

Jax Air News

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Photo by Clark Pierce

An ambulance from First Coast Navy Fire & Emergency Services aboard NAS Jacksonville stands ready to receive a VP-30 aircrewman who was injured (simulated) in a fire that erupted in a P-8A Poseidon on Feb. 20, as part of Exercise Citadel Shield 2013.

Exercise Citadel Shield tests AT/FP proficiency

By Clark Pierce
Editor

NAS Jacksonville security and fire department personnel conducted an anti-terrorism/force protection (AT/FP) evolution March 19-22, as the installation participated in the nationwide Exercise Citadel Shield 2013.

NAS Jax Commanding Officer Capt. Bob Sanders directed the three-day exercise that involved an abandoned boat on the base shoreline; a suspicious simulated fire inside a P-8A aircraft; and a simulated "shots fired" scenario inside a mental health facility near

Naval Hospital Jacksonville.

Sanders explained, "These real-world scenarios are part of the Citadel Shield exercise that annually tests our AT/FP response. It's a significant learning opportunity because it involves coordination of NAS Jax security and fire departments, along with Naval Hospital Jacksonville, Commander Patrol and Reconnaissance Wing 11, HS-11, NCIS, the FBI and the NAS Jax Emergency Operations Center."

Citadel Shield is an annual exercise conducted at

See **CITADEL**, Page 11

VP-10 fights ice in Misawa

By Lt. j.g. Victoria Wiedmeier
VP-10 PAO

With winter weather beginning to lay siege on northern Japan, the "Red Lancers" of VP-10 are preparing themselves for the long months of operating in Misawa's frigid climate.

From the warm weather of their home station in Jacksonville, the Red



Photos courtesy of VP-10

AD2 Tommy Penavaldez of VP-10, operates the boom arm from inside the cab of a de-icing truck as he showcases the proper way to spray an anti-freeze mixture onto a VP-10 P-3C Orion aircraft.

See **VP-10**, Page 10

New medal to retain place in order of precedence

By Jim Garamone
American Forces Press Service

The new Distinguished Warfare Medal will retain its place in the order of precedence among military decorations, Pentagon Press Secretary George Little said Feb. 19.

Much of the public discussion of the new medal has centered on its precedence. It ranks below the Distinguished Flying Cross and above the Bronze Star.

"We are not diminishing at all the importance of the Bronze Star - that remains an important award for our combat troops and will remain so," Little said in a meeting with reporters.

Senior civilian and military leaders decided on where to place the new



medal in the order of precedence, he added.

"We expect this award to be granted pretty rarely, and that factored in to the decision [on its precedence]," he said.

Juliet Beyler, the Defense Depart-

ment's acting director of officer and enlisted personnel management, said in an interview after the announcement of the new medal that technological developments on the battlefield have changed the way service members fight.

"The services all came forward and said there are people . . . who are doing incredible things, and we wanted the ability to recognize them for those things," she said.

Service members do not have to be physically present on the battlefield to contribute to success in combat. Unmanned aerial vehicle pilots and cyber specialists can be thousands of miles away from combat and make contributions to victory.

To be eligible to receive the award,

a service member has to have direct, hands-on employment, such as an unmanned aerial vehicle operator dropping a bomb or a cyber specialist detecting and fending off a computer network attack.

Combatant commanders must certify the impacts of the action before the award is forwarded to the service secretary for approval. The secretaries may not delegate that authority.

Officials stressed that the medal is meant to recognize actions with direct effects on combat.

Other awards are available to recognize service over a length of time, officials added, noting that the Distinguished Warfare Medal is not an end-of-tour award.



Photos by Kaylee LaRocque

Members of the NAS Jax Security Military Working Dog Unit gather at Heritage Park Feb. 19 to welcome home MA3 Drew Risley (center in brown uniform) and his Military Working Dog Doly from their Individual Augmentee deployment to Afghanistan.

Security personnel welcome home IA

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

MA3 Drew Risley and his Military Working Dog (MWD) Doly received a warm welcome home by base leadership and members of the NAS Security Department from their Individual Augmentee (IA) deployment Feb. 19 at Heritage Park.

Risley and MWD Doly spent three weeks in September 2012 attending the Inter-Service Advance Skills K9 training at the Yuma Proving Grounds before being deployed to Afghanistan where they were assigned to the Forward Operating Base Fenty.

"It was an interesting tour working with the

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N A S J a c k s o n



NAS Jax Commanding Officer Capt. Bob Sanders (right) welcomes MA3 Drew Risley and Military Working Dog Doly home on Feb. 19, after an Individual Augmentee deployment to Afghanistan.

"I appreciate every one being here to welcome us back and I'm very happy to be home."

As the team arrived via police escort, NAS Jax Commanding Officer Capt. Bob Sanders congratulated them on a job well done.

"I realize how difficult your tour has been and the enormous sacrifices you've made. Thank you for deploying on your own as an IA to serve your country and I'm happy to welcome you and Doly home safe and sound," said Sanders.

Risley and MWD Doly plan to resume their duties at NAS Jacksonville.

INSIDE

VP-62 CoC
Townsend Relieves Dearie
Page 6



BIRDS+
Flying Safer With Nature
Pages 4 & 5

BUILD WEALTH
Military Saves Week
Page 13



From Staff

Feb. 28

1844 - Explosion of Peacemaker, an experimental 14-inch gun, on board USS Princeton.
 1893 - Launching of USS Indiana (BB-1), the Navy's first true battleship.
 1959 - USS Strong rescues 13 Arab fishermen from Bahrain when their fishing boats floundered in a storm.
 1971 - In Vietnam, two carriers remained on station as strike sorties rose to an average of 122 per day, due to a 40 percent increase in enemy truck movements from the previous month, averaging more than 1,400 sorties a day.
 1980 - Blue crew of USS Francis Scott Key (SSBN-657) launches four Trident I (C-4) missiles in first operational test.

March 1

1942 - U-656 is the first German submarine of World War II to be sunk by naval air (VP-82).
 1954 - First of six detonations, Operation Castle nuclear test.
 1974 - USS John F. Kennedy (CVA-67) commenced a yearlong overhaul at Norfolk Naval Shipyard to be converted to handle the new CV concept (an air wing capable of performing strike and ASW operations) and to operate the new F-14 Tomcat fighter as well as the S-3A Viking.

March 2

1859 - Launch of Saginaw at Mare Island, first Navy ship built on West Coast of U.S.
 1867 - Civil Engineer Corps established.
 1899 - Act of Congress creates the rank 'Admiral of the Navy' for George Dewey.
 1973 - Women begin pilot training in U.S. Navy.
 1976 - Two VS-22 Lockheed S-3A Viking aircraft landed aboard USS Saratoga (CV-60) off the coast of Italy, completing the first Atlantic crossing by S-3A Vikings. The aircraft departed NAS Cecil Field, Fla., with stops at NAS Bermuda, NAS Lajes, Azores and NS Rota, Spain, before landing on Saratoga.

March 3

1776 - First amphibious landing operation. Continental naval squadron under Commodore Esek Hopkins lands Sailors and Marines, commanded by Captain Samuel Nicholas, on New Providence Island in the Bahamas, capturing urgently needed ordnance and gunpowder.

This Week in Navy History



U.S. Navy photos

USS Yorktown (CVS-10) in formation with her escorts and some of her aircraft during Exercise Sea Imp, a major Southeast Asia Treaty Organization exercise conducted in the western Pacific during the first part of 1966. The two leading escorts are USS Goldsborough (DDG-20) at left and USS Bronstein (DE-1037) at right. Other escorts include two destroyers and two escort ships. Planes overhead include S-2, E-1 and SH-3 types.

1871 - Navy Medical Corps established.
 1883 - Congress authorizes four modern ships of steel: three cruisers, Atlanta, Boston and Chicago; and dispatch boat Dolphin.
 1915 - Office of Chief of Naval Operations (CNO) established.
 1915 - Congress creates Federal Naval Reserve Force.
 1960 - USS Sargo (SSN-583), the third Skate-class nuclear-powered attack submarine, returns to Pearl Harbor, Hawaii from arctic cruise of 11,000 miles (6,003 miles of it beneath the polar ice).
March 4
 1911 - Appropriation of first funds for experiments in naval aviation.
 1925 - Congress authorizes restoration of USS Constitution.
 1947 - Operation High Jump, air operations in Antarctica, ends.
 1963 - Navy Hercules aircraft completes 12-day rescue operation of critically ill Danish seaman from Danish freighter off the coast of Antarctica.



USS Kearsarge (CVS-33) underway in Hawaiian waters, circa 1966, with Lockheed S-2 and E-1B airplanes and SH-3 Sea King helicopters on her flight deck.

1973 - The withdrawal of U.S. troops from Vietnam resumed and the U.S. Navy minesweeping force returned to its position off Haiphong. In addition, USS America was ordered to depart the Far East for the U.S. - the initial move in reducing the number of carriers serving in Southeast Asia from six to three by mid-June.

March 5

1942 - Name "Seabees" and insignia officially authorized.
 1943 - USS Bogue (CVE-9) begins first anti-submarine operations by escort carrier.
 1960 - USS Newport News (CA-148) and personnel from Port Lyautey complete emergency relief operations at Agadir, Morocco after earthquake on 29 February.

March 6

1822 - USS Enterprise captures four pirate ships in Gulf of Mexico.
 1862 - USS Monitor departs New York City for Hampton Roads, Va.
 1942 - U.S. Cruisers and destroyers bombard Vila and Munda in the Solomon Islands, sinking two Japanese destroyers.

Me and my boys: People repellent

By Sarah Smiley
Special Contributor

From the Homefront

I'm writing this onboard Amtrak's Acela express train, as we travel to see Dustin in New York City. Note: If you happened to be anywhere near us during this trip, I apologize.

We boarded the train at Boston's South Station, where nobody in their right mind wanted to be seated next to us. It might have been our pile of bags, blankets, toys and Lindell, who was already wearing a monkey shaped neck pillow and carrying his green stuffed duck named Lindiddy. This made grabbing a four-person seating arrangement with a table in the middle (prime real estate in train travel) easier.

We were in serious travel mode, with travel versions of every board game known to man, and a big supply of coloring books and crayons.

However, it quickly became apparent that we were surrounded by 9-to-5 business professionals traveling the northeast corridor for important meetings or exciting weekend plans. They wore suits and high heels. They carried sleek briefcases and messenger bags. They talked on their smartphones. And few of them made use of the luggage bins at the front of the car or compartments overhead. They were traveling light.

The boys and I were loaded down like pack mules, and we occupied our seats like we were moving in. Coloring books, electronics, board games, snacks and more stuffed animals spilled out of my bag. Lindell curled up with his blanket and monkey neck pillow. Ford and Owen fought over the snacks. Bodily functions were proudly announced and quickly shushed by me.

The train hadn't even left the station yet.

Passengers who had just settled down beside us quietly moved away.

Late boarders thought they had scored - a whole car nearly empty and with seats free for the taking! Soon, these travelers smiled sheepishly and pretended to see someone they knew in an adjacent car before slinking away.

The boys and I stretched out in our space, a wide buffer surrounding us that no one in a suit dared to penetrate.

We unpacked more goodies and games.

Lindell said he felt sick to his stomach.

As we traveled south, however, the train grew more crowded and unsuspecting travelers were forced to sit beside us. One young lady and her boyfriend with trendy black shoes slid into the seats across from us. If they didn't already have birth control, they were about to get it. We were like animals in a zoo for them. I'm not sure the boyfriend, in particular, had ever seen so many primary colors and plastic toys.

When the twinkling New York City skyline came into view outside our window, the kids gasped and pressed their faces against the window. This, of course, only encouraged more parallels with a zoo.

The boys have never been to New York City.

"I think that's the Empire State Building," Owen said.

"No, it can't be," Ford said. "The Empire State Building is bigger."

"No, that's it. I know it is. I've seen it in the movie Elf."

The man across from us smirked

and looked away. I sighed. We had come so close to not mentioning Elf or SpongeBob Squarepants. Now we just looked silly.

By 10 p.m., the boys had curled up in their seats as best they could and started to fall asleep. Lindell drooled on his monkey neck pillow, and Ford's cheek was pressed against the glass. Games and half-eaten snacks littered the table.

I tried to make eye contact with the man across from us. I wanted to smile knowingly, as if to say, "I'm sorry," and "They're only kids. It's their first time on a train. They're a little excited."

The man couldn't get out of his seat quicker when the conductor called his stop. He nearly ditched his girlfriend in order to not miss the chance to leave. I waved goodbye to him as Lindell snored softly, mouth open and drooling, on my shoulder.

For the rest of the trip, I alternated between feeling depressed about our current state of affairs - I was "that" mom on public transportation - and responsible for reducing the world's potential birth rate.

Then, at Grand Central Station, as the boys and I came through the gate with all our gear in tow, I spotted Dustin. He was smiling like he hadn't seen us in years. He ran to hug us. He grabbed the drool-soaked neck pillow without flinching. He reached out to hold grubby hands.

And it was at that precise moment that an old cliché finally made sense to me: My three wide-eyed, sticky-mouthed and tired kids were a vision that perhaps only a mother and father could love.

Hey, MoneyChic!

Hey, MoneyChic!

I was out of town and got into a bit of a pickle, my car broke down! I wasn't able to come up with the money to repair my car myself so I took out a loan from one of those online places. The situation was a bit rushed and now I am having second thoughts about my actions. Did I do the right thing or was there a better way?

MoneyChic Sez: Having something go wrong on a trip is definitely not a great situation to be in. Although secured the money to fix your car through an online lender, there is another way the problem could have been resolved.

Even though you were not close to NAS Jacksonville, the nearest Navy-Marine Corps Relief Society (NMCRS) office, another military relief society office (Army, Air Force), or the Red Cross could assisted you if you qualified for a loan.

Army Emergency Relief, Air Force Aid Society, NMCRS, and the Red Cross all work together when members of different branches are not able to reach their designated base for assistance. NMCRS can assist with many things you may not have thought of and car repair is one of them.

Let's get back to online and predatory lending. Predatory lending can be defined as imposing unfair and abusive loan terms on borrowers. Most online lenders are predatory lenders.

One of the many forms of predatory lending is a short-term loan with disproportionately high fees, such as payday loans or tax refund anticipation loans, where the fee paid for advancing the money for a short period of time works out to an annual interest rate significantly in excess of the market rate for high-risk loans.

Payday loans are illegal to receive by military members in the state of Florida which has led many payday lenders to move online. Service members are targets of these quick and easy loans because of the steady job and consistent paychecks members of the military receive.

Have you heard of Omni? Pioneer? Those are online companies. They are counting on the never-ending cycle of borrowing and repaying or just continuously borrowing to make their money. Some of these companies are not just online anymore. Omni is known for setting up offices near military installations.

Did you read the fine print on the loan contract? Do you know what interest rate you are being charged? Fortunately for you, the interest rate must be capped at 36 percent thanks to legislation a few years ago. But unfortunately, the interest rate is probably 36 percent! If a company is online but has originated from an Indian

See **MONEYCHIC**, Page 7

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 a.m. - Catholic CCD

Daily Catholic Mass
 11:35 a.m. (except Friday)
 Weekly Bible Study

Wednesdays, 7 p.m. at Chapel Complex Building 749
 and Thursdays at 7 p.m. in the barracks
NAS Jacksonville Chapel Center
 Corner of Birmingham Avenue & Mustin Road
542-3051



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BIRD AIRCRAFT STRIKE HAZARD PREVENTION

Cormorants are a fairly large family of fish eaters residing along freshwater and saltwater shores around the world. Despite spending much time in the water, they do not possess the waterproofing oil of other seabirds – and so must spend much time drying their wings. In this case, they're soaking up the sun on the NAS Jax helicopter approach landing system near Hangar 1122.



During tropical storms and other heavy precipitation weather events, some areas of the NAS Jax airfield become temporarily flooded – creating an attractive area for aquatic birds, mammals and insects.



USDA Wildlife Biologist Kevin McGrath drives to a grass area north of the NAS Jax control tower to launch pyrotechnics designed to deter birds such as buzzards from flying near the runway.



A wall of granite rip-rap on the eastern boundary of NAS Jacksonville helps control erosion by the St. Johns River. It also attracts a bird population that must be discouraged from nesting and flying near the runways and taxiways.



Flying above airfield vegetation near the St. Johns River, a northern harrier (a long-tailed hawk that prefers open grassland and marshes) searches the ground for small rodents.



USDA Wildlife Biologist Kevin McGrath drives along the granite erosion-control wall on the St. Johns River. The vegetation sprouting from the granite boulders must be periodically trimmed to avoid attracting birds.

BASH collision prevention program shows results

By Clark Pierce
Editor

The Department of Defense (DoD) reports at least 3,000 wildlife-related strikes annually involving military aircraft from the Air Force, Navy and Marine Corps. Throughout the DoD, air operations, aviation safety, and natural resources personnel work together to reduce the risk of bird and wildlife strikes that cause an estimated \$75 million in damage each year.

Potentially dangerous collisions between birds and military aircraft in Northeast Florida are being reduced thanks to a team approach to wildlife management at Navy airfields that include NAS Jacksonville, Naval Station Mayport and Outlying Landing Field (OLF) Whitehouse.

“For many years, the DoD has worked to improve aviation safety through a number of initiatives – one of the most successful being the Bird Aircraft Strike Hazard (BASH) prevention program,” said Winston Rogers, airfield facilities deputy manager at NAS Jacksonville. “Most recently, Commander, Navy Installations Command (CNIC) entered into a national agreement with the U.S. Department of Agriculture (USDA) to assist in safeguarding shore-based air operations assets.”

USDA Wildlife Biologist Kevin McGrath and USDA Wildlife Technician Mike Trowell have been part of the NAS Jax BASH program since early 2011.

“In the past year, USDA established the Wildlife Hazard Assessment (WHA) survey process. We completed nine surveys – both day and night – to measure the impact of birds and mammals on operations at naval aviation installations in northeast Florida,” explained McGrath. “The survey identifies all bird populations in an area – especially those most likely to have a negative effect when mixed with aircraft.”

Common species in the airfields’ vicinity include the great blue heron, snowy egret, wood duck, killdeer, laughing gull, royal tern, least tern, mourning dove, red-bellied woodpecker, blue jay, fish crow, Carolina wren, mockingbird, starling, pine warbler, northern cardinal, eastern meadowlark, common grackle and house sparrow.

“When the WHA survey is completed for NAS Jax, our BASH working group (Airfield Management, Air Operations, squadron safety officers, and the NAS Jax Public Works Environmental Department) will have data on current wildlife populations, what habitat they’re using, and what recommendations will help safely manage threats to aviators,” said McGrath.

One such recommendation could be to apply skirting to certain sections of the perimeter fence to decrease the number of mammals (such as foxes, coyotes, raccoons and armadillos) foraging on the airfield. The BASH working group would then prioritize the project, estimate materials and labor, and acquire funding.

Birds on the airfield change each quarter according to migration fluctuations. In most cases, bird strikes are best prevented by making the airfield unattractive to the most troublesome species.

At NAS Jax, as with many airfields worldwide, gulls are the top BASH threat. When it rains, gulls are attracted to puddles on the runways and taxiways. Rainwater also drives insects up out of the grass – which also attracts gulls.

McGrath pointed out that each Navy airfield in northeast Florida is unique according to its geography and natural resources. “Obviously, the ocean and the Mayport jetties attract large marine species such as gulls, terns and pelicans. The NAS Jax shoreline with the St. Johns River attracts more inland species such as osprey, vultures and blackbirds. And OLF Whitehouse presents a southeastern pinewood habitat that attracts blue jays, woodpeckers, hawks, cranes and turkeys.”

Rogers added, “The Navy’s long-term goal is to do more than just scare birds away from the airfield by shooting pyrotechnics. Our USDA wildlife experts and natural resources staff understand the habitat and feeding preferences of each species – as well as how to reduce environmental factors that attract birds.”

McGrath said, “Developing an integrated BASH program requires cooperation and communication, because permanently eliminating birds from the airfield environment is impossible. Active communication between all players involved in daily airfield activities is vital to providing up-to-the-minute safety advisories to pilots.”



Controlling the height of grass around the runway keeps certain bird species from nesting and feeding in proximity of aircraft. The concrete fabric form drain liner reduces the amount of sediment entering the stormwater system, prevents plants from rooting and reduces maintenance costs.

Photos by Clark Pierce and Kevin McGrath



Metal and plastic "bird spikes" have been attached to runway equipment and signs to discourage avians from perching – and possibly interfering with airfield communications.



Gulls and cormorants congregating on the catwalk of the approach landing system at the NAS Jax Hangar 1122 seawall represent a threat to H-60 Seahawk helicopters during flight operations.



NAS Jax Airfield Facilities Deputy Manager Winston Rogers prepares to fire his pyrotechnic revolver on Feb. 8 to clear water birds from the approach landing system for helicopters on the NAS Jax seawall.



An osprey perches on airfield equipment as it searches for its next meal.



Fences surrounding Outlying Landing Field Whitehouse are regularly augmented from the ground up to prevent wildlife entry.

BASH Role Players: Teamwork Is Crucial

The Navy's driving force behind the program is the Commander, Navy Installations Command (CNIC) BASH Manual.

- **Installation Commanding Officer**
 - Accountable for BASH program and local instruction. Air Ops executes.
 - Integrates with squadrons and other aviation tenants for training, reporting and collection.
- **USDA Wildlife Services Biologists**
 - Lethal control of hazardous wildlife.
 - Non-lethal dispersal of hazardous wildlife.
 - Capture and relocate wildlife from airport boundaries.
 - Ensure protected species are handled according to federal and state laws.
- **Installation Environmental Department**
 - Modification of habitats to discourage wildlife



The NAS Jax arsenal of bird-dispersing pyrotechnic launchers.

- attractants.
 - Update BASH requirements in the integrated Natural Resources Plan.
- **NAVFAC/Public Works Department**
 - Grass cutting, tree removal and brush control.
 - Land use agreements with surrounding land owners.
- **Smithsonian Feather Identification and DNA Lab**



Freshly caught from the St. Johns River, an osprey eats its fish on the NAX Jax main runway, amid the tire marks of a P-3C Orion aircraft.

- Provides species identification for installation management.
- **Naval Safety Center**
 - Provides data collection and analysis.
 - Provides program assessment.
 - Integrates with other federal agencies for BASH program.

VP-62 'Broadarrows' welcome new skipper

By MC3 Christian Eskelund
VP-62 Public Affairs

Patrol Squadron (VP) 62 held a change of command ceremony on board NAS Jacksonville, Feb. 23. Cmdr. Jon Townsend relieved Cmdr. Jerry Dearie as commanding officer.

Commander Patrol and Reconnaissance Wing (CPRW) 11 Capt. Eric Weise presided at the ceremony.

Capt. T.D. Smyers (ret.), a former commanding officer of VP-62, and several other former skippers were in attendance. Smyers, who commanded the squadron from July 2003 to July 2004, was guest speaker.

"Some of the best experiences of my life were spent as a Broadarrow," said Smyers.

"Since serving here, I can't help but be inspired by what the VP-62 citizen Sailors provide to our national defense and our national character. The sacrifice and quality of today's Reservist deserves the understanding and respect of Americans everywhere. Here in Jacksonville, Florida, I know it's appreciated."

In his final address as commanding officer, Dearie said, "Just a short 14 months ago I was sitting in the chair where the XO currently sits and thinking I had hit the lottery. I was not only getting to do what I love to do - fly airplanes, track submarines and shoot missiles - but I was going to be the one who got to make all the decisions. Going to sleep that night I felt like a kid who got the keys to his dad's Ferrari."

Dearie spoke of the changes he had seen during the 11 years since he joined the squadron in 2002.

As the "Broadarrows" prepare for an overseas deployment this summer, he said, "My greatest regret is that I will not be there with you. XO you have the car keys now. Enjoy the ride. It's fast, it's exciting and you will enjoy every minute of it."

With the words "I relieve you, sir,"



Photos by VP-62

Cmdr. Jon Townsend relieved Cmdr. Jerry Dearie of command of VP-62 on Feb. 23 at NAS Jacksonville.

Townsend became the 31st commanding officer of the VP-62 Broadarrows, one of two Reserve maritime patrol squadrons in the Navy. The squadron consists of 115 drilling Reservists and 110 active and full-time support personnel. Broadarrow Reservists travel from nine states to train for operational missions in support of national defense.

"It's exciting to have the opportunity to lead this squadron at a time when the concept of Active Reserve Integration is alive and well," said Townsend.

"In fiscally austere times, it's critical that the call to duty come the way of the Reserve Component. VP-62 has been called to meet global force requirements during the fleet transition to the new P-8A Poseidon. We are ready for the call, and I am excited to be part of it as Commanding Officer."

Under Dearie's leadership, the squadron celebrated its 33rd consecutive year of class "A" mishap-free flight operations surpassing 100,000 flight hours. VP-62 received the Chief of Naval Operations Naval Aviation Safety Award, known as the Safety "S."

Dearie guided the efforts of a rigorous new training plan by the Broadarrow

Maintenance Team for 135 personnel, accounting for 14,764 maintenance man-hours and 5,656 maintenance actions. The plan led to full implementation of 41 maintenance programs, the qualification of 13 personnel to certify aircraft Safe-for-Flight, 22 Collateral Duty Inspectors, and 11 Quality Assurance Representatives.

Ultimately, the new plan resulted in a superb Commander, Naval Air Forces Aviation Maintenance Inspection (AMI) during which AMI inspectors specifically gave out ten "bravo zulus" to maintenance personnel for their outstanding performance and VP-62 personnel achieved a spotless safety record.

During Dearie's tenure, VP-62 completed 40 missions and provided 232 hours of operational support for Joint Task Force USS Carl Vinson, Joint Task Force USS Dwight D. Eisenhower, Operations Caribshield, Pomeval and RIMPAC 2012. The Squadron demonstrated excellent weapons employment capability, highlighted by the successful deployment of an AGM-65 Maverick missile on target during RIMPAC 2012 exercises.



Jeanette Townsend pins the Command at Sea pin on her husband Cmdr. Jon Townsend when he assumed command of VP-62 on Feb. 23 at NAS Jacksonville.

VP-62 continuously provided 77 current and qualified aircrewmembers and a minimum of three Combat Aircrews trained and ready to conduct Anti-Submarine Warfare in support of major combat operations and overseas contingency operations.

Additionally, pilot proficiency continued to be a strength of the squadron, maintaining a 92 percent monthly pilot proficiency rate throughout the year.

Townsend completed primary and intermediate flight training with Training Squadron Twenty-Seven (VT-27) in Corpus Christi, Texas and advanced flight training with Training Squadron Thirty-One (VT-31) at NAS Corpus Christi.

He was awarded his pilot wings in October of 1997 and reported to the Fleet Replacement Squadron VP-30 at NAS Jacksonville. Townsend served tours with VP-10, VP-30, VP-62, and U.S. Southern Command prior to reporting back to the Broadarrows as executive officer.

Cmdr. Ron Soroka assumed duty as the Broadarrows' executive officer.

2013 Patient Guide all-access tool arrives

By Naval Hospital Jacksonville Public Affairs

Naval Hospital (NH) Jacksonville — its hospital and branch health clinics

— is pleased to announce that the 2013 Patient Guide is now in-stock at all of its facilities and also available online at the command website at www.med.navy.mil/sites/navalhospitaljax.

The Guide is patients' all-access tool, with current contact information for all clinical departments at the hospital and

See **GUIDE**, Page 7

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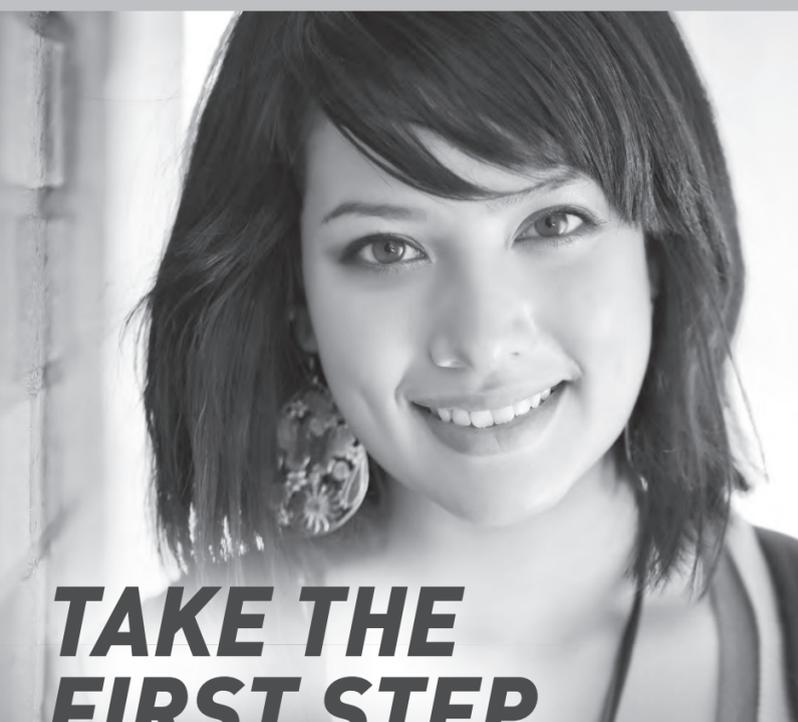
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VP-30 hosts Commander Fleet Forces Command

By Lt. Trey Ross
VP-30 PAO

The "Pro's Nest" of VP-30 recently hosted Adm. William Gortney, commander U.S. Fleet Forces Command and several members of his staff.

During the visit, Gortney toured a P-8A Poseidon aircraft and associated training facilities at VP-30, focusing on daily operations during operational maritime patrol and reconnaissance squadron training of replacement pilots, naval flight officers, and naval aircrewmen on the new P-8 Poseidon airframe.

VP-30 accepted its first P-8 Poseidon in March 2012 to begin training on the

new Boeing aircraft while concurrently maintaining fleet requirements as the P-3 Orion Fleet Replacement Squadron.

Gortney's visit included a tour of VP-30's new electronic classroom, which provides a wide array of resources to provide computer-based training for officers and enlisted aircrewmen as well as maintainers.

Instructor pilots and naval flight officers were also able to give him an interactive tour of the new, state-of-the-art, P-8 pilot and tactical crew trainers.

The mission of U.S. Fleet Forces Command is to train, certify, and provide combat-ready Navy forces to combatant commanders.

These forces must be capable of conducting prompt, sustained naval, joint, and combined operations in support of U.S. national interests.

VP-30's training of patrol plane pilots, flight officers, aircrewmen and main-

tainers is a key contributor to the effectiveness of the maritime patrol and reconnaissance community as it fits under U.S. Fleet Forces Command in support of national interests and security.

Bicycle-pedestrian meetings slated

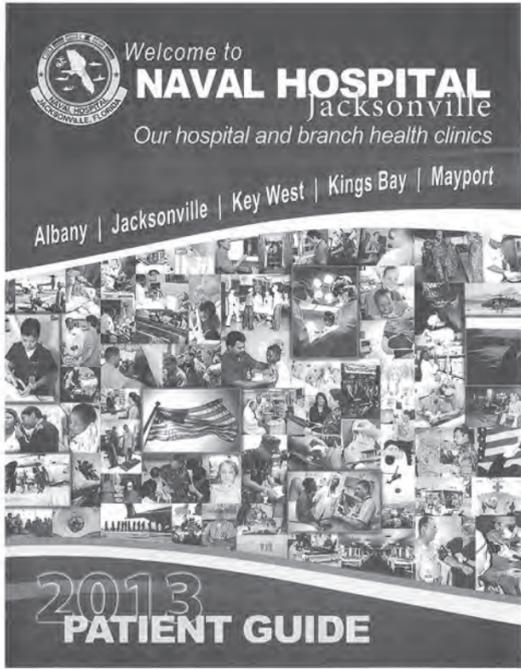
From staff

Bicyclists and pedestrians residing in Clay, Duval, Nassau and St. Johns Counties have three opportunities to provide input for the North Florida Regional Bicycle Pedestrian Master Plan study conducted by the North Florida Transportation Planning Organization.

The open-house public meetings allow attendees to review and comment on the plan's draft elements.

The public meetings are from 4-8 p.m. at the following locations:

- March 5 - Ed Ball Building (next to City Hall), Rm. 110, 214 N. Hogan St.
- March 6 - St. Augustine Town Hall - Alcazar Room, 75 King St.
- March 7 - Nassau County Commission Chambers, 96135 Nassau Place



GUIDE

From Page 6

branch health clinics.

This includes Medical Home Port care teams, urgent and emergency care, pharmacy and pharmacy home delivery, outpatient clinics, expecting and new parent services, inpatient care and surgery, military medicine, TRICARE, and educational classes.

To find out more, visit the command website at www.med.navy.mil/sites/NavalHospitalJax, like the Facebook page at www.facebook.com/NavalHospitalJacksonville, follow on Twitter at www.twitter.com/NHJax and view the YouTube channel at www.youtube.com/user/NavalHospitalJax. Sign up for email updates at nhjaxconnect@med.navy.mil.

MONEYCHIC

From Page 2

reservation and are not governed by the same laws as other lenders. Western Sky is an online lender that does not have to cap the interest charged to borrowers.

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Have questions for Hey, Money Chic? Drop me an e-mail at megan.stolle@nmcrs.org.



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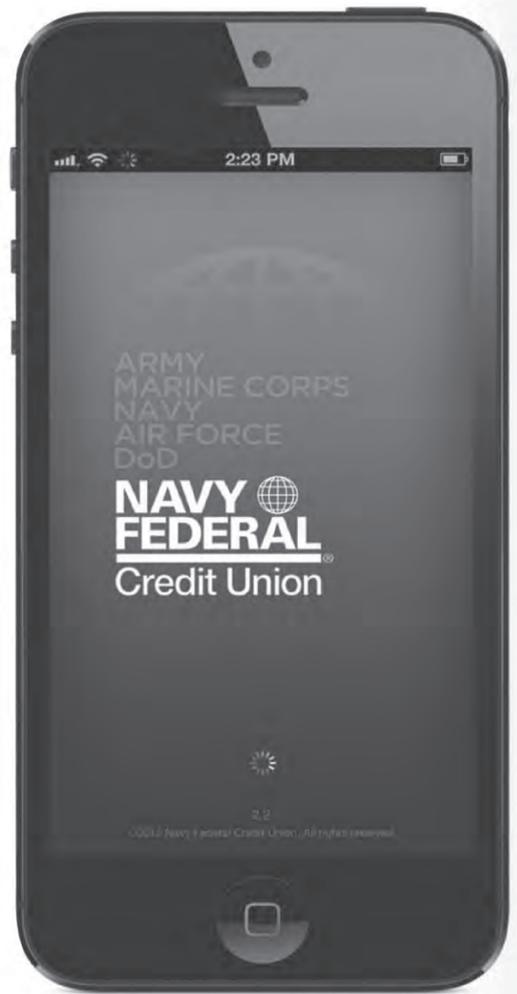
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Photos courtesy of VR-62

Two of the four C130-T Hercules logistics aircraft assigned to the "Nomads" of VR-62 at NAS Jax.



AWF1 Pedro Bladin directs cargo loading in a VR-62 C-130T Hercules aircraft for a EUCOM logistics detachment.



AWF3 Sierra Doran checks the pallet weight of gear to be stowed on a C-130T Hercules assigned to VR-62.

consist of a mix of Selected Reservists and full-time support Sailors.

Lt. Cmdr. Todd Nichols, the Nomad operations officer, said, "We expect to be very busy considering the recent events taking place in AFRICOM, and we like being busy."

The Nomads just returned from CENTCOM Jan. 28.

"We are truly nomadic this year" said AWF1 Gregory Autrand, the squadron's operations LPO.

VR-62 is one of five Navy Reserve C-130 squadrons serving the Navy's global logistics needs. The squadron is home based at NAS Jacksonville.

'Nomads' depart for EUCOM det

By AWFCs Mike Wendelin
VR-62 Public Affairs

After recently completing detached operations in Pacific Command and Central Command (CENTCOM), The VR-62 "Nomads" departed last week for a European Command (EUCOM) detachment at NAS Sigonella, Italy.

Consisting of 21 maintainers, aircrew and a C-130T packed with tools and personal gear, the detachment headed out for EUCOM. The detachment personnel



A "Nomads" loadmaster prepares a pallet of maintenance equipment for delivery to the NAS Jax flight line.

Satellite pharmacy closing for improvements March 2

From Naval Hospital Jacksonville Public Affairs

Naval Hospital (NH) Jacksonville's satellite pharmacy, located at the Navy Exchange (building 950), will close its lobby and drive-up early March 1 at 4 p.m. in order to upgrade its information technology.

On March 2, the satellite pharmacy's lobby will be closed and the drive-up window (medication pick-up only) will be open 8 a.m. to 3 p.m.

NH Jacksonville's main (outpatient) pharmacy will be open standard Saturday hours, 8 a.m. to 3 p.m.

To register for home delivery of chronic medications (including generics at no cost), go to www.tricare.mil/homedelivery, or ask a pharmacy staff member.

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VP-10

From Page 1

Lancers had to quickly adapt to the challenges of winter weather flying. Too much snow and ice on an aircraft's wings can render it unflyable. While airborne, special heating systems on the P-3C Orion can melt ice that forms on the flight surfaces and propellers. However, on the ground a team of qualified maintainers and aircrew must manually remove the ice and snow, and take preventative steps to slow down further buildup on the aircraft.

"VP-10's last two deployments were to the desert, so resident expertise on snow-removal and de-icing procedures is scarce. We received a lot of great tips and procedures from VP-1 and VP-8, the two previous squadrons operating out of Misawa, but understanding how to apply those procedures is difficult without seeing them first hand," said VP-10 Maintenance Officer Lt. Cmdr. David Neall.

The Maintenance Department took the proper steps required to conduct these procedures in accordance with the NATOPS program, maintenance instruction manuals and Command Task Force 72 standards. To earn the necessary de-icing qualifications, the Maintenance Department sent AE2 Jeremy Guthrie and AD2 Tommy Penavaldaz to the Misawa Ground Support Equipment office where they learned how to use the de-icing truck and how to train others on the proper procedures. The pair then spent the next three weeks



AWF2 John Joseph Jr. of VP-10 walks on top of a P-3C wing supported by a harness and two teammates as squadron personnel watch him demonstrate the correct way to remove snow and ice from the wings.

Photos courtesy of VP-10

indoctrinating their co-workers on the proper procedures and techniques. At the same time, a team consisting of ADCS James Ettl, AWFC Marc Danchak, and AWF1 Brent Duvall began preparing a squadron-wide demonstration to show the rest of the command the in-depth process involved in safely preparing the aircraft for freezing conditions.

"We had to get everyone

involved with what it takes to properly de-ice and remove snow from the aircraft. Having them see and do the established procedures, rather than reading about them better prepared the command for success," explained Ettl.

The Red Lancers recently gathered in the hangar to observe AWF2 John Joseph Jr. strap into a harness and climb

onto the aircraft, with two people supporting him with ropes from below, to demonstrate the correct way to brush snow and ice off the aircraft. Afterwards, everyone headed to the flight line where Penavaldaz demonstrated how the de-icing truck worked and how to properly spray the special anti-freeze solution from the truck onto the aircraft.

"We thought this would be a good way to 'visualize the procedure' which will make these evolutions run more smoothly should we have to execute them during this deployment," said Neall. "We have seen a lot of snow so far this deployment with more expected in the coming months, we wanted to make sure we are prepared to safely operate in these conditions."



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Rescue personnel from First Coast Navy Fire & Emergency Services at NAS Jacksonville emerge from a P-8A Poseidon aircraft, where a simulated VP-30 aircrewman was reported injured in a fire. The Feb. 20 event was part of Exercise Citadel Shield 2013.



Rescue personnel from First Coast Navy Fire & Emergency Services at NAS Jacksonville load an injured (simulated) VP-30 aircrewman with a leg injury into an ambulance.



MA1 Joseph Husky of Naval Security Forces Jacksonville discovered an unauthorized – and burnt – circuit board in the aft section of P-8A Poseidon number 433, parked on the NAS Jax flight line.



NAS Jacksonville Commanding Officer Capt. Bob Sanders tracks force protection developments at the Citadel Shield Incident Command Post set up near the VP-30 hangar.



NAS Jax Installation Training Officer Jim Butters (center) discusses role playing in the exercise with volunteers from Naval Hospital Jacksonville early on Feb. 21.



HM3 Robert Tucker, who portrayed a victim with a gunshot wound to his leg, is medically evaluated by Firefighter Tommy Gamble and Engineer Alex Ramirez.



Respiratory Therapist Benjamin Marrero (left), HN Dakota Trinoskey and Cmdr. William Melvin Brown (right), a physician, attend to a simulated casualty in Naval Hospital Jacksonville's Emergency Department during NAS Jacksonville's Citadel Shield Exercise Feb. 21.



Photo by Jacob Sippel

When the shooter burst from a doorway at the Naval Hospital mental health facility – he was met with a hail of bullets from NAS Jax Security personnel.

(Left) Lt. Oliver Bascon, Naval Hospital Jacksonville Emergency Department nurse, examines the Emergency Medical Services disaster tag to evaluate the simulated victim's injury severity during Exercise Citadel Shield. The emergency department triages each incoming patient, treating on-site, transporting to an operating suite for surgery, admitting to an inpatient unit, or transferring to the regional trauma center or other specialty hospital.

Photos by Clark Pierce



Firefighters Alex Guerra and Devan Brown carry wounded role player HM2 Chantel Alcazar to an awaiting ambulance for transport to the Naval Hospital Jacksonville Emergency Room.

CITADEL

From Page 1

all continental United States naval installations to enhance the training and readiness of navy security forces and other first responders – but was not a response to any specific threat.

“This exercise creates a learning environment for installation personnel to enhance functional plans and operational capabilities,” Sanders added.

“It’s vital that we learn how to adapt to unexpected situations. The more opportunities we have to train, the more proficient we’ll become in dealing with AT/FP events.”

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Cleaning up the Curacao zoo

By Lt. Eric Frank
CPRW-11 Public Affairs

Sailors from VQ-1, attached to Commander, Task Force (CTF) 47 and assigned to the U.S. Forward Operating Location (USFOL) Curacao in the Netherlands Antilles took time from their busy schedule recently to participate in a community relations (COMREL) project at the Parke Tropical Zoo.

Upon arrival, zoo employees escorted the group to a limited access behind-the-scenes area. The Sailors, anxious to see what animals they would encounter, were instead greeted by a large steel shipping container near a field covered in construction debris, garbage and compost.

With a limited collection of hedge clippers, rakes, shovels and an axe at the group's disposal, the Sailors got to work.

"I like to do volunteer work because it gets me out of the military mindset [and] I feel the locals really appreciate our work," said AM3 Victor Hernandez.

Over the course of three hours, the

group cleared out all of the garbage and construction material, removed most compost, and chopped down a couple of trees and bushes. The zoo's administrators were all smiles as they served water to the parched sailors. Regarding the speed and efficiency put towards the project, CPO Nathan Wells stated that COMRELS are a great team-building exercise.

The Sailors were proud of the changes brought to the field that will soon become a picnic area.

"It's regrettable and unfortunate that the field fell into such deplorable condition," said Lt. Jonathon Montes. "But I'm happy to participate in a dynamic and engaging sequence of events."

Rewarded with the smiles of zoo employees and access to the zoo, the Sailors of CTF-47 got a chance to walk around and enjoy the park.

Zoo Director Bert Isenia expressed his gratitude and asked them to come back for other projects. The clean up was also featured in the local newspaper. The Parke Tropical Zoo, which is free to the public, houses exotic animals and a botanical garden.



Photos by CPRW-11

(From left) Lt. j.g. Eric Jensen, AWW3 Kristopher Hall, Lt. Jordan Fogler and IT2 Joshua Hill clean up trash and debris during their COMREL project at Parke Tropical Zoo in Curacao.

USFOL Curaçao operates 24/7 enabling joint, interagency and multinational aircraft operations that conduct detection, monitoring and tracking missions in support of regional counter-drug efforts. It was established

as a result of a multi-lateral agreement between the Kingdom of the Netherlands and the United States whereby aircraft and crews deploy to the USFOL on a temporary basis to conduct counter-drug operations.

Navy, GSA streamline heavy equipment rental program

From Naval Facilities Engineering Command Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast Base Support Vehicles and Equipment (BSVE) Product Line declared success Feb. 5 working with General Services Administration (GSA) in a joint venture to streamline the short-term rental process for Navy heavy equipment in the Southeast.

Public Works Departments, along with other government agencies, now has access to various types of heavy-duty civil engineering support equipment (CESE) on a short term basis (up to 365 days) through the GSA Heavy Equipment Short Term Rental (STR) Program. Types of equipment in the program include, but are not limited to bulldozers, back-hoes, generators, loaders, and man-lifts.

"This new tool will definitely help the Navy and will lead to significant cost reductions in operations by allowing us to reduce our pool of equipment,"

said Jeff Killian, NAVFAC Southeast Public Works business line coordinator. "Emergencies come up in our business and this will provide a means to quickly resolve equipment needs."

This acquisition strategy is now available by the implementation of a GSA negotiated, multi-vendor/multi region product delivery contract.

"Historically we have on occasion rented heavy equipment, but the process and payment was somewhat difficult to enable full time usage," said Ryan Costa, NAVFAC Southeast transportation specialist. "With this program the process is web based and we make payment through our already established GSA billing cycle."

In 2010, the BSVE team reached out to GSA to collaborate a new initiative to reduce underutilized equipment. The team was aware of the already resounding success of the GSA STR program for light duty vehicles and wanted to look at what could be done for the CESE program.

"The new contract provides a means for competitive and low cost equipment rentals from multiple vendors," said Costa. "Utilizing this program will provide multiple cost saving benefits to the Navy and other agencies throughout the Government."

With more equipment available on an interim basis through this program, the Navy can look at reducing the inventory of heavy equipment that it owns.

"Reductions of agency owned assets will dramatically reduce ownership and operational costs such as maintenance, labor and procurement cost," said Costa. "The GSA Heavy Equipment STR program will help us meet our strategic goal of reducing our direct and indirect costs."

The savings will be realized through not having to procure equipment and also bear the cost of maintenance. As the various sites throughout the southeast start utilizing the new program, they will review existing equipment inventories to determine at what point

in time the inventory can be purged based on the new rental data.

"We need to continue to think outside the box and manufacture business strategies like this to mitigate costs - always being mindful of the taxpayers' dollars."

The new program allows flexibility during contingency events by lessening the need for contingency contracting and enabling access to available equipment on a National scale.

NAVFAC Southeast was the exclusive government agency during the program's "Pilot" inception period during the middle of fiscal year 2012 and had realization of programmatic success shortly after.

"The accessibility of this program is currently available at all stateside locations within the Navy's Southeast region," said Costa.

BSVE continues to partner with GSA during this evolution and looks forward to the success of the program as GSA plans to phase the program's availability to all government agencies this year.



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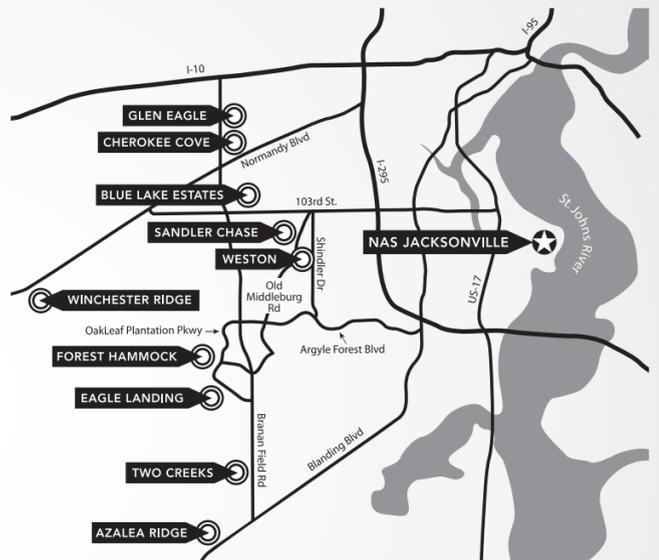
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'Military Saves Week' highlights personal finance issues

By Nick Simeone
American Forces Press Service

Defense Department officials have designated Feb. 25-Mar. 1 as "Military Saves Week" to highlight the need for military families to reduce debt and save for the future, something Pentagon officials emphasize is key to force readiness.

The event is part of the year-long Military Saves campaign, an opportunity for leaders to stress the importance of good financial habits to all members of the force and their families to encourage saving, reducing debt and building wealth, officials said.

"Military Saves is an ongoing campaign in partnership with America Saves to really hone in on the habits for good savings for our military members," Barbara Thompson, director of the Pentagon's office of family policy and children and youth, told American Forces Press Service and the Pentagon Channel.

The personal finances of military families are important to



Photo by Lt. j.g. Kevin Wendt

(From center to right) Rufus Bundrige, personal financial manager, Erika Clark, work and family life consultant and Paul Stewart, work and family life consultant, all with the NAS Jacksonville Fleet and Family Support Center, pass out flyers and half dollar coins to active duty military members in order to market the events of the Military Saves Week, which started on Feb. 25. "We want to let all the active duty Sailors know about the events of that week, and we will cover various topics from investing and building wealth to auto and home buying," Bundrige said.

the Defense Department, she said, because money problems can affect force readiness.

"When service members and their families can focus on the mission because they're not

worried about their financial situation, we have a much better prepared force," she added.

Financial health also is key to force readiness because accumulating debt can jeopard-

dize a service member's security clearance.

DOD officials have found that junior enlisted service members and their families are more vulnerable to financial problems than other members of the force.

Data obtained through surveys and supplied by Thompson's office suggests an increase last year among those who experienced one or more problems in paying bills, despite an overall drop in those who said they were not comfortable with their financial situation.

Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, has encouraged each military branch to sponsor financial awareness events, with a particular focus on young people, including children of service members.

In a memo to the chiefs of the military services and senior enlisted advisors, Dempsey emphasized that by "learning good financial habits early in life, our children will strengthen their financial fitness for the

future."

Thompson said many services are available to members of the military who seek financial advice.

"Each of the services has contracted with people who have an expertise in financial readiness," she said.

In addition to taking advantage of counseling available on military bases and taking part in upcoming financial awareness events, Thompson said, military families have other opportunities to learn more about personal finance.

For example, she said, the Financial Industry Regulatory Authority's Investor Education Foundation has a website - <http://SaveAndInvest.org> - that includes a financial management readiness program designed for service members.

Thompson also recommended visiting <http://www.militarysaves.org> for more information about Military Saves and to read about success stories related by people who have used the program to achieve their financial goals.

Recruiting continued to be robust through December

American Forces Press Service

All four active services met or exceeded their target recruiting numbers for the first three months of fiscal 2013, Pentagon officials reported Feb. 15.

Here are the specific numbers by service so far for the fiscal year, which began Oct. 1:

- Army: 12,396 accessions, 101 percent of its goal of 12,250;
- Navy: 7,782 accessions, 100 percent of its goal of 7,782;
- Marine Corps: 6,073 accessions, 100 percent of its goal of 6,058; and
- Air Force: 6,516 accessions, 100 percent of its goal of 6,516.

The Army, Air Force, and Marine Corps exhibited strong retention numbers for the third month of fiscal 2013, officials said.

While the Navy exhibited strong retention numbers in the mid-career and career categories, the Navy's achievement of 86 percent in the initial category is a result of the transition from a

downsizing to a stabilizing posture.

Meanwhile, five of the six reserve components met or exceeded their fiscal 2013 recruiting goals for the first three months of the fiscal year.

The Army Reserve finished December 572 short of its goal. Here are the numbers:

- Army National Guard: 12,412 accessions, 103 percent of its goal of 12,015;
- Army Reserve: 6,450 accessions, 92 percent of its goal of 7,022;
- Navy Reserve: 1,281 accessions, 100 percent of its goal of 1,281;
- Marine Corps Reserve: 2,359 accessions, 109 percent of its goal of 2,163;
- Air National Guard: 2,170 accessions, 100 percent of its goal of 2,170; and
- Air Force Reserve: 1,872 accessions, 100 percent of its goal of 1,872.

All reserve components have met their fiscal-year-to-date attrition goals.

Officials said that although they expect this trend will continue, attrition numbers for December are not yet available.

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NAS Jax marks Black History milestones

By Clark Pierce
Editor

Dozens of Sailors and DoD personnel celebrated Black History Month with a luncheon Feb. 20 at the NAS Jax Flight Line Café.

"This year, we celebrate the 150th anniversary of the Emancipation Proclamation and the 50th anniversary of the March on Washington for Jobs and Freedom," explained BMC Maurice Mabry, of the NAS Jax Multi-Cultural Awareness Committee.

"The Emancipation Proclamation included the acceptance of black men into the Union Army and Navy. By the end of the war, almost 200,000 black Soldiers and Sailors had fought for the Union and freedom.

"The march marked a key moment in the growing struggle for civil rights in the United States, and culminated with the 'I Have a Dream' speech delivered by Rev. Martin Luther King Jr. to 200,000 Americans gathered along the mall of Washington, D.C.," said Mabry.

Master of Ceremonies AT1 Dominic Sapien welcomed the attendees and introduced Valoria Volasgis of Fleet Readiness Center Southeast (FRCSE), who sang the national anthem a capella. Chaplain (Lt. j.g.) Paul Rodgers delivered the invocation and benediction.

In his opening remarks, NAS Jax Command Master Chief CMDCM(AW/SW) Brad Shepherd told the audience that as a youth in Akron, Ohio, he was raised in a neighborhood where everybody was equal - equally poor that is.

"Going to school, the color of your skin didn't really matter. When you're at the Goodwill store and you find a used pair of Chuck Taylor Converse high tops - you're living the dream of all your classmates - whether they're black, brown or white," said Shepherd.

"Few people in our diverse Navy know that African-Americans have fought in every conflict, beginning with the Revolutionary War. In World War II, the elite Tuskegee Airmen were pioneers in equality and integration - earning 95 Distinguished Flying Crosses. These are just some of the people who paved the way for all of us to live better lives, no matter where you're from or what your background is."



Photos by Clark Pierce

AT1 Dominic Sapien stands at attention as Valoria Volasgis of Fleet Readiness Center Southeast sings the national anthem Feb. 20 at the NAS Jax Flight Line Café in observance of Black History Month.

Guest speaker Lt. Clement Smith of FRCSE Avionics Division, said, "I'm very honored to speak here today. The Emancipation Proclamation and the March on Washington were iconic events for African-Americans. Today, America's fight for civil rights has produced a military force that is one of the most diverse organizations in the world.

"When Lincoln signed the Emancipation Proclamation, it instilled a sense of pride and belonging in black people along with the belief that they can make a difference for themselves and their descendants," said Smith.

"Frederick Douglass, a former slave and social reformer, proclaimed that the war against the Union was really the war against slavery. By the end of the Civil War, more than 200,000 black soldiers and sailors had fought for their newfound freedom.

"In 1963, America once again stood at a crossroad. The U.S. Supreme Court had outlawed racial segregation in public schools. Other forms of discrimination had also resulted in second-class citizenship for blacks. My parents were part of that tough struggle for integration - and I value their contribution because they believed that one day their children and their children's children would live in a more open and equal



Guest speaker Lt. Clement Smith, of Fleet Readiness Center Southeast, received an award from NAS Jax CMDCM(AW/SW) Brad Shepherd at the Black History Month luncheon.

social, political and economic environment," said Smith.

In 1964, the U.S. Congress passed the landmark civil rights act that forbade discrimination on the basis of race, sex

or religion in hiring, promoting and firing.

The act also created the Equal Employment Opportunity Commission to implement the law.



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Naval Hospital Jax wins NAS Jax Captain's Cup

From MWR

The captain's cup is awarded annually to the command that has demonstrated the highest level of participation and achievement in the NAS Jacksonville Captain's Cup Athletics Program during a calendar year.

There are 26 captain's cup team and individual sporting events. The program is for active duty; selective reservists; DoD and DoD contractor personnel representing activities attached to NAS Jacksonville.

There are two types of events: team and individual sports. Commands may enter as many teams or individuals in the events. For the team sports, commands receive 30 entry points for each team completing the respective sport season. Additional points for team sports are awarded for: league champion - 20; league runner-up - 10; playoff champion - 30; playoff runner-up - 20; and playoff third place - 10. Commands lose 15 captain's cup points for every no show forfeiture.

For the individual sports, commands receive five entry points for each command participant entered in an individual event up to a maximum of 30 points. Additional points for individual sports are awarded for: first place - 20; second place - 15; and third place - 10.

Events run throughout the year and



NAS Jax Commanding Officer Capt. Bob Sanders proudly presents the 2012 Captain's Cup Championship trophy to NAS Jax Naval Hospital Executive Officer Capt. Christine Sears on Feb. 22.

the trophy is awarded to the command with the most points accumulated after all the events have been completed. Congratulations to Naval Hospital Jax for winning the 2012 Captain's Cup trophy. For more information on the program, e-mail Bill Bonser at bill.bonser@navy.mil.



Photos by Shannon Leonard

(From left) NAS Jax Naval Hospital Executive Officer Capt. Christine Sears, NAS Jax Sports Coordinator Bill Bonser and NAS Jax Commanding Officer Capt. Bob Sanders proudly display the 2012 Captain's Cup banners announcing Naval Hospital as the winner. Hospital staff members won the prestigious cup for participating in 22 out of 26 events. Teams placed first in badminton doubles; Greybeard winter basketball; sand and indoor volleyball; 3-on-3 basketball tournament; tennis singles tournament; annual Turkey Trot and Monster Dash and second in the tennis doubles tournament and sand volleyball.



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Photos by Jacob Sippel

Healthy Heart Month

Nicole McMillan, cardiology medical assistant, takes patient Vaughn Hall's blood pressure during a routine check-up at Naval Hospital Jacksonville on Feb. 12, during National Healthy Heart Month. A healthy heart plan can begin with a check of risk factors for heart disease including blood pressure, weight, cholesterol and blood sugar.



HM2 Merrian Calzado readies AO1 Olnick Cornelius for a stress test to monitor his heart during an appointment at Naval Hospital Jacksonville on Feb. 12.



Cynthia Millard, registered dietician, advises patient Jose Vasquez on matters of food and nutrition and how it can affect his health during a visit to Naval Hospital Jacksonville during National Healthy Heart Month.



U.S. Navy photo

The Navy F-35C is distinct from the Air Force F-35A and Marine Corps F-35B variants -- with larger wing surfaces and reinforced landing gear for greater control when operating in the demanding carrier take-off and landing environment.

F-35s grounded as precaution after crack found in engine blade

By Jim Garamone
American Forces Press Service

All F-35 Lightning II aircraft have been grounded as a precaution after a routine engine inspection revealed a crack on an engine blade, Defense Department officials said Feb. 22.

Officials call this a "cautionary suspension of flight." The Air Force, Navy and Marine Corps fly F-35s.

Inspectors found the crack in an F135 engine installed in an F-35A Lightning II aircraft at Edwards Air Force Base, Calif. This is the conventional take-off and landing version of the joint strike fighter.

Officials are shipping the engine

and its associated hardware to Pratt & Whitney's engine facility in Middletown, Conn., to conduct more thorough evaluation and root cause analysis.

Officials said the grounding is precautionary. All F-35 flight operations have been suspended until the investigation is complete, officials said, and it is too early to know the fleetwide impact.

"The F-35 Joint Program Office is working closely with Pratt & Whitney and Lockheed Martin at all F-35 locations to ensure the integrity of the engine, and to return the fleet safely to flight as soon as possible," a Defense Department news release said.

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Section A - \$18; Section B - \$14; Section C - \$11

Legoland - Kid's go free with an adult ticket purchase from ITT

Funkfest
Metropolitan Park
May 10-11
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Gatornationals
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Fri Reserved from \$35 - \$39
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Fri General Seating from \$28 - \$32
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Discover Disney - Florida resident ticket valid for sale

through June 3
Tickets are valid for redemption through June 7, 2013
Blockout Dates: March 23 - April 5, 2013
Call for pricing

Gatorland - military member is free, tickets available for family members at ITT
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Photos by Shannon Leonard

More than 250 spouses attended the Hiring Our Heroes Military Spouse Job Fair at the NAS Jax Officers Club on Feb. 21. To learn more about Hiring Our Heroes, go to www.uschamber.com/hiringourheroes.



Armando Staley, employment manager with Orange Park Medical Center, right, listens as Dimple Smith inquires about employment opportunities during the Hiring Our Heroes Military Spouse Job Fair at the NAS Jax Officers Club.

NAS Jax hosts career forum

By Shannon Leonard
MWR Marketing Director

Hundreds of spouses attended the U.S. Chamber of Commerce Hiring Our Heroes Military Spouse Business Alliance Career Forum Feb. 21 at the NAS Jax Officers' Club.

On March 28, 2011, the National Chamber Foundation and Capital One announced Hiring 500,000 Heroes, a campaign to secure commitments from businesses throughout America to hire 500,000 veterans and military spouses

by the end of 2014.

In January 2012, Hiring Our Heroes launched the Military Spouse Business Alliance.

The alliance improves the lives of working military spouses through a series of initiatives, including mentoring, entrepreneurial activities, and 20 hiring fairs specifically geared toward military spouses in 2012.

Deputy Director of Hiring Our Heroes Military Spouse Employment Program U.S. Chamber of Commerce Foundation Noreen O'Neil explained, "Military

spouses have a 26 percent unemployment rate. Their challenges are very different from a veteran. They are generally under employed and underpaid mostly because of the gaps in their resumes."

"They also tend to take jobs beneath their skill level just to keep from having gaps in their resume. Military spouses volunteer at a rate three times

the national average generally doing tasks that are translatable to corporate speak," she added.

"This is important for spouses to include on their resumes. Hiring a military spouse isn't charity - it's good for business," continued O'Neil.

The career forum offered a full day of networking and educational sessions for military spouses and veterans.

NAS Jax Sports & Standings

Soccer League forming

Open to NAS Jax active duty, command DoD, DoD contractors and selective reservists. Matches play on week nights at Sea King Park. The entry form and rosters are due by March 1.

Spring Softball Leagues forming

• The Greybeard League is open to active duty, selective reservists, and command DoD personnel age 30 and up. Games play Tuesday and Thursday at 11:30 a.m.

• Intramural League open to active duty, selective reservists, and command DoD personnel. Games play in the evenings. All entry forms and rosters are due by March 8 to the sports coordinator in Building 798.

3-on-3 Sand Volleyball League meeting – noon March 13 at Dewey's

Open to NAS Jax active duty, command DoD, DoD contractors and selective reservists. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup

points. Matches play at noon on Tuesday and Thursday at the courts near the marina.

Leprechaun Dash 5K – March 15, 11:30 a.m.

The run is free and open to all authorized gym patrons. Runners earn Captain's Cup points for their commands. Sign up at the Fitness Source prior to the March 8 deadline. The run will be held on Perimeter Road at the end of Mustin Road before the Antenna Farm. Registration at the race site from 10:30-11:15 a.m.

Men's and Women's Singles Tennis Tourney – March 25, 5 p.m.

Open to all NAS Jax active duty, selective reservists, and command DoD men and women. Participants earn points for their command toward the Captain's Cup and can earn additional points for finishing first, second or third. There are separate men's and women's division. The matches play at the Guy Ballou Tennis Complex. Call NAS Jax Athletics to sign up by March 22.

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

Captain's Cup Winter Golf Standings As of Feb. 21

Team	Wins	Losses
CPRW-11/ TACMOBILE	2	0
FRCSE	2	0
HS-11	2	0
NCTS	2	0
PSD	2	0
SERCC Gold	2	0
CNATTU Blue	1	1
VP-16	1	1
VP-30	1	1
VR-58	1	1
NRSE RCC	0	1
CBMU202	0	2
CBMU202 Green	0	2
CNATTU Gold	0	2
SERCC Blue	0	2
VR-62	0	2

4-on-4 Flag Football Standings

Team	Wins	Losses
FRCSE	6	0
VP-30 O's	4	0
VR-62	5	1
NBHC	4	2
VP-16	4	2
VR-58	4	2
VP-5	3	2
HITRON	2	3
NOSC	2	3
VP-26	2	4
FRC-U	2	5
VP-16 Work		
Eagles	1	4
NCTS	1	5
NAVFAC/TPU-PCF	0	5

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Naval Hospital Jacksonville welcomes new ombudsman

By Keats Reynolds
Naval Hospital Jacksonville
Public Affairs Assistant

Oakleaf Club of Naval Hospital (NH) Jacksonville member Molly Croft has been appointed, by NH Jacksonville Commanding Officer Capt. Gayle Shaffer, as command ombudsman.

Since being introduced into the Navy in 1970, the Ombudsman Program has ensured that issues and concerns of Navy families are addressed. It is a command operated program intended to improve communication between the command and a Sailor's family members.

The position is considered an official Navy volunteer, which means that it must be filled by someone with a desire to serve others. They also need to be very structured as they are required to disseminate information throughout the chain of command. They provide important information to help families obtain valuable



Molly Croft

resources during their loved ones' careers. Ombudsmen are considered the "go to" people for guidance.

NH Jacksonville's commanding officer trusts Croft will do a great job linking together command families and command leadership.

"The Navy ombudsman plays a critical role supporting our Navy families—something especially important for our families with deployed spouses," says Shaffer.

"I have utter confidence Ms.

Croft will do an outstanding job guiding our families in the right direction through various challenges they may face time-to-time, serving as their advocate and helping them navigate available resources."

Oakleaf Club of Naval Hospital Jacksonville President Nichol Lee concurs with Shaffer. Lee says Croft brings to the position a great amount of experience and enthusiasm. "We are very excited to have Ms. Croft on board as the command ombudsman," says Lee. "We look forward to collaborating with her on future endeavors to benefit the families of our amazing Naval Hospital Jacksonville heroes."

Croft found her calling to serve as an ombudsman while her husband, Lt. Cmdr. Coby Croft, was stationed at Naval Station Rota, Spain.

In 2004, her husband was deployed after a tsunami occurred in Indonesia. This left Croft, a mother of three, with many apprehensions and questions about who she could

turn to without her spouse being there to help. That feeling of helplessness and anxiety inspired her to aid others by becoming the command ombudsman until their relocation to NH Jacksonville in 2012.

"My husband has deployed four times, and my children have been various ages and stages during each deployment," recalls Croft.

"The levels of support that we needed changed from one to another."

Croft enjoys helping families on a personal level. And she feels NH Jacksonville is uniquely positioned with its high level of Individual Augmentee (IA) deployments, with up to eight percent of its active duty staff deployed around the globe providing combat, humanitarian and disaster care.

"It can be very lonely and isolating with individual deployments," says Croft. "Helping a family find resources and providing them with the support they need is very satisfying

because I've been that spouse, and I've walked in those shoes."

Along with empowering family members with resources they need to help themselves, the ombudsman is also available to help resolve conflicts that may arise between the command and family members from a confidential, nonbiased viewpoint.

The ombudsman helps develop fair solutions to complex and difficult problems. When Croft became an ombudsman, she took an oath to uphold strict confidentiality. "I take very seriously the confidence given to me by the families who contact me," assures Croft.

"I've been trained through the Fleet and Family Support Center and continue monthly trainings, maintaining updated resources to best serve the families of the command."

Contact the command ombudsman at njaxombudsman@gmail.com or call 508-7610.

Deadline approaching for 2013 Deployed Military Exemption, other Property Tax Exemptions

From the Duval County Property Appraiser

March 1 is the deadline for members of the service who meet the statutory qualifications to apply for the Deployed Servicemember Property Tax Exemption for the 2013 tax year as well as other exemptions.

The Deployed Servicemember Property Tax Exemption is available for 2013 to members of the service who receive a homestead exemption and who were deployed outside the continental United States, Alaska or Hawaii during the preceding calendar year (2012) in support of designated operations.

Though the operations have

not been officially designated for the 2013 exemption, applicants are encouraged to file before the March 1 deadline and they will be notified if they do not qualify.

Applications are available in the Duval County Property Appraiser's Office at 231 East Forsyth Street, Suite 260 or at www.duvalpa.com. Those applying for the 2013 exemption must also supply deployment orders or other proofs of the qualifying deployment(s) that include dates of the deployment(s) and that clearly identify the supported operation(s) and the days during which the service member was outside the continental United States, Alaska or Hawaii. The amount of the exemption is based on the

number of days deployed in the previous calendar year.

Applicants who miss the March 1 deadline, may file late up to the 25th day following the mailing of the Notices of Proposed Property Taxes in mid-August. Applications will not be accepted after this deadline. Servicemembers whose deployment spans over two or more calendar years must apply each year. This exemption is not automatically renewed, and applicants must have a homestead exemption on their property to qualify.

For forms or more information, visit www.duvalpa.com or call the Customer Service/Exemptions Division at 630-2020.



Photo by Jacob Sippel

Hospital celebrates

Dr. Richard Danford, Jacksonville Urban League president and CEO, addresses a crowd during the African American/Black History Month celebration at Naval Hospital Jacksonville Feb. 20. Danford, the guest speaker, talked about the importance of remembering influential people and events in black history.



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WOASF golf tourney set for April 26

From Staff

The Wings Over America Scholarship Foundation (WOASF) is hosting a golf tournament at NAS Jax April 26 at 9 a.m. to benefit scholarships for Navy dependents.

The event is open to the public. Registration begins at 7:30 a.m.

All proceeds benefit the Wings Over America Scholarship Foundation, a 501(c)3 non-profit foundation.

The WOASF annually sponsors more than 40 scholarships, ranging from \$2,000 to \$10,000, to students who have

chosen to continue their education. Scholarship recipients are selected on the basis of scholastic merit, community service and extracurricular activities.

The foundation's mission is to provide college scholarships to dependent children and spouses of naval aviation commands, officer and enlisted, active duty, retired, honorably discharged or deceased.

The foundation has awarded more than \$635,000 to students since 1987.

For more information or to register, visit www.wingsoveramerica.us or call 757-671-3200, ext. 2.



Photo by Clark Pierce

Golf course drainage improvement underway

Excavators are close to finishing their work on the stormwater retention pond on Mustin Rd., next to the NAS Jacksonville Golf Course. By deepening the pond, a higher volume of rainwater can be filtered before flowing into the nearby St. Johns River.

Easter Egg Hunt

Wednesday, March 27
McCaffrey
Softball Complex

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Start times:

7:00 pm Ages 0 - 3

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7:20 pm Ages 7 - 9

7:30 pm Ages 10 - 12



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Naval aviation pioneer Lt. John Towers in Cuba

From staff

These 1913 photos show Navy Curtiss flying boats at Fisherman's Point on Guantanamo Bay, Cuba. Lt. John Towers, a graduate of the Curtiss Flying School in 1911, arrived Jan. 10, 1913, and took command of the new aviation camp. Four large tents served as hangars for Curtiss A-2 and C-1 flying boats.

On March 6, 1913, Towers was ordered to prepare an air search for a "hostile fleet" approaching the Cuban coast.

This flight became the first tactical maneuver involving naval aircraft. Towers spotted approaching destroyers without himself being detected. Because



U.S. Navy photos



and radio communications needs. In the ocean waters off Cuba they were able to spot submarines at depths of up to 40 feet.

Towers was officially designated as Naval Aviator No. 3 in 1915. He's also credited with the development of the naval aviator badge, which was designed in 1917.

In 1960, the NAS Jacksonville airfield was named "Towers Field" in recognition of Towers' exemplary service in developing naval aviation through World War I and World War II.

Eisenhower Carrier Strike Group deploys

From Eisenhower Carrier Strike Group Public Affairs

The Eisenhower Carrier Strike Group (IKECSG), with nearly 4,500 Sailors, deployed from Naval Station Norfolk and Naval Station Mayport, Fla., Feb. 21, to support operations in the U.S. Navy's 5th and 6th Fleets.

The aircraft carrier USS Dwight D. Eisenhower (CVN 69), commanded by Capt. Marcus Hitchcock, along with German Frigate FGS Hamburg (F220), commanded by Commander Ralf Kuchler, departed from Naval Station Norfolk. The guided missile cruiser USS Hue City (CG 66), commanded by Capt. Dan Uhls, deployed from Naval Station Mayport.

Eisenhower returned three months earlier than previously scheduled in order to resurface its flight deck prior to a planned redeployment.

The IKECSG is redeploying to support carrier strike group presence requirements in the U.S. Navy's 5th and 6th Fleet area of operations. Working with allied and partner maritime forces, the IKECSG Sailors will focus heavily on maritime security operations and theater security cooperation efforts in the Navy's 5th and 6th Fleet areas of responsibility.

"This strike group is tested and always ready for the next mission," said Rear Adm. Michael Manazir, CSG 8 commander. "I'm proud of the versatility and flexibility of every Sailor in this strike group. They have proven that

we can meet all tasks set out for us by our fleet commanders. I look forward to once again playing a part in ensuring the security of international waterways and building partnerships around the world."

For this deployment, IKECSG is comprised of Carrier Strike Group (CSG) 8, USS Dwight D. Eisenhower (CVN69), embarked Carrier Air Wing (CVW) 7, embarked Destroyer Squadron (DESRON) 28, German Frigate FGS Hamburg (F220) and USS Hue City (CG 66).

Aircraft squadrons of CVW-7 include strike fighter squadrons VFA-143 "Pukin Dogs," VFA-131 "Wildcats," VFA-83 "Rampagers" and VFA-103 "Jolly Rogers," tactical electronics warfare squadron VAQ-140 "Patriots," carrier airborne early warning squadron VAW-121 "Bluetails," Fleet Logistics Support Squadron VRC-40 "Rawhides" and helicopter anti-submarine squadron HS-5 "Nightdippers."



Photo by MC2 Ryan McLearnon

The Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) departs Hampton Roads, Va., on Feb. 21 for a deployment to support maritime security operation and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility.

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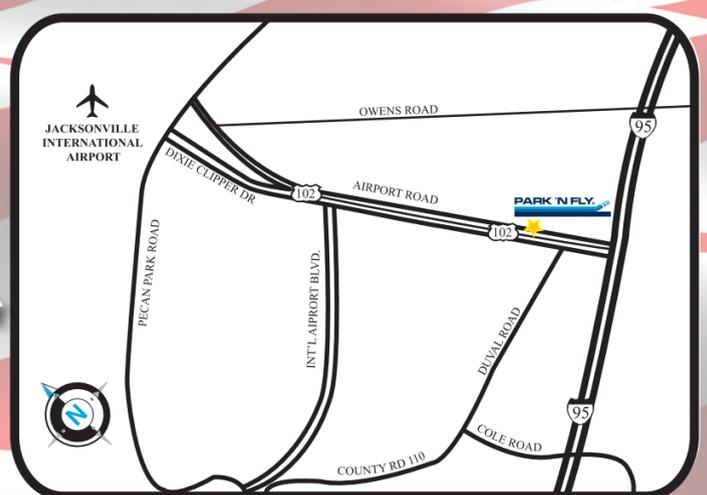
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Navy wives win trip to Academy Awards

From Staff

Five Navy wives from P-3 squadrons at NAS Jax flew to Los Angeles recently to attend the "Oscars," thanks to television personalities Kelly Ripa and Michael Strahan.

The women - Sarah Kribs, Amy Cook, Denise Steffensen, Allison Lyon and Tracy Vitali - were selected as winners of the Girls Night Out: Oscar Edition giveaway on the television morning show, "Live with Kelly and Michael."

All five are married to naval officers stationed here. Kribs, who wrote to the show on behalf of her friends, noted that between them they have 13 kids and have moved with the military 28 times.

"We are five hearts and 10 hands with one incredibly strong bond - friendship," said Kribs.

"Our trip was an amazing, once-in-a-lifetime experience. The 'surprises' they had in store for us and the events we were a part of -- were priceless. We created memories and strengthened friendships that will last a lifetime," said Vitali.

She said, "Our night out with Kelly Ripa started with a big surprise to be a part of the Jimmy Kimmel Live show. That was amazing! Then we had a wonderful dinner and great conversations with Kelly. She is very down to earth. She is a mother just like us. We all shared great stories."

Vitali concluded, "We also spent a relaxing day at the Exhale Spa and had a fabulous day of shopping on Rodeo Drive. The Oscar Fan Experience was an exciting day by the Red Carpet. We all got some great pictures and saw our favorite stars up close."

Photos by Eric McCandless

Five Navy spouses were treated to the "Girls' Night Out: Oscar Edition" in Hollywood with Kelly Ripa Feb. 21-24. The group met the "LIVE with Kelly and Michael" host for the first time in the greenroom of "Jimmy Kimmel LIVE!" (From left) Denise Steffensen, Amy Cook, Sarah Kribs, Ripa, Tracy Vitali and Allison Lyon.

(Above right) "LIVE with Kelly and Michael" host Kelly Ripa toasts the five friends of "Girls' Night Out: Oscar Edition" out on the town for a memorable night of food and girl talk. First stop was the renowned Asia de Cuba restaurant for a delicious dinner. (From left) Allison Lyon, Sarah Kribs, Ripa, Denise Steffensen, Tracy Vitali and Amy Cook.



Photo by Shannon Leonard

Troops to Teachers

Al Wynn, associate regional director of Troops to Teachers, explains teaching as a second career to active duty military during the Troops to Teachers Seminar at the base chapel Feb. 21. For more information and eligibility go to www.proudtoserveagain.com.

FFSC offers life skills workshops

From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues.

All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration.

The following is the schedule for 2013:

- Ombudsman Basic Training - May 13-16 (5:30-10 p.m.), Aug. 19-21 (8 a.m.-4 p.m.), Nov. 12-15 (5:30-10 p.m.)
- Transition Assistance Program (TAP) Separation Workshop (7:30 a.m.-4:15 p.m.) - March 4-8, March 11-15, April 1-5, April 8-12, May 6-10, May 13-17, June 3-7, June 17-21, July 8-12, July 15-19, Aug. 5-9, Aug. 19-23, Sept. 9-13, Sept. 16-20, Oct. 7-11, Oct. 21-25, Nov. 4-8, Dec. 2-6.
- Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m.-4:15 p.m.) - March 25-29, April 15-19, May 20-24, June 24-28, July 22-26, Aug. 26-30, Sept. 23-27, Oct. 28-Nov. 1, Nov. 18-22, Dec. 16-20.
- Federal Employment Workshop (9 a.m.-noon) - March 20, April 22, May 3, June 12, Aug. 16, Sept. 6, Oct. 17, Nov. 27, Dec. 11. (Noon-3 p.m.) - July 2.
- Job Search & Interview Techniques Workshop (8-9:30 a.m.) - April 10, May 30, July 15, Sept. 5, Nov. 25.
- Resumes & Cover Letters Workshop (9:40 a.m.-noon) - April 10, May 30, July 15, Sept. 5, Nov. 25.
- Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) - May 1-2, Aug. 14-15, Nov. 13-14.
- Command Financial Specialist Training - (7:30 a.m.-4 p.m.) - March 18-22, June 10-14, Sept. 30-Oct. 4, Dec. 9-13.
- Money, Debt and Credit Management Workshop (8-11 a.m.) - April 30, July 2, Oct. 15.
- Strategies for First-time Home Buyers (1-3:30 p.m.) - April 22, May 29, Sept. 4.

- Strategies for Best Deals in Car Buying (9-10:30 a.m.) - May 29, Aug. 12, Nov. 26.
 - PCS Sponsor Training (1:30-3 p.m.) - April 11, June 13, Aug. 8, Oct. 10, Dec. 12.
 - PCS Smooth Move Workshop (1:30-4 p.m.) - March 14, May 9, July 11, Sept. 12, Nov. 14.
 - Military Spouse 101 Workshop - March 16 (10-11:30 a.m.), May 21 (5-6:30 p.m.), July 18 (1-2:30 p.m.) Sept. 14 (1-2:30 p.m.) Nov. 21 (5-6:30 p.m.)
 - What About the Kids (9-11 a.m.) - March 11, April 8, May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 7, Nov. 4, Dec. 9.
 - Stress Management 101 Workshop (9-10:30 a.m.) - March 12, April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 5, Dec. 10.
 - Extended Stress Management Workshop (8 a.m.-noon) - April 16 & 30, July 16 & 30, Oct. 15 & 29.
 - Anger Management Workshop (8 a.m.-noon) - March 26, April 23, May 21, June 25, July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17.
 - Personal Anger Control Group - March 12 - April 16 (Tuesdays 2-4 p.m.), May 2 - June 6 (Thursdays 11 a.m.-1 p.m.), June 25 - July 30 (Tuesdays 2-4 p.m.), Aug. 15 - Sept. 19 (Thursdays 11 a.m.-1 p.m.), Oct. 8 - Nov. 12 (2-4 p.m.)
 - Individual Communication (11 a.m.-1 p.m.) - March 19, May 14, July 9, Sept. 10, Nov. 19.
 - Parenting with Love & Logic (1-3 p.m.) - March 5, 12, 19, 26; May 7, 14, 21, 28; July 9, 16, 23, 30; Sept. 3, 10, 17, 24; Nov. 5, 12, 19, 26.
 - Active Parenting of Teens (1-4 p.m.) - April 3, 10, 17, 24; June 5, 12, 19, 26; Aug. 7, 14, 21, 28; Oct. 2, 9, 16, 23.
 - Power 2 Change Women's Support Group (9:30-11 a.m.) - Every Wednesday
 - Expectant Families (9 a.m.-3 p.m.) - March 5, June 4, Sept. 16, Dec. 3.
 - Tiny Tots Play Group (10 a.m.-noon) - March 5, 19; April 2, 16, 30; May 14, 18; June 11, 25; July 9, 23; Aug. 6, 20; Sept. 3, 17; Oct. 1, 15, 29; Nov. 12, 16; Dec. 10, 17.
 - Exceptional Family Member Program (EFMP) Orientation (1:30 p.m.-3 p.m.) - March 7, May 2, July 3, Sept. 5, Nov. 7.
 - EFMP Command POC Training (1:30 p.m.-3 p.m.) - April 4, June 6, Aug. 1, Oct. 3, Dec. 5.
- To register for any of the above workshops please contact 542-5745.

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Correcting credit report errors

By Cynthia Catalan

Civilian Legal Assistance Attorney
Mayport Legal Assistance Office, RLSE

Are you thinking about borrowing money to buy a home or car? Do you need a line of credit to make home repairs? Have you applied for a new credit card? If your answer to any of these questions is "yes", it is important to make sure information on your credit report is accurate and up to date. Even if you are not planning on borrowing money, your credit report has special importance if you are an active duty military member, DoD civilian employee or contractor who requires any level of security clearance. If you fall into any of these categories you must undergo a security clearance background investigation which is subject to periodic review.

The investigation will identify any adverse information contained in your credit report such as judgments; property repossession; or delinquencies on debts (90 days delinquent or more on current debts and/or 180 days delinquent or more on debts in the previous seven years).

You should review your credit report before you submit any credit applications and well before your security clearance is up for renewal. Reviewing your credit report in advance will provide an opportunity to correct information. Since September 2012, the federal government, through the Consumer Financial Protection Bureau, has been actively monitoring and conducting on-site investigations to assure that the credit reporting agencies are complying with the law. Previously, there was not much federal oversight. Now may be the best time to correct any inaccurate information on your credit report.

How do you go about correcting errors on your report? You need not hire a "credit repair" company! The first step is to obtain a credit report from each of the three major nationwide credit reporting agencies: Equifax, Experian, and Trans Union. Each maintain your personal information and individual credit history. Under the Fair Credit Reporting Act (FCRA), you are entitled to receive a free report from each

credit reporting agency once a year. Since creditors are not required to submit information to all three of the agencies, your credit report from one agency will likely contain different information from the others. Initially, you should request a report from all three.

Afterwards, you can stagger your request once every four months to take full advantage of the free report allowance (for example, you can request a report from Equifax in January, Experian in May, Trans Union in September and Equifax again the following January and so on). To obtain your free report, request it online through www.annualcreditreport.com (a central website maintained by the three agencies), call 1-877-322-8228, or request it by mail by filling out the Annual Credit Report Request form and mailing it to Annual Credit Report Request Service, P.O. Box 105281, Atlanta, Ga. 30348-5281.

Once you receive your reports, closely inspect your personal information and each entry. Although you can make corrections or submit a dispute online, it is recommended that you submit a dispute in a written letter to the credit reporting agency clearly explaining the dispute and requesting the inaccurate information be removed, corrected or updated. It is in your best interest to also include supporting documentation. The following are the addresses for the three credit reporting agencies:

Equifax

1550 Peachtree Street, NW
Atlanta, GA 30309-2468

Experian

701 Experian Parkway
Allen, TX 75013

TransUnion

555 West Adams St
Chicago, IL 60661

After receiving your letter, the agency must initiate an investigation and notify the entity that provided them the information of your dispute with a copy of the information you provided.

When notified, the entity must conduct its own investigation. Once complete, that entity must provide the credit reporting agency with

a report of the outcome. If your dispute results in a change, the agency must provide you with the results along with a free copy of your credit report. If your dispute is not resolved, you can place a statement of the dispute in your credit file. Taking the time to review your credit reports can save you from a headache down the road. If you would like help with this process, you can meet with an attorney at the Region Legal Service Office Southeast. Please visit us at http://www.jag.navy.mil/legal_services/rlo/rlo_southeast.htm for more information or to find out the location of the legal assistance office closest to you.

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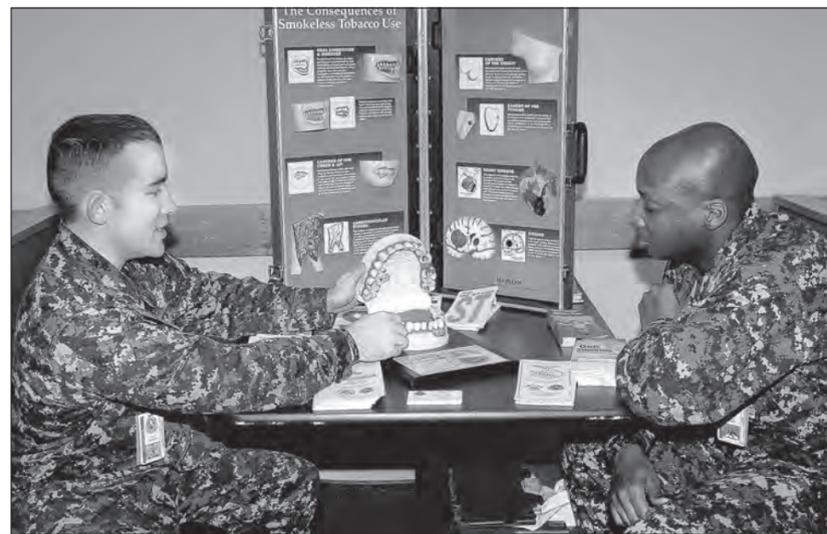


Photo by Jacob Sippel

Spit Out

HM3 James Freeman explains to HM1 Jack Green what some of the negative impacts smokeless tobacco can have on the mouth, using a Great American Spit Out display at Naval Hospital Jacksonville on Feb. 21. The Great American Spit Out is held every February to raise awareness of the dangers associated with smokeless tobacco.

Manufacturers' coupons save NEX customers more

From Navy Exchange Command

Customers know they can save money every day by shopping their Navy Exchange (NEX). In addition to the average 21 percent savings and no sales tax, customers can also save money by using manufacturers' cents off coupons on their NEX purchases.

"Redeeming coupons provides our customers another way to save money when shopping at their NEX," said Richard Dow, Navy Exchange Service Command (NEXCOM) senior vice president store operations.

"Coupons are a great way to save even more when shopping for the necessities your family needs."

In fiscal year 2012, NEXs accepted nearly 1.6 million manufacturers' coupons that generated just over \$2 million in additional savings to customers.

NEXs accept current valid manufacturer's coupons for the item featured on the coupon, subject to its terms and conditions. This includes on-line Internet coupons, except for those cou-

pons offering free products, coupons for Proctor & Gamble (P&G) products or those determined to be fraudulent. The NEX does not "double" or "triple" the face value of a manufacturer's coupon.

The NEX accepts scratch-off, percent and cents-off coupons from the Army Air Force Exchange System (AAFES), the Marine Corps Exchange System (MCX) and the Coast Guard Exchange System (CGX).

These can be percent and cents-off in-store coupons, coupons presented in a coupon book, or printed from Facebook. All coupon terms and conditions apply. The NEX also accepts a manufacturer's coupon and NEX coupon, or coupon from another Military Exchange Service, on the same item.

The combination of the two coupons cannot exceed the price of the product; money is not returned to a customer on the redemption of coupon(s) which exceeds the price of the product. Only overseas NEXs accept expired coupons for up to six months past its expiration date.

Community Calendar

Celebration of Service for Women Veterans is March 9 at 3 p.m. at VFW Post 1689, 3409 St. Augustine Rd., Jax. Free and open to the public. As space is limited, please RSVP by email Celebratevfw1689@gmail.com or call 525-6734.

Special Olympics Summer Games of Duval County needs volunteers for March 16 at Atlantic Coast High School. Go to: www.SignUpGenius.com/go/30E0B4AA4A929A20-2013/3704168.

Captain Chuck Cornett Navy 10K Run & 5K Walk, April 6 @ 8 a.m. aboard NAS Jax. Advance registration for authorized base personnel & general public until March 18. More info at: NASJaxFitnessCenter.com 542-3518 or www.1stplacesports.com.

Florida Chief Petty Officers Association meets April 10-14 at Pensacola Holiday Inn. More info at www.flcpoa.org or call Stu Covey at 891-4099.

Vietnam Traveling Memorial Wall, May 9-12 at Green Cove Springs Junior High School.

VP-8 Reunion, June 3-8, 2013, in Dayton, Ohio. Contact Bill Stewart at (410) 661-8377 or go to: <http://www.vp8alumni.org/reunion1.html>.

Aviation Boatswain's Mate Meeting is held the third Thursday of every month at 1 p.m. in the NAS Jax Air Facilities Management Building 666 conference room. For more info, call Doug Chaney at 542-3955.

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

National Naval Officers Association meets the fourth Thursday of each month at 5 p.m. at Naval Hospital Jacksonville. Contact CWO3 Lionel Jeffcoat at 594-6908 or lionel.c.jeffcoat@uscg.mil or retired Lt. Cmdr. Paul Nix at 542-2518 or paul.nix@navy.mil.

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit www.aao9.com. **Retired Activities Office (RAO)** at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work three hours a day, one day per week. Call 542-2766 ext. 126 from 10 a.m. to 2 p.m. weekdays to volunteer.

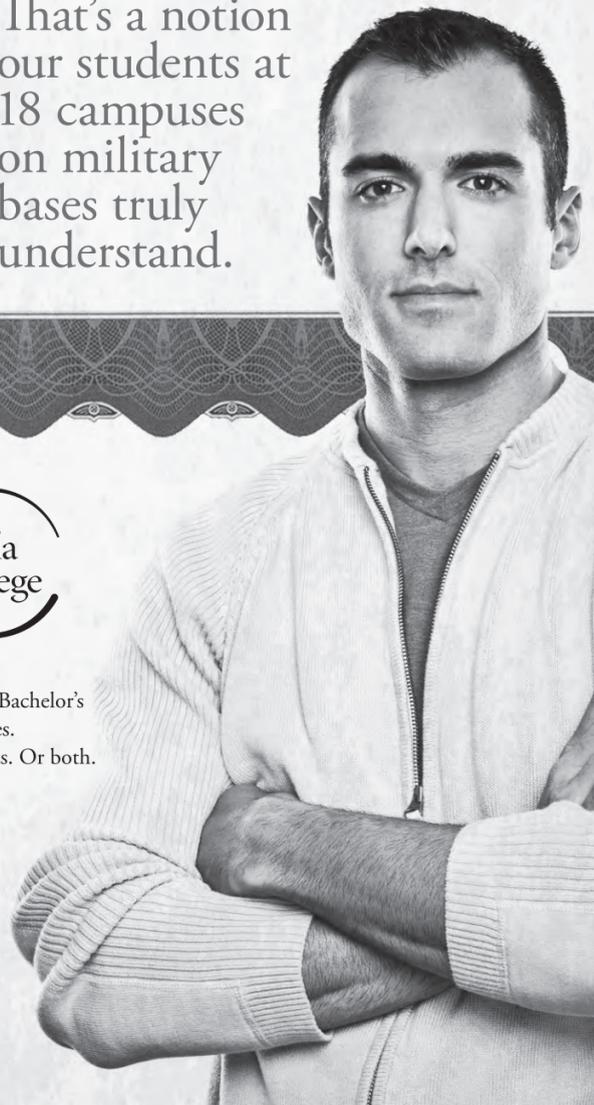


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Whirlpool Refrigerator 18cu top freezer \$325. Whirlpool Range \$200. Range hood \$80. Good cond. 904-503-4660

Estate Sales

B. LANGSTON'S PRESENTS San Marco's Pink Palace! Meissen, Lalique, Rose Medallion, cut glass, Waterford, lighting, Lladro's, listed artist, jewelry, Furn, fine and ornate, old and new. 76 Rolls Royce, 934 Granada Blvd S. Thurs. 5-7 Fri/Sat 9-5. blangston.com

ESTATE SALE EAST ARLINGTON Everything must go. Estate sale of former old Miami family. Victorian furniture; couch, arm chairs, end tables, mid-century modern dining set, many collectibles, porcelains holiday decor, candles & holders antique linens. 4683 Monument Point Circle, 32225

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BED - A BARGAIN brand new queen pillow top set. Still in original plastic \$125. call or text 662-2604

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Dining Table 3'x5' \$75. Maple trees 5'-6' \$6. Fig trees \$7. TV \$50. Girl's bike 7-teen \$45. 904-384-7809

For Sale: Sofa and Loveseat set, 8 mos old, great condition \$600 - large entertainment center, med color solid wood \$500 OBO - Bisaua colored dishwasher, runs great. Kenmore Elite \$150 OBO. Ph- 912-674-0815

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Solid wood Armoire \$150. Solid wood dresser \$150. Light colored, kids full bed set 3pc. \$350. 912-674-2469

Twin size bed w/mattress & hdbd, exc cond, like new \$100. Stationary bike \$60. 553-3887

Garage Sale

INTRACOASTAL WEST ATLANTIC & HODGES The Woods Community Yard Sale 100+ Homes. Books, tools, turn, clothing, toys, appt's, music, computers & crafts. Sat., March 2nd, 8am-2pm

ORANGE PARK FLEMING ISLAND PLANTATION & MARGARETS WALK COMMUNITY YARD SALE Sat. March 2, 9am-4pm No Early Birds

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WOOD LATHE like new w/stand \$145. 48.5"x29" sliding screen door white \$25. 476-7544/786-9651

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CANOE 14ft, 3 seats, bait box & cooler; fiberglass hull 904-221-7258. \$200.00

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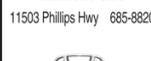
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*Lease financing provided by BMW Financial Services NA, LLC/Financial Services Vehicle Trust through February 28, 2013. W.A.C. Lease/APR Credit is a \$1,000 credit against the MSRP of the loan or lease on a 328i Sedan through February 28, 2013. Loyalty Credit is a \$750 credit against the MSRP of the final loan or lease on a 328i Sedan through February 28, 2013. \$750 Loyalty Credit available for returning BMW customers only. 2013 BMW 328i Sedan monthly lease payments of \$339.00 for 36 months based on MSRP of \$40,845.00. \$339 first month payment. \$2,750 Down Payment. \$0 Security Deposit. \$3,814 total cash due at signing. Total lease payments \$13,284.00. Purchase option at lease end for \$25,732.00 excluded taxes. 2013 BMW X1 sDrive28i monthly lease payments of \$379.00 for 36 months based on MSRP of \$36,645.00. \$379 first month payment. \$2,500 Down Payment. \$0 Security Deposit. \$3,604 total cash due at signing. Total Lease payments are \$12,204.00. Purchase option at lease end for \$25,732.00 excluded taxes. Total amount financed includes \$725 Acquisition Fee. Loyalty Credit is a \$750 credit against the MSRP of the final loan or lease on a X1 sDrive28i through February 28, 2013. \$750 Loyalty Credit available for returning BMW customers only. Excludes tax, title, license and registration fees. Program available to qualified customers. Dealer contribution may affect terms. 2.9% APR for 36 months applies only to select BMW models and model years. Lessee must cover insurance and all items not covered under the BMW Maintenance Program. At lease end, lessee will be liable for disposition fee (\$350.00), any excess wear and use as set forth in the lease agreement and excess mileage charges of \$0.20 per mile for miles driven in excess of 30,000 miles on BMW X1 sDrive28i or on BMW 328i Sedan **All BMWs come with BMW Ultimate Service and Warranty standard for 4 years/50,000 miles whichever comes first. See bmwusa.com for full details on \$0 Maintenance, certain exclusions may apply. ©2013 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks. Not responsible for typographical errors. Pictures are for illustrative purposes only.



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