sandy.



Photo by MC2 Terah Mollise

Two Coast Guard Dolphin HH-65C Helicopter's land aboard the amphibious assault ship USS Wasp (LHD 1) on Nov. 2. The U.S. Navy has positioned forces in the area to assist U.S. Northern Command (NORTHCOM) in support of FEMA and local civil authorities following the destruction caused by Hurricane Sandy.

90 Seabees prepared to assist. Their equipment includes five 60 kilowatt, five 30 kilowatt and three 15 kilowatt generators and six 725 gpm pumps along with one 1,000 gpm pump.

NMCB 5 is providing 110

Seabees to Joint Base McGuire-Dix-Lakehurst (JBMDL) for tasking.

FEMA issued a mission assignment (MA) to the Department of Defense (DoD) requesting "high-volume water pumps (350 gpm and greater)



Photo by MC3 Patrick Ratcliff

Capt. Timothy Spratto, commander of Amphibious Squadron (PHIBRON) 6, visits the Office of Emergency Management in New York City to discuss the role of Navy ships positioned in New York Harbor to assist with humanitarian operations. USS Wasp (LHD 1), USS San Antonio (LPD 17) and USS Carter Hall (LSD 50) are positioned in New York harbor to provide relief support to areas affected by Hurricane Sandy.

with qualified teams to support the operation and maintenance of the equipment."

In support of FEMA, SECDEF has authorized the Navy to provide 30 high-volume pumps, 125 Sailors and 30 civilian

technicians to support dewatering efforts. So far, 18 Sailors from Mobile Diving and Salvage Units have arrived, with an additional 110 Sailors and 30 pumps from NMCB 5 to arrive Nov. 5.

## Campaign links wounded warrior seeking civilian careers

From the Office of Civilian Human Resources Public Affairs

The Department of the Navy (DoN) recently announced a single system wounded warriors can use to apply for Department of Defense civilian jobs. Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan Garcia, III debuted the Defense Outplace Referral System (DORS) at the third annual Wounded Warrior Hiring and Support Conference in San Diego.

"In an effort to help connect our Wounded Warriors with available job opportunities, our commands and all three services have developed individual databases to capture the talent and skills of returning men and women - that process often required our Wounded Warriors, who were searching for jobs, to register in multiple systems," said Garcia. "Now we can direct them to one system."

DORS is a cost-effective vehicle that is compatible across all services, providing opportunities for a wide-array of

skills and locations across the country, ensuring wounded warriors receive priority placement for jobs.

Registration is open to all services, however, in order to register in DORS, veterans must meet these qualifications: be ready to work within 30 days; be honorably discharged; and have a compensable service-connected disability of 30 percent or more. The disability must be a direct result of injury and/or disease received in the line of duty and a result of armed conflict or instrumentality of war.

"Wounded warriors have gained a myriad of skills and experience from their military service," said Garcia. "There are hundreds of civilian occupations and careers that provide a fit for those skills - from supply sergeant to logistics specialist, corpsman to medical technician, cyber security operation to information technology manager, and many more."

Three wounded warriors are now working in civilian careers and are helping promote the program by telling

their stories of transition from military to civilian service. Matthew Sullivan, formerly in the infantry with the U.S. Army 82nd Airborne Division, is now a records room supervisor and was the first wounded warrior hired through DORS.

"DORS offers wounded warriors a great network and advantage to getting their information out," said Matthew Sullivan.

Sullivan says there are many resources available to wounded warriors, acknowledging the angst of preparing resumes on top of leaving the service.

"There is support available to help veterans relate their military experience and skills to civilian careers," said Sullivan.

Gabe Ledesma and Laura Langdeau, both former Marines and Purple Heart recipients, have also successfully transitioned to civilian careers. "There are different ways to serve your country," said Ledesma.

"Opportunities like DORS help make that possible." Ledesma now works at

Naval Sea Systems Command helping wounded warriors and veterans transitioning from the military.

"Even though we are not on the ground, we are part of the big picture and we are supporting our Sailors and Marines," said Langdeau, now a production controller at Naval Air Systems Command's (NAVAIR) Lakehurst Division.

More than 10,857 veterans were among the new hires for the DoN this past year, with 2,580 of the new hires being disabled veterans and 1,835 being wounded warriors with 30 percent or more disability.

The Office of Civilian Human Resources is leading the execution of DORS for the DoN and in providing support to veterans interested in civilian careers. To explore civilian careers with the DoN and learn more about DORS and other support for veterans, visit [www.donhr.navy.mil](http://www.donhr.navy.mil).

## New ship museum seeks support

From the Jacksonville Historic Naval Ship Association

The retired USS Charles F. Adams (DDG-2) is closer to coming home as an interactive attraction and venue in downtown Jacksonville on the St. Johns River. The aim is to become the first Naval Ship Museum in Florida or Georgia and to honor our military heritage and increase educational opportunities, tourism and business as a key element of downtown revitalization.

Outwardly similar to the Sherman-class destroyer, USS Adams was the first U.S. Navy ship designed from the keel up to launch anti-aircraft missiles.

USS Adams, the first guided missile destroyer in its class, was home ported for 21 years at Naval Station Mayport from 1969-90. The last existing ship

in its class, USS Adams is currently moored in Philadelphia's Inactive Ship Maintenance Facility.

With the Jacksonville Historic Naval Ship Association leading the way, the latest discussions have focused on placing the USS Adams at the Shipyards location along the Northbank in downtown, adjacent to the city's sports complex and as part of a hub of new activity along Bay Street.

With nearly 20 percent of the Jacksonville area's population made up of active and retired military and their families, the venue would have a natural attraction, in addition to tourism traffic and offering a site for business meetings, Scout campouts and other gatherings. For more information, go to [www.adams2jax.org](http://www.adams2jax.org).



U.S. Navy photo

The retired USS Charles F. Adams (DDG-2) guided-missile destroyer.





Photo courtesy of Jody Smith

The JNJ Sports military softball team took home the first place trophy in July at the Southeast Regional Championship in Thomson, Ga.

## NAS Jax-based softball team repeats as Military Varsity 'B' Southeastern Conference Champions

From Staff

In January, the JNJ Sports softball team began its run in the 2012 Military Varsity "B" Softball Program. Lead sponsor JNJ Sports is comprised of retired Chief Petty Officer Jody Smith and his wife, Jenne. Retired Senior Chief Petty Officer Robert Passen and his wife, Tonya, are also contributing sponsors of the squad.

In March, the team participated in the first leg of the Southeastern Conference Championship Series at the 4th annual Kickoff Classic in Niceville, Fla. and finished in first place finish with a 4-0 record.

April saw the team participate in the second leg of the conference series by playing in the Florida Military State Championships at Drew Park in Jacksonville where they were crowned the champions with a 4-1 record.

In May, the team participated in the 4th annual Thunder Over Augusta/ Armed Forces NIT held in Augusta, Ga. The team finished in first place with a 6-1 record.

The Southeast Regional Military State/Roger Hockey Invitational Tournament took place in June at Dallas, Ga. The team was crowned the Georgia Military State Champions with a 4-0 record.

Next up was the DRASH Stars and Stripes Military NIT in Destin, Fla., where JNJ Sports took second place

with a 4-2 record. The squad followed up the next day by playing in the North Florida Military States where they took another runner-up finish with a 3-2 record.

In August, the team played in the Military Varsity "B" World Championships in Panama City Fla. The squad started their run in the Worlds with a spotless 3-0 record - until tropical rains washed out the tournament. The JNJ Sports team was declared Co-World Champion and ended the year ranked number one out of 65 teams in the country.

The team's All World Tournament selections were: LSCS Chuck Morrow, Master Sgt. Larry Shelvy, ABHC Charlie Campos, AWO1 Ryan Crate, AZC Tony Johnson, AWO1 Tim Tyler, AWO1 Ryan Branco.

Also receiving the All World Co-Offensive MVP was YNCS(Ret) Derrick Lovell and All World Co-Defensive MVP AOC Mike Muncy.

JNJ Sports coaches are retired YNCS) Derrick Lovell and AEI Shawn Bone. Players are LSCS Chuck Morrow, Master Sgt. Larry Shelvy, ABHC Charlie Campos, AWO1 Ryan Crate, AOC Mike Muncy, AZC Tony Johnson, AWO1 Dale Lewis, AWO1 Tim Tyler, AWO1 Ryan Branco, OS1 Zack Machnics, AWO2 Dustin Quakenbush, AM2 Daniel Dingman, AD3 Daniel Pinales, LS3 Alejandro Ramirez and contractor Brian Hinton.

## 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.

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.

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.

## National Parks free to all for Veterans Day weekend

American Forces Press Service

America's 398 national parks will offer the public free admission Nov. 10-12 during Veterans Day weekend in honor of those who serve and have served in the U.S. military.

"National parks preserve places that commemorate our country's collective heritage - our ideals, our majestic lands, our sacred sites, our patriotic icons - which our military has defended through the years," National Park Service Director Jonathan Jarvis said.

"We are grateful for the service and sacrifice of military members, and honored to tell their story at our national parks," Jarvis added.

"From frontier forts to World War II battlefields, more than 70 national parks have direct connections to the military," he said.

National parks throughout the country will hold special events to commemorate Veterans Day, according to Jarvis. Highlights include:

- Evening candlelight tours of Vicksburg National Cemetery, Miss., where visitors will encounter historical

personalities;

- The 7th annual illumination of 6,000 graves at Poplar Grove National Cemetery in Petersburg National Battlefield, Va.;

- A Continental soldier encampment at Independence National Historical Park, Pa.;

- A talk on the African-American Civil War experience at Natchez National Historical Park, Miss.; and,

- An exhibit and talks about the Roosevelts in the World Wars at Sagamore Hill National Historic Site, N.Y.

Additional benefits for veterans on Veterans Day include a free Boston Harbor Islands National Recreation Area cruise that will pass the USS Constitution on its way to Georges Island, home of Fort Warren, according to the release.

The National Park Service is also, in partnership with the Gettysburg Foundation, offering veterans free entrance to the Gettysburg National Military Park museum in Pennsylvania, concluded Jarvis.



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# Panetta commends USO, congratulates outstanding troops

By Army Sgt. 1st Class Tyrone Marshall Jr.  
American Forces Press Service

Defense Secretary Leon Panetta praised the United Service Organizations for its steadfast support of troops and their families.

"USO is very special to me personally," Panetta said yesterday at the 2012 USO Gala. "As a young boy in Monterey, California, during World War II, the USO was next to my Catholic grammar school that I went to."

"[Our nuns] grabbed us and took us over to the USO," he said. "It was the greatest treat I ever had as a boy to greet the soldiers that were there who were destined for war at the time."

The secretary also noted that when he was young lieutenant in the U.S. Army, he made use of the USO at "a number of stations" and that his generation "always regarded the USO and Bob Hope as one and the same."

Panetta said the evening's event paid tribute to the "great legacy of the USO," and it's long history of helping those serving in uniform.

"But as we pause from our daily lives to honor the USO, our thoughts naturally turn to those men and women in uniform who are working for us and fighting for us every day," he said.



U.S. Navy Photo

**Defense Secretary Leon Panetta stresses the importance of supporting the United Service Organization (USO) at the 2012 USO Gala. "I am deeply grateful as secretary of defense ... to the tens of thousands of USO staff and volunteers who work tirelessly to support our troops," Panetta said.**

The secretary made note of the National Guard troops serving in 13 states following the damage caused by Hurricane Sandy.

"As we speak, something I've been dealing with now for the last few days, there are more than 7,000 National Guardsmen who are helping distressed fellow citizens dig out from the damage of Hurricane Sandy," Panetta said.

Turning to U.S. service members who are deployed overseas in harm's way, Panetta saluted the 68,000 troops "of America's finest fighting force" serving "in the cold mountains and windswept valleys of

Afghanistan."

And, "there are thousands more brave men and women who are enduring tough conditions at sea, or stationed at remote posts in the Middle East, and Africa, and elsewhere around the world," the secretary added.

America is the world's strongest nation with the best military because of the dedication and sacrifice of its service members, Panetta said.

"We owe it to all of them - no matter where duty calls - to honor their service and to support them in every way possible," the secretary said.

Panetta said he was part of the generation that "came of

age during the Vietnam War," and could always count on strong support from the USO.

"The politics of that war never changed the warm response and embrace of the USO," he said. "Far too many troops returned home to a country that failed to give them the honor that they richly deserved."

"It has taken many years but finally our nation recognizes the sacrifices that were made [by U.S. service members during the Vietnam War]," Panetta said. "Today, [after] more than a decade of war that we've endured, we can all be thankful that the American people are united in support of those who put their lives on the line for this country."

The defense secretary noted the USO has been "a galvanizing force to turn that spirit of support for our military into benefits for our servicemen and women, and their families."

"I am deeply grateful as secretary of defense ... to the tens of thousands of USO staff and volunteers who work tirelessly to support our troops," Panetta said.

The defense secretary cited USO-provided services ranging from arranging world-class entertainment to just providing a quiet space for a service member to call home, as welcome reprieves from the rigors

of deployment.

"On behalf of the Department of Defense, I want to thank all of those who volunteer and work on USO tours and at USO centers here at home and around the world for all they do," Panetta said.

Panetta also congratulated six service members for their "service and remarkable acts of bravery and sacrifice" leading to their selection as USO Service Members of the Year.

Army Staff Sgt. Jacob Perkins, Marine Corps Sgt. Clifford Wooldridge, Navy Petty Officer Second Class Gregory Gaylor, Air Force Staff Sgt. Christopher Beversdorf, Coast Guard Petty Officer Second Class Nicholas Beane and Senior Airman Evan Stevens were honored during the gala.

Panetta noted he often says the U.S. military has a great deal of powerful weapons - the best ships, aircraft and advanced weapons systems in the world - but they are worthless without American troops who serve.

"They are our military's greatest strength, and that is why we must do everything we can to take care of them," he said. "And the heart and the soul of caring for them is the USO."

"God bless the USO, and God bless our men and women in uniform," Panetta said.

## Fun autumn activities to add to your fitness plan

From LifeLines

There are a lot of people who look at autumn as the beginning of winter. Like most people, chances are that you associate both autumn and winter with weight gain, depending on your location. Without the warm weather that is experienced in spring and summer, the idea of fun outdoor activities probably sounds pretty ridiculous to you. Luckily, there are a number of fun autumn activities to add to your fitness plan. Here, we will take a much closer look at just a few of the fun autumn activities that you can enjoy with your children, your significant other, your friends or just about anyone!

### Go to a Fair

When you go to the fair, you can spend hours walking looking at all the exhibits and rides. And many of the rides will give you a full cardio workout working every muscle just to hang on. Some fairs have contests such as sack races or egg tosses which will also work some muscles. Going to a fair is definitely an autumn activity to add to your fitness plan - just stay away from the cotton candy and fried donuts!

### Go to a Corn Maze

If you have never been to a corn maze before, they are loads of fun! Not only are they fun, but it is likely that it will take you quite a while to find your way out of the corn maze once you have gone to each check point. Many people spend hours trying to find their way out of a corn maze. By the end, you will probably have worked up a good sweat just trying to find your way out of the corn maze. Going to a corn maze is very fun autumn activity to add to your fitness plan!

### Go to the Zoo

The idea of going to the zoo probably sounds absurd, but there are plenty of reasons to go during the autumn season. One of the reasons is because many zoos lower their rates during this time. The ultimate reason to go to the zoo in autumn, however, is because you will be more likely to see animals! In the summer, animals are too hot to come out during the day and spend most of their time sleeping. During the autumn, it is cool enough for them to walk around and graze. You probably already know that the reason you should add this fun autumn activity to your fitness plan is because you will burn calories from all of the walking that you will do at the zoo!

### Rake Leaves With Your Family

Raking leaves can be a lot of fun when you make it a family event. Children, especially, love to rake leaves. It is likely that you will enjoy watching your children do something that they enjoy, which will make you happy. Besides, children and adults can both get pretty physical when they rake leaves - which is all the more reason to add this fun autumn activity to your fitness plan.

As you can see, there are many fun autumn activities to add to your fitness plan this season! This excludes all of the block parties, long days at the mall you will spend Christmas shopping and any other fun autumn activities you can think of to add to your fitness plan! It is definitely safe to say that there are many things you can do in order to stay in shape throughout the autumn season! Going to the zoo, to a corn maze, fair and raking leaves are just to name a few of the many fun things to do in autumn!

## Anger: Negative energy and its harmful effects

From LifeLines

You may not actually "blow your top" or "see red," but there are some very real physical symptoms of anger. When you are angry, adrenaline and other chemicals pour into your blood stream, causing your pulse to rise and your blood pressure to go up.

In severe cases, the adrenaline begins to shut down the frontal lobe of your brain - the part that allows you to reason. You may feel hot, turn red, or feel your hands or body shake. The response is as natural as hunger pangs or sweating.

Your body senses a threat and prepares for action by increasing your energy level. The threat may be real or imagined. It can be a physical threat or a threat to your ego.

The energy boost you get from this sudden dump of adrenaline can be harmful to your body and lead to health problems if you don't learn how to manage it. Unmanaged anger can also end in violence.

### Recognize your anger

Some people learn to recognize their anger and deal with it from a very early age. Others do not. They have to make a conscious effort as adults to change the way they behave when faced with frustration, hurt, annoyance, and other causes of anger. The trick is to recognize that you are angry, figure out why you are angry, and make a rational decision about what to do. In other words, find a way to switch gears in your brain so that the "thinking" side is in control, rather than the "feeling" side.

Switching gears may be easier said than done. You may need to get away from the situation to cool off.

Physical exercise, deep breathing, or taking some time to enjoy a hobby or watch TV may help you get in your right mind. Once you are calm, you are ready to resolve the conflict.

### Anger management tips

Use a calm voice. Shouting seldom leads to solutions.

Be assertive, but not aggressive. Make sure you say what you need to say, but take time to listen, as well.

Name calling and accusations only escalate the fight. Chose your words carefully.

Negotiate and compromise. Try to meet in the middle.

Sulking in silence or ignoring a problem is no better than blowing up. Your body is still producing harmful adrenaline and the problem will not magically go away. Unexpressed anger can lead to physical ailments, such as ulcers and migraine headaches

### When it's not you

Maybe someone around you cannot manage his or her anger. When dealing with a hot head, be sure to keep your cool. Don't make the situation worse by answering anger with anger. Try being a good listener or using a little humor. Encourage a hot head to talk privately about the situation. A private setting may allow someone with a big ego more room to back down and save face.

If someone is clearly out of control or approaching violence, get help. Don't take chances with your own safety.

Anger is a natural human response. When we learn how to recognize and manage the energy it creates, we improve our lives and the lives of those around us.



Photos courtesy of Ron Williamson

## Before there was an NAS Jacksonville

In September 1917, by the authority of the U.S. Secretary of War, an Army quartermaster training camp, designated Camp Joseph E. Johnston, began construction at Black Point near the St. Johns River. Built within the boundaries of what is now NAS Jacksonville. General contractor A. Bentley & Sons of Toledo, Ohio employed almost 9,000 workers to construct the entire camp in just under four months.



The contractor of Army Quartermaster Camp Joseph E. Johnston built a narrow-gauge railroad spur to remove timber and to transport construction materials.



Most likely, this was the first fire engine at U.S. Army Quartermaster Camp Joseph E. Johnston, shown in 1917 parked outside temporary fire station No. 2.



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