

Jax Air News

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Photo courtesy of VP-16

P-8A Poseidon Torpedo Exercise

VP-16 launches a non-running exercise torpedo during a training flight over the Atlantic Feb. 27. It was the first weapon drop for the "War Eagles" flying the new P-8A Poseidon maritime patrol and reconnaissance aircraft.

Battle 'E' winners at NAS Jax

From Staff

Commander, Naval Air Forces, Vice Adm. David Buss and Commander, Naval Air Forces Atlantic, Rear Adm. Ted Branch recently sent their personal congratulations on a "job well done" to the 2012 Aviation Squadron Battle Efficiency (Battle "E") award winners.

Four of the nine Naval Air Forces Atlantic designees are based at NAS Jacksonville.

In a message to the Fleet, Buss said, "As in years past, the competition in 2012 was extraordinarily fierce. The winning squadrons epitomized Battle Efficiency and continued to excel in a challenging era with constant pressure to do more with less."

Branch added, "These squadrons truly represent the high standards and professionalism shared by the officers, Sailors and aviators across the Fleet."

The 2012 Commander, Naval Air Forces Atlantic squadrons selected as Battle "E" winners are:

- Strike Fighter Squadron (VFA) 34 "Blue Blasters," for the VFA-C category;
- Strike Fighter Squadron (VFA) 11 "Red Rippers," for the VFA-E/F category;
- Electronic Attack Squadron (VAQ) 140 "Patriots," for the VAQ CVW category;
- Carrier Airborne Early Warning Squadron (VAW) 121 "Bluetails," for the VAW category;
- Helicopter Anti-submarine Squadron (HS) 11 "Dragonslayers," for the HS/HSC category;
- Helicopter Anti-Submarine Squadron Light (HSL) 42 "Proud Warriors," for the HSL EXP category; (now operating as HSM-72);
- Helicopter Sea Combat Squadron (HSC) 22 "Sea Knights," for the HSC EXP category;
- Helicopter Maritime Strike Squadron (HSM) 70 "Spartans," for the HSM category;
- Patrol Squadron (VP) 26 "Tridents," for the VP category.

The Battle "E" competition is conducted to strengthen individual command performance, overall force readiness, and to recognize outstanding performance within the naval aviation force.

Grading metrics for attaining the Battle "E" award include: Operational achievement, training, inspection accomplishments, material and personnel readiness, aviation safety, weapon systems and tactics development, and contributions to the aviation community.

Each member attached to a winning ship or squadron earns the right to wear the Battle "E" ribbon on their uniform, or if they already possess that ribbon, they can add an additional "E" device to the ribbon.

'Pelicans' strengthen historic relationship with Philippines military

By Lt. j.g. John Leeds
VP-45 Public Affairs

The "Pelicans" of VP-45 recently sent a P-3C Orion detachment of 21 maintainers and aircrew to the scenic city of Puerto Princesa, in Republic of the Philippines. As part of the Defense Department's "Pivot to the Pacific," the Pelicans were able to strengthen the long-standing relationship between the Philippines armed forces and the United States by exercising forward presence and joint interoperability.

Armed Forces of the Philippines (AFP) Navy and Air Force members stationed at Antonio Bautista Air Base flew with the VP-45 aircrew observing maritime domain awareness missions in and around the Philippines' coastal waters.

When not flying maritime patrol missions, VP-45 maintainers and aircrew joined AFP Navy service members for a friendly game of soccer. After a long fought game in the warm sun, both sides retired to the shade and enjoyed each other's company while drinking some ice cold water. Children from the local youth soccer league supported by



Photo by VP-45

VP-45 maintainers and aircrew stand with AFP Navy aircrew and maintainers at Antonio Bautista Air Base at Puerto Princesa in the Philippines.

the AFP participated in the fun during the warm-ups. Many of the children also stayed to cheer on both teams during the game.

While discovering the many beauties of Puerto Princesa, the VP-45 crew also paid their respects to the 150 American prisoners of war killed on Dec. 14, 1944.

At the Palawan prison camp stands a reminder of the past and the horrible cost of war. In a ceremony led by Lt. j.g. John Leeds, Combat Aircrew (CAC) 11 placed

flowers at the base of the memorial and honored the fallen with a moment of silence. Of the 150 American prisoners of war, only 11 survived the massacre by diving from the nearby cliff and swimming across the bay.

Weary and beaten, the survivors were helped by the Filipino resistance movement. The monument was crafted and dedicated in 2009 by Don Schloat, a survivor of the

See **VP-45**, Page 8

NMCRS fund drive kicks off

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

This year's Navy-Marine Corps Relief Society (NMCRS) Fund Drive began March 4 with an organizational kick-off at Dewey's aboard NAS Jacksonville.

The annual fund drive generates donations to benefit the local NMCRS – an organization that assists hundreds of Sailors, Marines and their families each month. By donating to NMCRS, service members are taking care of their own.

Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. kicked off the event.

"This organization is all about shipmates helping shipmates. With your assistance, I know we will have another successful campaign this year. So, I encourage you to get the word out and let everyone know how important this annual fund drive is to those families

See **NMCRS**, Page 8



Photo by Kaylee LaRocque

Navy and Marine Corps Relief Society Director Dave Faraldo discusses the importance of the annual fund drive and how it helps "shipmates take care of shipmates" during the NAS Jacksonville kick-off event on March 4.

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This Week In Navy History

From Staff

March 14

1863 - Rear Adm. David Farragut's squadron of seven ships forces its way up the Mississippi River to support Union troops at Vicksburg and Baton Rouge. He is remembered for his order, "Damn the torpedoes, full speed ahead!"

March 15

1923 - The training of nucleus crews for the rigid airships Shenandoah (ZR-1) and Los Angeles (ZR-3) begins at NAS Lakehurst, N.J. under Captain Anton Heinan, a lighter-than-air expert, formerly with the German Navy.

1943 - Numbered fleet system established.

1947 - Ensign John Lee becomes first African-American officer commissioned in regular Navy. He was assigned to USS Kearsage.

1957 - Airship ZPG-2 lands at NAS Key West after its 11-day, non-stop flight across the Atlantic.

1966 - Establishment of River Squadron Five in Vietnam.

March 16

1911 - Hulk of USS Maine is sunk at sea in deep water with full military honors.

1945 - Iwo Jima declared secure.

1966 - Launch of Gemini

8. Former naval aviator Neil Armstrong flew on this mission that completed seven orbits in 10 hours and 41 minutes at an altitude of 161 nautical miles. Recovery was by USS Leonard F. Mason (DD-852).

March 17

1898 - USS Holland (SS-1), first practical submarine, launched.

1911 - Lt. John Rodgers, who became Naval Aviator No. 2, reported to the Wright Company at Dayton, Ohio, for instruction in flying.

1920 - To overcome an acute shortage of pilots, a change in the flight training program was approved that separated the heavier-than-air (seaplane) and the lighter-than-air (dirigible) courses. It also reduced the overall training period from nine to six months for the duration of the shortage.

1942 - U.S. Naval Forces Europe established to plan joint operations with British.

1958 - Navy Vanguard rocket launches a 3.25 pound satellite from Cape Canaveral - the second U.S. satellite successfully placed in Earth orbit. Soviet Premier Nikita Khrushchev derided it as the "grapefruit satellite."

1959 - USS Skate (SSN-578) surfaces at North Pole.

March 18

1945 - U.S. carriers begin three-month Okinawa



U.S. Navy photo courtesy of Ron Williamson

Change of command ceremony for VX-4 at NAS Jacksonville in 1958. The Navy "Hurricane Hunters" flew the Lockheed EC-121 Warning Star. Before satellites were used to track storms, military aircraft flew routine weather reconnaissance missions to detect formation of tropical cyclones. Introduced to the Navy in 1954 and retired from service in 1978, the distinctive "Super Connie" of Weather Reconnaissance Squadron Four will always be remembered for flying into the "eye of the storm."

Campaign by destroying aircraft on Kyushu, Japan.

1974 - Navy sent to sweep mines from Suez Canal.

March 19

1898 - USS Oregon departs San Francisco for 14,000-mile trip around South America to join U.S. Squadron off Cuba.

1917 - Navy Department authorizes enrollment of women in Naval Reserve with ratings of yeoman, radio electrician, or other essential ratings.

1918 - A formation of Navy flying boats, on long range recon-

naissance off the German coast, was attacked by German seaplanes. Ensign Stephan Potter shot down one of the attackers and was officially credited as the first American naval aviator to shoot down an enemy seaplane.

1942 - SecNav gives command of Seabees to Civil Engineering Corps.

2003 - Operation Iraqi Freedom begins with Tomahawk strikes from Navy ships and submarines.

March 20

1833 - Cmdr. David Geisinger,

of sloop-of-war USS Peacock, negotiates first commercial treaty with King of Siam.

1922 - The collier USS Jupiter (AC-3) is recommissioned as USS Langley (CV-1), the Navy's first aircraft carrier.

1939 - Naval Research Lab recommends financing research program to obtain power from uranium.

2003 - U.S. continues Operation Iraqi Freedom by launching cruise missiles from Navy ships in the Red Sea and Persian Gulf.

Remembering the military lifestyle at the Pentagon

By Sarah Smiley
Special Contributor

From the Homefront

When you live in a mostly-civilian town as we have for the past five years after living in high-density military areas for the first 30 years of your life, some of the services' nuances fade from memory.

The feeling is similar to moving away from home and forgetting your family's subtler traditions, like the Christmas plates with a holly-green border, or the wire, tabletop tree with heart-shaped ornaments your mom puts out on Valentine's Day.

It usually takes going back home for these memories to resurface, like they never were forgotten.

A recent trip to Washington, D.C. and a visit with Dustin at his new job at the Pentagon was this homecoming for me. I remembered the military way of life as if I'd never been away from it.

Almost immediately — on the Metro, even — the first thing I recalled was the uniforms, or, specifically, seeing other people besides my hus-

band in them. Navy uniforms are nearly obsolete in Bangor, Maine. Indeed, they aren't that common across the entire state now that NAS Brunswick has closed. If I see a man in khakis or summer whites, it's probably my husband.

The Navy uniform is such a novelty here, one time a woman stopped me at a reception and asked, "Do you mind taking a picture of me with that Navy man over there?"

I looked in the direction she was pointing. "That one over there," I said. "In the white uniform?"

"Yes," she said. "I'll just go stand next to him and you take the picture."

I did as she requested, but before I gave back the camera, I said, "My husband sure is cute, isn't he?"

On the Metro in Washington, D.C., military uniforms aren't necessarily ubiquitous, but they aren't all that unusual either. I saw men and women in uniforms representing all branches of the service.

At first the children were surprised. "Hey, look," Lindell said.

"It's someone dressed like Daddy!" After a while, however, he realized there were plenty of Daddy lookalikes in the city. In fact, we almost didn't spot Dustin in a sea of khaki, green and blue when he met us at the entrance to the Pentagon.

Inside, the Pentagon felt very familiar even though this was my first time visiting it. Everything from the office doors to the floor mats out front were standard military-issue.

They reminded me of every building on base I've been to around the country. Only, this was the Pentagon, so it had an added air of mystique.

Originally, I thought the inside of the Pentagon would be more like the inside of the Capitol or the Smithsonian.

I imagined marble, dome ceilings, and Romanesque columns. I mean, we were in D.C. after all. But, no, if you've seen one military building, you've

pretty much seen them all: utilitarian and grey, with lots of metal and blue carpeting.

For me, it was a lot like being on an aircraft carrier. Yes, it's almost incomprehensibly big, but once you're inside, you could be anywhere — anywhere that has spy-resistant coated windows, that is.

In any case, the familiarity was comforting.

The people inside the Pentagon were familiar, too. They talked about things that aren't typical in our life in Maine. They said things like "IA," "TAD," and "PCS" without stopping to explain. We all knew.

I imagine this is what visiting a foreign land is like, then coming home to speak your native language.

But the most familiar and reassuring part of our trip down military memory lane in D.C. was meeting with Dustin's boss, Vice Adm. Robin Braun, the first female chief of the Navy Reserves.

Her office is decorated with all the things I love and remember about military life:

plaques, pictures of aviation, a wooden conference table decorated with Challenge Coins.

Braun showed us the Pentagon Memorial outside an office window and showed us a model airplane that had been inside one of the offices that was hit on 9/11. It still has a layer of soot on it, so it is protected and enclosed in glass.

We peered across the highway to Arlington National Cemetery and the rows of graves going up and down the hillside like a ribbon.

We talked about service and sacrifice. And one of the most important memories of all came to me: why my husband chooses to serve.

As we left D.C. and returned to Maine, I felt like I was coming home. But I also felt like I had left behind a different kind of home in the military surroundings of the city and the Pentagon.

I miss my husband while he is away during the week, but I am now comforted to know that he is in our second home: the military lifestyle, which is all we've ever really known.

Hey, MoneyChic!

My wife and I recently found out we are having a baby. I am very nervous about being a first time parent, but not only that, kids are expensive! What are some ways I can save money on the items our baby will need?

MoneyChic Sez: This is a topic that I cannot thoroughly answer in a single column, but can definitely get it done in a three-part series. Why rush the subject, you have at least eight months before you need to know it all!

You are right; this is an exciting and overwhelming time in your life. Relax. Breathe. Many people have done this already and survived. Because you are thinking about the future expenses a baby brings with it, you already have the correct mindset to prepare yourself.

Coming to grips with the fact that babies cost money is hard to do, but it's the truth. Babies cost lots of money; it

is a part of having a child and adding to your family.

If looking at the small picture (a stroller costs \$300) is throwing you for a loop now, you are going to be knocked off your socks when you read this next sentence. Parents with children born in 2011 will spend approximately \$235,000 over 17 years, according to the Agriculture Department. You will probably spend more than that!

A good place to start would be to determine what items do you feel you need to have? What items are essential to splurge on and what items can you get secondhand?

A baby will only use certain items for a few months while others may be essential for every use. You may have a different opinion than your wife on what is a need and what is a want. A

standard crib may be okay with your wife if she gets that all terrain stroller she has been eyeing. Start from there, make a list, work it out, and compromise!

Navy-Marine Corps Relief Society (NMCRS) offers a class to help you prepare financially for a baby. The Budget for Baby class is held several times each month and offers information you didn't even think you needed to know.

For coming to the class you will also receive a free layette filled with towels, bibs, sleep 'n' plays, and sheets for your baby. You can stop by the office outside the Yortkown Gate or call 542-2832 to sign up.

A financial plan can also be put together by an NMCRS caseworker to help you see what your finances will look like after that baby is here.

Hey, MoneyChic!

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

New officers' spouses club forming

From Staff

All active duty officer spouses are invited to join the new NAS Jax All Officers' Spouses Club, which is focused on building camaraderie, offering support and sharing information.

There are no membership fees to join.

The initial upcoming event is a social at the NAS Jax Officers' Club March 19 from 6:30-9 p.m.

Please RSVP Pam Undersander at royepam5@gmail.com by March 11.



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COMNAVAIRLANT welcomes new force master chief

By MC2 Ernest Scott
Commander, Naval Air Force Atlantic Public Affairs

Commander, Naval Air Force Atlantic (COMNAVAIRLANT) welcomed a new force master chief, March 1. Force Master Chief (AW) Kenneth Daniels relieved Force Master Chief (AW/SW) Garry McClure as force master chief for COMNAVAIRLANT.

McClure is retiring after nearly 32 years of naval service. Prior to reporting to COMNAVAIRLANT, Daniels served as the command master chief of Carrier Air Wing 7, at NAS Oceana, where he was responsible for 1,600 Naval Forces Sailors in seven squadrons.

As the senior enlisted advisor to COMNAVAIRLANT, Daniels now oversees more than 50,000 Sailors assigned to aviation assets on the east coast.

Daniels began his Navy career as an undesignated airman with the now disestablished HS-9 in 1984 and served in numerous assignments from plane captain to aviation maintenance administrationman (AZ) to force master chief.

"Sitting here today - it's truly unbelievable," said Daniels. "To be here as a force master chief, I'm honored and humbled."

With more than 29 years in the aviation community, Daniels believes his background and professional knowledge will be a valuable asset to COMNAVAIRLANT.

"I know the acronyms, I speak the language," said Daniels. "I understand the needs of the sailors from the plane captains, to the crew chiefs, to the AZs [aviation maintenance administrationman]."

Daniels says he has big shoes to fill; however, he will continue to observe everything, push initiatives, and work hard to provide leadership to COMNAVAIRLANT.

"You can expect to see a lot of me," said Daniels. "I'm a deckplate leader - not a deskplate leader - I belong among our Sailors."

Fleck to relieve Anderson at HSM-72

By AN Joshua Villarice
HSM-72 Public Affairs

On March 15, at NAS Jacksonville Hangar 117, Cmdr. Derek Fleck will relieve Cmdr. Troy Anderson as commanding officer of HSM-72.

The change of command comes on the heels of another stellar year for the "Proud Warriors," who deployed six detachments supporting U.S. interests across the globe.

During Anderson's tour as commanding officer of HSL-42 and HSM-72, the squadron maintained forward presence in a number of theaters.

Operations ranged from Airborne Use of Force (AUF) during a counter-narcotics operations deployment in the 4th Fleet Area of Responsibility (AOR), to maintaining the recognized maritime picture for ballistic missile defense in the 6th Fleet AOR, to counter-piracy and maritime interdiction operations in the 5th Fleet AOR.

In addition to their conventional expeditionary style helicopter detachments, the squadron also deployed the Navy's first-ever, four-plane MQ-8B Fire Scout detachment, that provided continuous intelligence, surveillance and reconnaissance (ISR) to ground forces in the 5th Fleet AOR.

Capitalizing on all these operational achievements, the Proud Warriors were recently recognized as the rotary wing community's leader in 2012 - as noted by: Chief of Naval Operations (CNO) Safety "S" Award; the Arleigh Burke Fleet Trophy; Capt. Arnold Jay Isbell Trophy; Blue "M" for Medical Readiness; Commander, Maritime Strike Wing U.S. Atlantic Fleet Talon Award; and the Commander, Naval Air Force Atlantic Battle "E" Award - the squadron's third consecutive Battle "E" and 12th in its 28-year history.

A graduate of Northwestern University and George Washington University, Fleck has played no small part in the accomplishments of the Proud Warriors for the last 16 months - and looks forward to the challenges ahead.

Fleck said the foremost challenge of converting the squadron from one that deploys expeditionary detachments to a member of the carrier air wing has already begun - as evidenced by the two newly accepted MH-60R Seahawk



Cmdr. Derek Fleck



Cmdr. Troy Anderson

helicopters parked in the HSM-72 hangar. Aircrew and maintenance personnel are already hard at work, training to employ this new asset in the near future.

Fleck said, "The biggest challenge ahead for HSM-72 will be to maintain its high level of professionalism and commitment to excellence while applying that to a new airframe, and in the future, a new operating environment."

"Most importantly we will be dedicated to continuing a tradition of superior combat readiness. My charge is to ensure the legacy of success that was maintained during 28 years of expeditionary operations continues into the future."

Anderson's departure from "The Tribe" has the Proud Warriors bidding farewell to a leader whose "GIT R DONE" motto and unflinching commitment to operational excellence and operational risk management were the catalyst for the squadron's success.

Anderson, will head to Washington D.C. to work in the N2/N6 directorate of the Chief of Naval Operations staff as the requirements officer for the MQ-8B Fire Scout Program. It's a fitting billet, as HSL-42 was the operational Navy's pioneer in the employment of this groundbreaking unmanned aerial vehicle platform.

Reflecting on his tenure as "Warrior One," Anderson remarked that, "my tour with the Proud Warriors has been an absolute honor and privilege. To work with such dedicated men and women - whose spirit, pride and pro-

fessionalism was evident day in and day out - made my job as commanding officer a dream come true."

Filling Fleck's shoes in the executive officer position is Cmdr. Torsten Schmidt, who is reporting from duty in the Joint Reconnaissance Center at U.S. Southern Command in Miami.

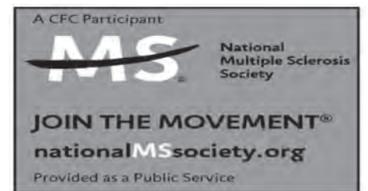
A veteran of the HSL/HSM community, Schmidt saw his first operational deployments in HSL-37 from 1999-2000, where his detachments supported counter-narcotics operations and numerous international exercises.

After shore assignments that included instructor duties in both primary flight training and at HSM-40, he served as the mini boss on board USS Nassau (LHA-4).

After deploying as officer-in-charge of an HSL-48 detachment in 2007, he served as both the operations officer and maintenance officer for the "Vipers."

Now, with a new designation, new aircraft, and new commanding officer and executive officer, the future of HSM-72 is filled with exciting challenges.

One thing remaining unchanged is the squadron's sense of pride and dedication, said Fleck.



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USFF fleet guidance on 'sequestration' implementation reinforces safety

By U.S. Fleet Forces Public Affairs

Commander, U.S. Fleet Forces (USFF) released a message March 6, reminding commanders that safety underpins all other lines of operations – even as they execute plans to reduce costs in accordance with across-the-board spending cuts known as “sequestration.”

In the message, Adm. Bill Gortney told commanders to continually assess their commands in execution of any plan.

“It is your responsibility to assess if and when your command is approaching the limits of safe operation,” Gortney stated. “It is then your duty to exercise your authority to suspend operations to prevent mishaps.”

He added that to safely execute assigned missions, commanders should focus on human factors, adherence to written procedures, and utilization of risk management in planning and execution.

“One hundred percent of fleet mishaps in the past six months have been a result of human error,” wrote Gortney. “It is imperative that you keep your people focused on the tasks at hand and eliminate distractions from those things they are unable to influence, like the fiscal climate.”

Gortney stated that only ready units will deploy and while the financial landscape this fiscal year will continue to be a challenge, everyone must remain focused on the tasks at hand.

The message also prioritized current actions and provided guidance for commanding officers as they



Photo by MC3 Luis Fiallos

implement reductions, cancellations and changes to operations, training and other support functions. While he stated that military pay and housing will not be affected, Gortney noted that “there will be impacts of activities, facilities and functions,” and acknowledged that “the potential for civilian furloughs remains real.”

The message closed with a return to the emphasis on safety. Gortney told his commanders and commanding officers that, “we cannot afford to injure people or break equipment. As we work through this difficult period, we must go no faster than safe, and only deploy ready units.”

Adm. Bill Gortney, commander, U.S. Fleet Forces Command, addresses the crew aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) prior to getting underway in February. He urged the crew and air wing personnel to follow their training and put safety first during the deployment. Dwight D. Eisenhower departed Naval Station Norfolk for a deployment to support maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility.

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Navy EA-6B crash kills three in Washington State

From Naval Air Forces Public Affairs

All three crew members aboard a Navy EA-6B Prowler jet assigned to Electronic Attack Squadron 129 (VAQ-129) at Naval Air Station Whidbey Island, Wash., were killed when their aircraft crashed March 11 in an unpopulated area approximately 50 miles west of Spokane, Wash.

The names of those killed in the crash will not be released until 24 hours after family members have been informed.

The aircraft was conducting a training flight prior to the crash.

A safety investigation is underway to determine the cause.

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AD1 Waylon Foskey, of the HS-11 Powerplants Division, cleans some very small parts from the disassembled rotorhead an SH-60F Seahawk helicopter in Hangar 115.



With four of their seven H-60 Seahawks currently in depot level maintenance at Fleet Readiness Center Southeast, Dragonslayer No. 611 is frequently scheduled for training and certification flights.



After the final flight of the day, AD3 Cesar Thompson prepares to hook up a fluid line for a hot-section wash of a T700-GE-401 turboshaft engine that powers the SH-60F Seahawk.



AOAN Porsche Banks and AOAN Kristina McNally off-load MK 58 marine location markers from an SH-60F Seahawk assigned to the HS-11 "Dragonslayers." The MK 58, designed for day or night use, emits a yellow flame and white smoke for up to 60 minutes that is visible for at least three miles.



Naval aircrewman AWR3 Sebastian Vandyck checks the four-bladed tail rotor and gear assembly of his SH-60F Seahawk during his pre-flight inspection.

Busy times for HS-11 'Dragonslayers'

2012 Battle 'E' winner

By Clark Pierce
Editor

For the past year, the Navy's last east coast SH-60F/HH-60H helicopter anti-submarine squadron - the HS-11 "Dragonslayers" - has been actively embellishing its history of rotary wing accomplishments.

On Feb. 12, when one-third of his squadron personnel returned from a three-week carrier qualifications "boat det" on board USS George H.W. Bush (CVN 77), HS-11 Commanding Officer Cmdr. Ryan Keys congratulated his entire crew on a job well done - as he announced that the Dragonslayers had won the 2012 Commander, Naval Air Force Atlantic Battle Efficiency (Battle "E") award for the HS/HSC category.

"After back-to-back wins in 2006 and 2007, it's gratifying to see the Dragonslayers bring home the Battle "E" for 2012," said Keys. "This is a proud day. We didn't set out to win the Battle "E" - we just worked hard to meet the Navy's highest standards for operations, maintenance and safety. Fortunately, it all worked out in our favor."

The Battle "E" is the Navy's top performance award presented to the aircraft carriers and aviation squadrons in each competitive category that achieve the highest standards of performance, readiness and efficiency.

In late October 2012, the squadron returned home to NAS Jacksonville from an eight-month deployment on board USS Enterprise (CVN-65). It was the famous aircraft carrier's final voyage before being inactivated on Dec. 1, 2012 at Naval Station Norfolk, Va.

"Enterprise and Carrier Air Wing One (CVW-1) were the Pentagon's 'tip of the spear' during their 25 deployments and 51 years of service, stretching from the Mediterranean Sea and the Middle East to the Pacific Ocean," said Keys. "While transiting the Strait of Hormuz on this final cruise, our pilots and aircrew were in the air with machine guns and Hellfire missiles to ensure a safe passage."

Keys also noted that HS-11 received the Golden Wrench award for excellence in maintenance from CVW-1 during the Enterprise deployment.

As the east coast 'legacy' squadron for the SH-60F/HH-60H platform, HS-11 is now in the readiness cycle for its final deployment on board USS Theodore Roosevelt (CVN 71) in January 2015. After that deployment, the Dragonslayers will turn in their H-60 Foxtrots and Hotels - and begin their transition to the MH-60S Seahawk.

Currently, the Dragonslayers are operating with only three of their seven helicopters. The other four were recently inducted at Fleet Readiness Center Southeast (FRCSE) for Periodic Maintenance Interval (PMI) inspections and repairs. Over a span of five months, FRCSE artisans will strip each helicopter down to its airframe, explained Keys. The PMI is determined by factors such as the number of flight hours and the age of the aircraft. It ensures that HS-11 Seahawks will remain at the ready and in safe flying condition.

"Theodore Roosevelt comes out of the yards in June and HS-11 is scheduled for its first boat detachment in September. In 2014, we begin workups for our final Foxtrot and Hotel deployment scheduled for January 2015," said Keys.



HH-60H Seahawk No. 615 is moved from its hangar to the flight line where a Fleet Logistics Center Jax JP-5 tanker slowly fills the helicopter's fuel tanks as maintainers check for any leaks.



Co-pilot Lt. j.g. Austin Lee and pilot Lt. Nick Haubrich taxi from the flight line near NAS Jax Hangar 115 for a SAR evaluation flight at Outlying Landing Field Whitehouse. Their crew chief is AWR3 Sebastian Vandyck.



Photo by MC3 Scott Pittman

An HH-60H Seahawk helicopter assigned to the "Dragonslayers" of Helicopter Anti-submarine Squadron (HS) 11 flies above the aircraft carrier USS Enterprise (CVN 65) Nov. 2, 2012 during Carrier Air Wing One's last air power demonstration before the ship's inactivation. The Dragonslayers deployed with four SH-60F and three HH-60H Seahawk helicopters.



Photo by MC2 Brooks Patton Jr.

AWO2 Ben Cook (left), AWR3 Sebastian Vandyck and HM3 David Seithel, all assigned to the Dragonslayers of HS-11, fly in an HH-60H Seahawk helicopter over the Arabian Sea during a June 2012 training evolution. HS-11 was embarked aboard aircraft carrier USS Enterprise (CVN 65) during its final deployment.

NATOPS check pilot Lt. Nick Haubrich and his co-pilot, Lt. j.g. Austin Lee, go through their pre-flight checklist. The two-hour mission to Outlying Landing Field Whitehouse, tested Lee's knowledge of the SH-60F flight manual. He was also evaluated on combat search and rescue procedures.

Photos by Clark Pierce



Plane captain in-training AOAN Robert Segarra signals pilot Lt. Nick Haubrich and co-pilot Lt. j.g. Austin Lee to start engine number one, under supervision of AT3 Anthony Roberts.



AT3 Robert Primm performs corrosion control on SH-60F intake covers. After removing old paint, he'll install a new layer of fiberglass and repaint.



In HS-11 Maintenance Control, AZ2 Richard Collins (left) and AMC(AW/SW) William Hughes discuss the status of the squadron's four H-60 helicopters that are undergoing their depot-level Periodic Maintenance Intervals at Fleet Readiness Center Southeast.



HS-15 Commanding Officer Cmdr. Ryan Keys reviews some administrative and public affairs documents with Lt. j.g. Daniel Knight Feb. 28 at NAS Jacksonville Hangar 115.

NMCRS

From Page 1

who may need a little help," Scorby told the fund drive key persons.

"Last year, around the world, the society spent about \$43 million helping duty Navy and Marine Corps personnel. At NAS Jax, \$1.4 million was provided to help military families with basic needs such as rent, food, utilities, car repairs and medical bills, just to name a few," he added.

For NAS Jax NMCRS Director Dave Faraldo, this year's campaign is bittersweet. "This is my last fund drive because I'm retiring in May after managing this office for the past 20 years. I would not have been working here for so long if I truly did not believe in the organization and all it does to help our service members and their families," said Faraldo.

"In these tough economic times, we need to do all we can to help our military families. We are here to assist them with interest-free loans and grants. It works like this - we provide them funds to help with emergency situations and as they pay it back, the money is used by another person in need," he continued.

"Most Sailors are who come in for assistance are getting a Quick Assist Loan which provides an interest-free loan up to \$500 for basic living expenses or family emergencies. Sailors and Marines can just walk in with their LES,



Photo by Kaylee LaRocque

LS2(AW) Ronica Wydra of Aviation Support Detachment Jax grabs her bag of Navy and Marine Corps Relief Society (NMCRS) Fund Drive information and forms during the NMCRS Fund Drive Kick-off at Dewey's on March 4.

fill out the application and walk out with the money. It is repaid through an LES deduction over a 10-month period," Faraldo explained. "We also offer budget counseling, Budget for Baby Workshops and have three nurses including a combat casualty assistance nurse on staff who conduct home visits to service members. By holding these annual fund drives, we can continue these programs to help our military families."

This year's fund drive is headed up by VP-30 Commanding Officer Capt. Mark Stevens. "I have a lot of first-hand

knowledge about this organization and they truly take care of our Sailors and Marines. Our goal for this fund drive is to make 100 percent meaningful contact with your shipmates. I think once you explain what NMCRS is all about, they will gladly contribute to this worthwhile cause," said Stevens.

Each command on base is assigned a key person to ensure 100 percent contact is made during the drive. Armed with allotment forms, these key persons will visit with as many Sailors and Marines as possible to ensure everyone has an opportunity to donate to the

NMCRS.

Founded in 1904, the NMCRS is a private, non-profit, charitable organization. It is sponsored by the Department of the Navy and operates more than 200 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

During the 109 years the NMCRS has been operating, they have helped millions of people through loans and grants. NMCRS also offers other forms of assistance such as providing layettes or "junior sea bags" to new family members, a visiting nurse program to help new mothers, elderly individuals and anyone who needs a little extra help, and thrift shops offering low-cost clothing and household items.

The 2013 fund drive runs through mid-May. Numerous fundraising events such as golf tournaments, car washes, bake sales and special raffles are planned throughout the next several weeks. Volunteers are always needed at the society in a variety of different functions. Whether, it's answering the phone, helping clients or teaching classes, the society welcomes volunteers.

This year's NAS Jax coordinator is ABHC Omar Lee, who can be reached at 542-8165. The NMCRS Region Fund Drive coordinator is Lt. Fred Pacifico at 542-0933. For more information, see your command NMCRS Fund Drive key person or contact the local NMCRS Office at 542-3515.



Photo by VP-45

When not flying maritime domain awareness missions, VP-45 CAC-11 engaged members of the AFP Navy in some soccer diplomacy.

VP-45

From Page 1

Palawan massacre. After honoring the fallen warriors, CAC-11 toured the Immaculate Conception Cathedral.

On the Island of Palawan, the Pelicans were greeted by smiling faces

at every turn and warm welcomes from all.

From the enriched history, enchanting natural beauty and mutually beneficial training between the AFP and VP-45, the long-lasting relationship between the United States and the Philippines grew even stronger.

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FCPOA Highway Cleanup



Photo by RP1 Greg Haywood

Members of the NAS Jacksonville First Class Petty Officer Association (FCPOA) participated in the Adopt-A-Highway Program in Clay County recently by picking up trash along a two-mile stretch near Blanding Boulevard. The event offered a great opportunity for the FCPOA to better the environment and build camaraderie.

"Everyone has a hectic schedule but anytime we can get together and make a difference in our community is important," said RP1(SW/FMF) Greg Haywood. The FCPOA meets each Thursday at 1 p.m. in Building 118 and is open to all NAS Jax first class petty officers.

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Photo by Lt. j.g. Kevin Wendt

'Proud Warriors' With Old And New Seahawks

The HSM-72 'Proud Warriors' stand for a command photo on March 4, flanked by the squadron's SH-60B and MH-60R Seahawk helicopters. The Proud Warriors recently transitioned from Helicopter Anti-Submarine Squadron Light (HSL) 42 to Helicopter Maritime Strike Squadron (HSM) 72. The robust MH-60R Seahawk is a new platform with a sophisticated mix of sensors that enable it to assume the Navy's primary anti-submarine and anti-surface warfare roles in open ocean and littoral zones. The MH-60R is designed to operate from frigates, destroyers, cruisers and aircraft carriers.

VP-5 transition spotlight

By Lt. j.g. Brian O'Bannon
VP-5 PAO



AE3 Carlos Salinas

As VP-5 transitions to the P-8A Poseidon, the squadron is highlighting a transitioning "Mad Fox" each week.

This week's "Spotlight" shines on AE3 Carlos Salinas.

Salinas is a native of Los Angeles. Although not from a military family, he and his two brothers vowed to join the service.

While Salinas joined the Navy, one brother joined the Marine Corps and the other will be joining the military soon.

He and his fellow aviation electricians began their transition on Jan. 4 with a general familiarization of the Poseidon's new technical publications at NAS Jacksonville's Center for Aviation Technical Training (CNATTU).

From there, he began on the job

training with qualified P-8A maintenance personnel at VP-30.

Having worked on the P-3C for a year and a half with VP-5, Salinas is impressed with how much more efficiently the components are organized on the P-8A.

"Troubleshooting is done almost entirely with computer displays and is much more efficient," he stated.

After completing his on-the-job training with VP-30, Salinas will return to CNATTU April 2 to receive formalized classroom training from qualified Boeing instructors.

Aviation electricians specialize in the maintenance of aircraft electronics and avionics.

VP-5 has been transitioning to the P-8A Poseidon since Jan. 4.

Daytona Experience

CS2 Shondell James of the NAS Jax Flight Line Cafe, left, meets NASCAR driver Jennifer Jo Cobb as part of a Daytona 500 Experience Feb. 21-22. "I was both honored and grateful for the opportunity to hang out with Jennifer and her team for a day in Daytona. Everyone made me feel welcome and the crew was very nice," said James. "When I arrived on Thursday afternoon, I had dinner with the crew then went to a driver's meeting and church service. Back at the track, we took some photos and I got to sit in a box and watch the race. It was a great and exciting experience."



Photo courtesy of Cobb Racing Team

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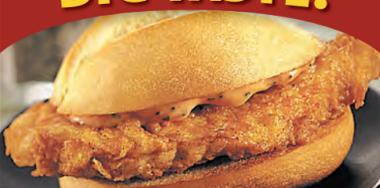
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Navy creates stress management iPad app for fending off PTSD

By Katherine Crawford
Office of Naval Research Public Affairs

The Office of Naval Research (ONR) is co-funding an affordable, hi-tech, solution for managing stress that could help prevent post-traumatic stress disorder (PTSD) among warfighters – and potentially save billions of dollars in associated medical costs, officials announced March 6.

ONR, in conjunction with the Defense Advanced Research Projects Agency, is sponsoring development of the Stress Resilience Training System (SRTS), an iPad app training program that teaches Sailors and Marines to understand their stress responses and manage them by learning biofeedback techniques that work for their individual needs.

The system will undergo field testing at the Naval Center for Combat and Operational Stress Control (NCCOSC) in San Diego in April.

Lessening the impact of PTSD to warfighters and the nation is crucial. According to a February 2012 Congressional Budget Office report, 21 percent of military personnel returning from overseas contingency operations (OCO) in Afghanistan and Iraq suffer from PTSD.

The cost to treat these individuals is nearly 3.5 times higher than for someone without PTSD or traumatic brain injury, which works out to close to \$1 billion when multiplied by the total number of OCO patients.

“The SRTS app provides users with an easy-to-access tool that helps them build resilience toward stressful events so that when they encounter those events, the likelihood of experiencing PTSD or any other after effects from stress is reduced,” said Cmdr. Joseph Cohn, program officer in ONR’s Warfighter Performance Department and originator of the SRTS project.

Using only an iPad and a heart rate monitor clipped to one earlobe, the SRTS App comprises four sections:

- “Know How,” which provides Sailors and Marines with information about stress and resilience and how to apply this knowledge to their missions.

- “Techniques,” which explains how they can bring themselves into the best mental and physiological state possible to build resilience and achieve peak performance.

- “Games,” which allows them to practice applying the resilience skills learned.
- “Review,” which helps them track their training progress.

The game-based app allows players to choose from several increasingly challenging training scenarios while the monitor records when the heart rate rhythm, also known as heart rate variability, becomes incoherent – a sign of stress.

Through game-play, Sailors and Marines will learn which techniques, such as deep breathing or muscle relaxation, help them maintain or regain coherence, to manage their unique stress responses. Once learned, users can transfer these approaches to real-life situations.

“We’re capitalizing on past research and making a leap that one way of managing PTSD lies in learning better manage your stress,” Cohn said.

The SRTS is unique because it pulls together two proven premises – that novices and experts manage stress in different ways, so there’s the potential for training, and that good training requires good feedback.

It then combines them with an already established distribution point: the NCCOSC, which focuses on promoting resilience and investigating best practices in diagnosing and treating PTSD.

Preventing PTSD is critical for mission preparedness and success, and it goes to the heart of one of the chief of naval operations’ “Sailing Directions,” that the Department of the Navy has “a professional and moral obligation to uphold a covenant with Sailors, civilians and their families – to ably lead, equip, train and motivate.”

“The SRTS’s development and operational evaluation would not have been possible without the funding we received from DARPA and ONR, who exhibited a willingness to take risks that yield significant S&T advances” said Dr. Gershon Weltman, vice president of Perceptronics Solutions, the prime contractor for the app’s development.

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HSM-74 'Swamp Foxes'



Photo by MC3 Lorenzo J. Bureson

An MH-60R Seahawk assigned to HSM-74 lifts off from the aircraft carrier USS Harry S. Truman (CVN 75) on Feb. 1. The primary mission of the "Swamp Foxes" is anti-submarine warfare. Deployment of the Harry S. Truman Carrier Strike Group was postponed Feb. 6 by the Pentagon.



Photos by MC3 Rob Aylward

ATC Angel Ortiz and AD1 Leroy Favroth, both assigned to the "Swamp Foxes" of Helicopter Maritime Strike (HSM) 74, perform an inspection on an MH-60R Seahawk rotor spindle Feb. 1 on board aircraft carrier USS Harry S. Truman (CVN 75).



AD1 Jeffery Manuel cleans and inspects the tail rotor of an MH-60R Seahawk helicopter assigned to the "Swamp Foxes" of HSM-74 aboard the aircraft carrier USS Harry S. Truman (CVN 75) on Jan. 24.

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New billets opening up for Navy women

By Ensign Amber Lynn Daniel
Diversity and Inclusion Public Affairs

As a result of the Department of Defense's rescission of 1994 Direct Ground Combat Definition and Assignment Rule, the Navy is developing plans to move forward in opening all positions previously closed to the assignment of women.

Former Defense Secretary Leon Panetta and Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey announced Jan. 24 the rescission the 1994 Direct Ground Combat Definition and Assignment Rule for women - and that the Department of Defense plans to remove gender-based barriers to service.

"What this means for the Navy is that although no new billets will open immediately, we will now develop a plan that evaluates how we will open all positions previously closed to women," said Rear Adm. Tony Kurta, Director, Military Personnel Plans and Policy. "The plan will include continued assessment of ship classes to determine the feasibility of retrofit for gender neutral assignment, as well as development and evaluation of gender neutral occupational standards."

Positions will be opened to women following the Navy's service review and the congressional notification procedures established by law. All of Navy's formerly closed positions will be opened, unless an

exception to policy is granted by the Secretary of Defense.

As part of the service review planning process, the Navy will undertake an evaluation of all occupational performance standards to ensure they are up to current, relevant, and gender-neutral. The results of this evaluation are to be submitted to the defense secretary as part of the Navy's overall implementation plan due May 15.

The secretary's direction is for this process to be complete by Jan. 1, 2016.

"Eighty eight percent of all Navy billets are currently open to women and we recently opened the nuclear submarine officer designator," said Kurta. "We will continue to expand opportunities, and the first step in doing so is the creation

of our implementation plan. This will not be an overnight change, but a careful, thoughtful process."

The elimination of the policy will potentially open more than 5,000 enlisted U.S. Marine Corps (USMC) Ground Combat Element positions, and 150 USMC Ground Combat Element officer positions.

"Gender-neutral occupational standards, which are under development by Marine Corps, will be used to assess and assign Sailors to USMC Ground Combat Element positions," said Kurta.

As part of the Navy's required implementation plan, guidance for the assignment of women to Coastal Riverine Forces and USMC Air and Naval Gunfire Liaison

Company positions will also be developed. As detailed in NAVADMIN 015/13, Navy will work with Navy Special Warfare Command and US Special Operations Command to develop and evaluate a way ahead for the assignment of women to Naval Special Warfare-designated billets.

"Women have shown great courage and sacrifice on and off the battlefield, contributed in unprecedented ways to the military's mission and proven their ability to serve in an expanding number of roles," Panetta said. "The Department's goal in rescinding the rule is to ensure that the mission is met with the best-qualified and most capable people, regardless of gender."

Patient Safety Awareness Week at NH Jax



Photo by Jacob Sippel

Tiffany Duplessis, a patient at Naval Hospital (NH) Jacksonville, stops by the hand hygiene educational display set up March 5 as part of the National Patient Safety Awareness Week at NH Jacksonville. The annual event focuses on enhancing, improving and increasing awareness from a wide range of patient-related safety topics for beneficiaries, staff and command visitors.

WOASF golf tourney 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.

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Face of Defense: Pair blazed path for women in military aviation

By Martha Lockwood
Air Force News Service

Two women, from completely opposite economic, social and cultural backgrounds, walked parallel paths during the early days of World War II, clearing boundaries for women in aviation.

Jacqueline Cochran was born in 1906 in a cotton-fields-and-sawmill small town in western Florida. She grew up in such poverty that she didn't own a pair of shoes until she was nine years old.

As Cochran grew, she loved the sight of airplanes, and she firmly believed that one day she would fly. In 1932 she earned her pilot's license, and she not only flew, she soared.

At the time of Cochran's death Aug. 9, 1980, she held more international speed, distance and altitude records

than any other pilot, male or female. She was the first woman to fly a bomber across the Atlantic Ocean, and was the driving force behind the formation of the Women's Flying Training Detachment, which trained female pilots to fly military aircraft.

Nancy Harkness Love was born in 1914, the daughter of a wealthy physician, in Houghton, Mich. By the time she was 16, she'd earned her pilot's license. During her college years at Vassar, she earned extra money by taking students for airplane rides.

Harkness married Robert Love, an Air Corps Reserve major. In early 1942, when he was called to active duty in the Munitions Building in Washington as the deputy chief of staff of the Ferrying Command, Nancy piloted her own plane for her daily commute to the



U.S. Air Force graphic/Corey Parrish

operations office of the 2nd Ferrying Group, Domestic Division, near Baltimore.

The Domestic Division was commanded by Army Col. William Tunner, and Nancy Love convinced him to propose using experienced female pilots to supplement the existing Army Air Corps pilot force.

Although Tunner's proposal to the Army Air Corps was denied, he appointed Love to his staff as Executive of Women Pilots, in 1942.

Within a few months Love had recruited 29 experienced female pilots to join the newly created Women's Auxiliary Ferrying Squadron.

That same year, Cochran was appointed Director of the Women's Flying Training Detachment for the United States.

The WFTD and WAFS were merged on August 5, 1943, to create the paramilitary Women Airforce Service Pilots organization at 120 air bases across America. The 1,074 female pilots of the WASP each freed a male pilot for combat service and duties.

The WASP pilots flew more than 60 million miles in every type of military aircraft. They ferried aircraft from factories, towed targets for live anti-aircraft artillery practice and served as test pilots. WASP service was considered civil service and veterans were not granted military benefits until 1977.

In 2009, President Barack Obama and the Congress awarded the WASP the Congressional Gold Medal.

"I might have been born in a hovel but I am determined to travel with the wind and the stars," Cochran had once said. She passed away on Aug. 9, 1980.

Love passed away on Oct. 22, 1976.

Women's History Month Leadership Panel

Hosted by NAS Jacksonville Multicultural Awareness and Naval Hospital Jacksonville Diversity Committees
All personnel invited • Uniform of the day

"Women inspiring innovation through imagination: celebrating women in science, technology, engineering and mathematics"



Capt. Gayle Shaffer
CO, NH JAX



Capt. Christine Sears
XO, NH JAX



Capt. Ruby Tennyson
DFA, NH JAX



Cmdr. Molly Boron
CO, VP-16



CMDCM (AW/ISW)
Bennora Simmons
NH JAX

March 18, 10-11 a.m.
NAS Jax Chapel Fellowship Hall

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Hagel Tours Afghanistan



(Above) Secretary of Defense Chuck Hagel walks with Afghan President Hamid Karzai on March 10. Hagel traveled to Afghanistan on his first trip as the 24th Secretary of Defense to visit U.S. Troops, NATO leaders, and Afghan counterparts.

(Above, right) U.S. Defense Secretary Chuck Hagel (center) walks with U.S. Army Lt. Gen. James L. Terry (right), commander of NATO's International Security Assistance Force Joint Command, and U.S. Marine Corps Maj. Gen. Joseph Osterman (left), ISAF Joint Command's deputy chief of staff, before departing Kabul, Afghanistan on March 11.



DoD photos by Erin Kirk-Cuomo



Photos by MC1 Alfredo Rosado

VP-10 Hosts JGSDF

AWO2 Ty Downing explains the functions of a survival radio to Japan Ground Self-Defense Force (JGSDF) Soldiers on March 7. Sailors from VP-10 provided a tour for JGSDF soldiers from Camp East Chitose Army Base. VP-10 is deployed in northern Japan at Naval Air Facility Misawa, supporting the U.S. 7th Fleet.

Sailors' college path may face possible detour

By MC2(SW/AW) Eric Crosby
Navy Public Affairs Support Element West

The Department of Defense voluntary education partnership memorandum of understanding (MOU), a document between higher education institutions and the U.S. government, went into effect March 1.

Department of Defense Instruction (DoDI) 1322.25 Voluntary Education Programs, states all institutions providing high school completion and post-secondary education programs through the DoD Tuition Assistance (TA) Program must agree to the new DoD MOU and have a signed copy on file with DoD prior to service members receiving TA approval to attend their institution.

"The Navy will no longer issue TA vouchers for colleges that have

not signed the DOD MOU," said Dr. Jonathan Woods, (OPNAV 153 Education Branch). "DoD is not entertaining exceptions to this policy. Since most schools and colleges that serve Sailors have already signed the MOU, very few Sailors should be impacted by this policy.

If there is any question, Sailors can check the status of their school at www.dodmou.com before submitting a TA request."

Sailors are also encouraged to talk to an education professional at the Navy College Office to explore all their options regarding best fit between degree programs and educational goals. Counselors can help maximize training and experiential credit opportunities - and guide Sailors to meet degree requirements in the most economical way.

CAPTAIN Chuck Cornett
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<p>ENTRY FEES</p> <ul style="list-style-type: none"> \$15 - Military \$20 - Base Personnel \$25 - Race Day Entry <p>Registration form: 1stplacesports.com facebook.com/NASJAXMWR Call (904) 542-2930 / 3518 for more info.</p>	<p>RACE EVENTS</p> <p><i>Navy Run Zumba Party:</i> April 4, 11 a.m. to 12 p.m. <i>Hummvee Pull:</i> April 4 at 2 p.m. <i>Athletic Shoe & Apparel SALE:</i> April 4-6, 9 a.m. to 6 p.m.</p> <p>Registration deadline is March 18!</p>
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NAS Jacksonville's Navy Lodge constructs improvements

By Lt. j.g. Kevin Wendt
Staff Writer

The Navy Lodge at NAS Jax has recently begun a construction project designed to promote more convenience and comfort to its guests. The improvements, which are expected to be completed in June at a cost of \$395,000, span from joining its two buildings together for an expanded lobby, constructing a larger car port, incorporating a fitness center, and providing bigger rooms to support traveling families.

"The expansion of the services we provide isn't just limited to this Navy Lodge," explained Melanie Peters, general manager of the NAS Jax Navy Lodge.

"Many of the lodges across the country are also involved in similar upgrades to provide many more conveniences to our military guests."

According to Peters, not only will joining the two buildings at the Navy Lodge provide more sizeable rooms for families and more room at the carport for unloading luggage, but it will also expand their breakfast options.

"We will be able to provide a wide variety of hot and cold breakfast meals, ranging from waffles and pancakes to cereal and fruit. It will be more like a traditional continental breakfast you would receive at a chain hotel out in town, and the addition of a fitness center is something we think our guests will greatly appreciate. These upgrades are part of an effort to keep our military members on base while providing them with lower room rates," Peters continued.



Construction on the NAS Jacksonville Navy Lodge includes joining its two buildings together to expand its lobby and offering a much larger carport for luggage drop off.

The room rates will be divided in three categories: \$65 a night for a single bedroom, \$95 a night for an expanded "joined" room, and \$119 a night for a two bedroom. Each room comes fully equipped with a kitchen, making them very similar to a small apartment.

In addition to the low rates, the Navy Lodge is running a scratch ticket promotion that will offer guests anywhere from ten percent off their stay to possibly winning a free room.

Peters remarked, "Our lodges around the country keep expanding little by little, and our goal is to continue to exceed customer needs and be their 'home away from home.'"

For more information on what Navy Lodges at NAS Jax and around the country have to offer, Sailors are encouraged to visit the website www.navy-lodge.com or call 1-800-NAVY-INN.



A view of the living space in one of the new "joined" rooms at the Navy Lodge. It features a full kitchen and a bedroom with two twin-size and one queen-size bed -- designed to accommodate traveling families.

Free tax assistance available at Main Gate

From staff

REAL\$ENSE (United Way) is offering free tax preparation service Tuesday through Friday from 10 a.m. to 4 p.m. and Saturday from 9 a.m. to 1 p.m. in Building 13 (second floor) at the NAS Jax Main Gate.

Appointments are recommended for weekdays although walk-ins will be helped. Saturday is walk-in availability

only. To make an appointment, call 729-2119.

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JAX2025.org

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Monday & Thursday at 7 p.m.

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7-9 p.m., \$.50 wings and \$7.95 pizza
your way

Friday Free Entertainment at 7 p.m.
March 15 - Jason Lamar
March 22 - All About Me
March 29 - Ace Winn
April 5 - Karaoke

**Freedom Lanes
Bowling Center**

Call 542-3493.
New day for free bowling for active duty
Thursday
11 a.m. - 1 p.m.

Wednesday change of hours
Open 4-10 p.m.

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

Saturday Night Extreme Bowling
4-6 p.m. (family themed) \$8 per person
8 p.m. - midnight \$10 per person
Price includes two hours of bowling
Shoe rental included

Sunday Family Day
12-6 p.m., \$1.50 games

Friday special
\$1 games per person 2 - 5 p.m.

Bowling Tournament
March 16 at 12 p.m.

March Bowling Madness
Command party give-a-way
March 1-31

Fitness & Aquatics

Call 542-2930
Family Fitness Center (located above
the Youth Center Gym)
Open Monday - Friday 9 a.m. - 1 p.m.
For more information, contact Melissa
at 542-3518/4238

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

I.I.T. Events

Call 542-3318.
Daytona International Speedway
Subway Firecracker July 5 and Coke 400
July 6
Tickets on sale now!

Jacksonville Sharks - \$25 per person

ITT Travel Fair
March 16, 9:30 a.m. - 1 p.m.
NEX Courtyard
Win prizes!

Thrasher Horne Center for the Arts
Dark Side Of The Moon (Pink Floyd)
Saturday, April 13 at 7:30 p.m.
Section A - \$33; Section B - \$28; Section
C - \$23

A Lamb Chop Celebration
April 20 at 7:30 p.m.
Section A - \$18; Section B - \$14; Section
C - \$11

Funkfest
Metropolitan Park
May 10-11
2-day ticket - \$52

Gatornationals
March 15,16,17, 2013
Fri Reserved from \$35 - \$39
Sat & Sun Reserved from \$50 - \$54
Fri General Seating from \$28 - \$32
Sat & Sun General Seating from \$38 -
\$42

Discover Disney - Florida resident ticket
valid for sale through June 3, 2013
Tickets are valid for redemption

through June 7, 2013
Block-out Dates: March 23 - April 5,
2013
Jacksonville Symphony - \$27.50

Gatorland - military member is free,
tickets available for family members at
ITT
\$19.25 adult, \$12.50 child, \$54.25 zipline

2013 Live Broadway Series
Rock of Ages - April 6
Dream Girls - May 21

Universal Studios Special
Complimentary tickets for active duty
and retirees, free 3 day, park-to-park
ticket with valid military ID. Admission
is valid for up to 14 days from first use.
Tickets are available at ITT through
March 31, 2013 and must be redeemed
by June 30, 2013.
Ask about our special discounted tick-
ets for family members.

Wild Adventures Theme Park - Gold
pass \$71

Book Shade of Green, Disneyworld hotel
properties, Universal hotels and off
property hotels near attractions at ITT!

**The Vault Liberty
Recreation Center**

Trips, activities and costs may be
restricted to E1-E6 single or unaccom-
panied active duty members. Call 542-
1335 for information.
Kayaking Trip
Simpson Creek
March 16 at 9 a.m.

Liberty Bowling Night
NAS Freedom Lanes
March 20, \$6 per person

Cummer Art Museum Trip
March 26 at 6 p.m.

NAS Jax Golf Club

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

Twilight Special - Daily!
Play 18-holes with cart for only \$16 after

1:30 p.m. every day!

Monday & Tuesday
Play 18-holes for \$20
Cart and green fee included.
Open to military, DoD and guests. Not
applicable on holidays.

Twilight Golf League
Tuesday at 5 p.m. March 26 - Aug. 27
\$20 per person per week

Mulberry Cove Marina

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

Auto Skills Center

Call 542-3227
22 work bays, wheel balancing, tool
checkout, paint booth and welding!
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Youth Activities Center

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

Free Easter Egg Hunt
March 27 at 7 p.m.
McCaffrey Softball Fields
Open to children 0 - 12!

Flying Club

Call 777-8549
Private Pilot Ground School
March 18 - April 24
\$500 per person

**Easter
Egg Hunt**

Wednesday, March 27
McCaffrey
Softball Complex

FREE!

Staggered egg hunt
Start times:
7:00 pm Ages 0 - 3
7:10 pm Ages 4 - 6
7:20 pm Ages 7 - 9
7:30 pm Ages 10 - 12

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Community Calendar

NNOA Jax Chapter Charity Scholarship
Golf Tournament, March 22 at 9 a.m. at
South Hampton Golf Club in St. Augustine.
Sign up by March 15. For more info, call Lt.
Duane Gowins at 542-0154.
Special Olympics Summer Games of
Duval County needs volunteers for March 16
at Atlantic Coast High School. Go to: www.
SignUpGenius.com/go/30E0B4A4A92
9A20-2013/3704168.
USO Memorial Golf Tournament, March
22 at 9 a.m., at NAS Jacksonville Golf
Course. Call 778-2821 for more info.
**Captain Chuck Cornett Navy 10K Run &
5K Walk**, April 6 at 8 a.m. aboard NAS Jax.
Advance registration for authorized base
personnel & general public until March 18.
More info at: NAS Jax Fitness Center 542-
3518 or www.lstplacesports.com.
Spring Gardening Workshop, April 10 at
10 a.m. at the Mandarin Garden Club, 2892
Loretto Road. A free program by the Duval
County Extension staff, pre-register by
contacting beckyd@coj.net or 255-7450.
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 Mates meet every
third Thursday 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.
Navy Jacksonville Yacht Club is open to
active duty, reserve and retired military, plus,
active or retired DoD civilians. Call 778-0805

or email commodore@njyc.org.
Disabled American Veterans Chapter 38
meets the second Tuesday of each month
at 7 p.m. at 470 Madeira Dr., Orange Park.
Service officers available Monday through

Friday, 9 a.m. - 2 p.m. to help with VA
claims, call 269-2945 for an appointment.
Bingo every Thursday from 6:30-9:30 p.m.
and Saturday from 10 a.m. - 3 p.m. The
public is welcome.

**'Hot Shots' of
the week**

The NAS Jacksonville
Golf Club reports the fol-
lowing hot shots:

Arthur Tank shot a
hole-in-one Feb. 19 on
White #7, 134 yard, par 3.
He hit a Callaway 6 iron
with a Titleist ball.

Ann Schelke scored a
hole-in-one March 7 on
Blue #9, 100 yard, par 3.
She hit a Taylor Made 9
wood with a Pinnacle
ball.

Mark Duffy shot an
Eagle March 11 on Red
#4, 355 yard, par 4. He hit
a driver and a wedge.

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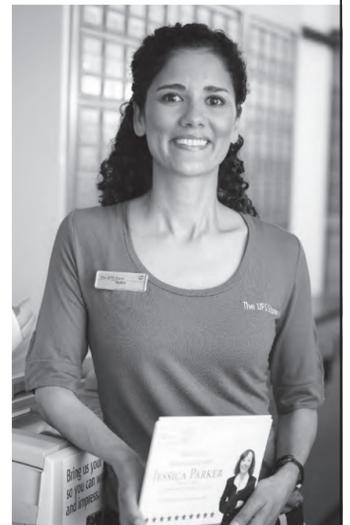
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FACSFACJAX BEM stays on top of energy efficiencies

By ET1(SW) Patrick Horgan
Fleet Area Control and Surveillance
Facility Jacksonville

ET2 Hugh Dickerson serves as Fleet Area Control and Surveillance Facility Jacksonville's (FACSFACJAX) building energy monitor (BEM).

As the BEM for FACSFACJAX, his duty is to identify basic

equipment and facility deficiencies that waste energy (and money), and communicates his findings to the command with the goal of improving the command's culture with respect to energy consumption. Dickerson's technical background and meticulous attention to detail made him the perfect fit for this collateral duty.

During preparations for the command's annual air traffic control Naval Air Training and Operating Procedures Standardization (NATOPS) inspection, he worked directly with ET2 a local contractor in conducting a survey of FACSFACJAX's grounding system.

During the inspection six abnormal ground loops were

identified. These ground loops were being created by improperly installed equipment, which caused interference in communications systems, poised an electric shock hazard and were found to draw an additional 4.3 Kw hour of power.

According to Jacksonville Electric Authority the standard rate for residential service is

\$0.08697/kwh.

Dickerson's findings identify a waste of \$0.3805/hour for every hour of the day.

Although this only totals roughly \$3,300 per year for FACSFACJAX, similar inefficiencies with the other 600 buildings on NAS Jacksonville there could result in more than Building 118 and \$2 million in savings every year.

NAS Jax Sports

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 forming

Open to NAS Jax active duty, command DoD, DoD contractors and selective reservists. Matches will be played at lunchtime on Tuesdays and Thursdays at the sand volleyball courts near the marina. All interested personnel should contact the sports coordinator to receive a packet of the rules and required paperwork. The entry form and rosters are due March 19.

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.

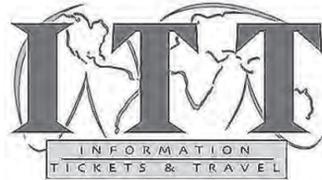
Standings

As of March 8 Captain's Cup Winter Golf

Team	Wins	Losses
HS-11	4	0
PSD	4	0
CNATTU Blue	3	1
CPRW-11/TACMOBILE	3	1
FRCSE	3	1
NCTS	3	1
SERCC Gold	3	1
VP-16	2	2
VP-30	2	2
VR-58	2	2
NRSE RCC	1	2
CBMU202	1	3
CNATTU Gold	1	3
SERCC Blue	0	4
CBMU202 Green	0	4
VR-62	0	4

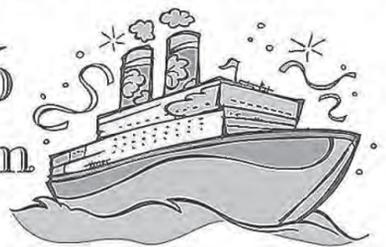
4-on-4 Flag Football Final Standings

Team	Wins	Losses
VR-62	7	1
VP-30 O's	6	1
FRCSE	8	2
VR-58	6	2
NBHC	6	3
VP-16	6	3
VP-5	5	3
HITRON	4	4
NOSC	3	5
VP-26	3	6
NCTS	2	6
FRC-U	2	7
VP-16 Work Eagles	1	7
NAVFAC/TPU-PCF	0	9



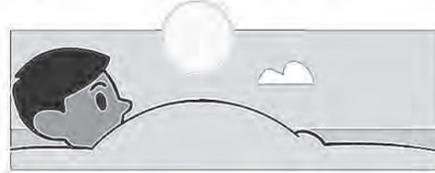
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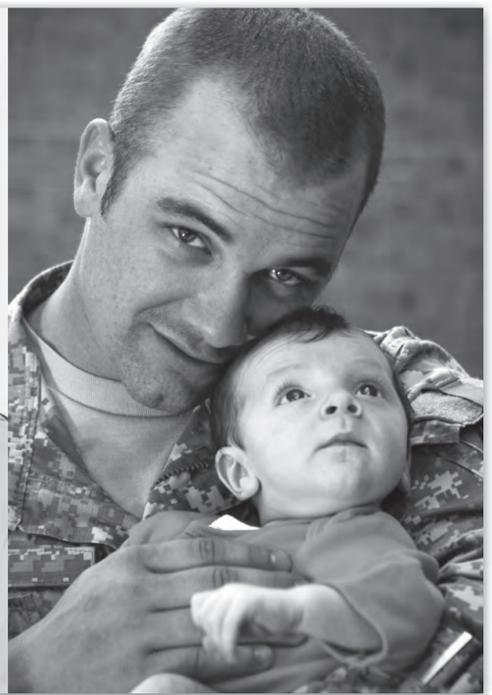


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CNRSE Sailor's promotion marks major milestone

By MC1(SW) Greg Johnson
Navy Region Southeast Public Affairs

It's not every day a Sailor is promoted to a higher rank for the 10th time of his career, but that was the case for Chief Warrant Officer (CWO) Luis Martinez, who assumed the rank of CWO4 during a promotion ceremony at Navy Region Southeast headquarters March 1.

Martinez, who serves as the Navy Region Southeast antiterrorism officer, enlisted in the Navy in 1988 as a seaman recruit. More than 24 years later he finds himself holding the second-highest rank a chief warrant officer can attain. It's an achievement Martinez said he could never have imagined, especially considering his decision to join the Navy happened virtually by accident.

"My senior year, I was kind of undecided about what I really wanted to do. A friend of mine and I were talking one day about the military and saw a Marine commercial, ironically, and decided to inquire. The Marine recruiter wasn't in, but the Navy recruiter was, and the Navy recruiter convinced us to join," Martinez said.

Upon enlisting, Martinez was still uncertain about exactly what he wanted to do in the service. He initially enlisted as an undesignated seaman and spent his first two years assigned to what was then Naval Station Annapolis. In 1990, he converted to yeoman (YN) and spent three years at Strike fighter Squadron 103 (VF-103).

"At that point in time, I didn't really have a specific career path and didn't know I was supposed to have one, quite frankly," he said. "But looking back on it, it was beneficial. As an undesignated seaman, I learned a lot about hard work and dedication, and as a YN, I gained a great foundation administratively, and that helped me as I came into senior leadership."

Finally, in 1993, Martinez found the path he would follow for the next 20 years.

"I've always wanted to be a police officer. It sounds cony, but it's all about helping others - the whole 'protect and serve' philosophy," he said. "To me, becoming a police officer was really the career path that I would have liked to have chosen in the beginning, and becoming a master-at-arms (MA) was an opportunity to fulfill a personal desire and serve my country at the same time."

Prior to 1993, the Navy's policy mandated that MAs be E-5 or higher in rank, preventing Martinez from enlisting directly into the rating. A policy change opened the rating to Sailors of all pay grades, allowing Martinez to submit a conversion package as an E-4. However, he was promoted to Yeoman 2nd Class shortly thereafter and was already an E-5 by the time his package was approved.

Martinez completed Master-at-Arms "A" School in 1993 with follow-on orders to USS Holland (AS 32). He then did tours in Yokosuka, Japan, Washington, D.C.,



Photo by MC1 Greg Johnson

CWO4 Luis Martinez gets his new rank pinned on by his son, Willie, during his promotion ceremony at Navy Region Southeast Headquarters.

where he made chief petty officer, and Guantanamo Bay, Cuba, where he was promoted to senior chief petty officer in 2003.

According to Martinez, he had no interest in applying to a commissioning program at that point in his career.

"Once I became a chief, my goals were set on becoming a master chief," he said. "The whole concept of what chiefs do in our Navy - I felt that's what I was meant to be."

Martinez' attitude towards commissioning programs changed after meeting Capt. Jeff Hayhurst during his tour at Guantanamo Bay, where Martinez was acting command master chief and Hayhurst was executive officer. Hayhurst thought Martinez displayed superior leadership qualities and would best serve the Navy in the chief warrant officer ranks. Although reluctant at first, Martinez was eventually convinced to submit a package for chief warrant officer, a decision he's now glad he made.

"The opportunities I've had as a warrant officer have allowed me to have a greater impact on younger MAs. I'm able to have a greater influence and affect Sailors that have desires to either apply for different officer programs or whatever the case may be. As a warrant officer, I have zero regrets," he said.

According to Martinez, being a warrant officer is a genuinely rewarding position because the versatility of the warrant officer rank structure makes it possible to impact personnel at all levels of the chain of command.

"We bridge the relationship between the wardroom and the chiefs' mess and even the junior enlisted," he said. "All of our warrants have been chiefs, so we still have that respect from the chiefs' mess, and as a commissioned officer, we also earn the respect of the wardroom. We can assist the upper chain of command in providing guidance and training to junior officers, in addition to providing the technical expertise of our rating. Knowing what I know now, I can say being a warrant in the United States Navy is clearly the

best rank structure to be a part of. It's the best of both worlds."

Arriving at the level of success Martinez has achieved while coming from such modest beginnings is a rare accomplishment that reflects decades of commitment. Although numerous factors have contributed to his success, there are a few that are crucial to the success of any Sailor, Martinez said.

"You need to set realistic goals and take pride in actually completing those goals. Also, never stop learning. To this day, I have young Sailors that work for me and I still learn from them because they either think differently or see things differently. The whole learning process continues and it plays a big factor in personal and professional development."

In addition, Martinez also said support from his family and co-workers has been important.

"If it wasn't for my wife, I wouldn't be where I am today," he said. "Navy deployments and travel took me away from home frequently. It was my wife who was there to take care of our kids. The strength of my family allowed me to focus on work and put in the long hours and late days. I also owe a lot of gratitude to my co-workers, not just at the region, but at every command I've served at over the last twenty-some years. Every command has been a stepping stone with so many people at each one that positively influenced my career."

While Martinez' promotion marks an extraordinary milestone in his career, he said it's not the final chapter. He looks forward to at least two more tours and thinks that CWO5 is an attainable goal. If Martinez reaches that goal, he will have held 12 ranks throughout his career, a rare feat for a service member in any branch of the military.



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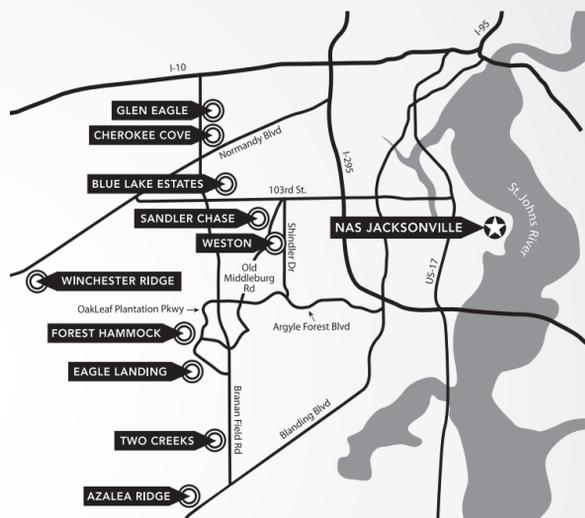
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Photos courtesy of WWP

Wounded Warriors taking part in Soldier Ride® cycled along State Road A1A from Jacksonville to St. Augustine on March 2, enjoyed their views of the Atlantic Ocean.

Wounded warriors ride promotes healing

From Staff

Wounded Warrior Project® (WWP) Soldier Ride cycled through Jacksonville Feb. 28 - March 2. The rehabilitative cycling event brought Wounded Warriors from across the region and country together for a long weekend focused on physical health and wellness, camaraderie, and healing.

Events included a bike fitting where warriors were fit with adaptive equipment for use during the next two days of rides.

"It's important for warriors and veterans like me to know that we can still do the same things that we did before or new things that we never tried before. It's essential when it comes to recovery," said Michael Owens, a Wounded Warrior who sacrificed an arm and shattered both legs when the seven-ton truck he was in was hit and rolled over on him during his second deployment to Iraq as a Marine. Owens, who has participated in three Soldier Ride events, now works with WWP full-time from the San Antonio, Tex. office, as dean of students for the TRACK™ program.

WWP provides state-of-the-art cycling equipment to Wounded Warriors at no cost. It includes adaptive hand cycles, trikes and bicycles to accommodate various injuries and disabilities, as well as unmodified road bikes for riders not requiring adaptive equipment.

More information on Soldier Ride is available at woundedwarriorproject.org.

Wounded Warrior alumni Tim Conner (top) and Brian Schiefer, ride together using adaptive hand cycles. The event brought Wounded Warriors from the region and across the country together for a long weekend focused on physical health and wellness, camaraderie, and healing.



Wounded Warrior Project staff member, Carlos Garzon, rides alongside of Jason Ellis as he uses a recumbent cycle on the Saturday ride from Mickler's Landing to St. Augustine. WWP provides state-of-the-art cycling equipment to Wounded Warriors at no cost, which includes adaptive hand cycles, trikes and bicycles to accommodate various injuries and disabilities, as well as unmodified road bikes for riders not requiring adaptive equipment.



Austyn Lane, defensive end for the NFL Jacksonville Jaguars meets with Wounded Warrior Chad Maddux. Members of the Jaguars rode along on the Friday ride and held a reception at the TPC Sawgrass clubhouse.



Oldest living naval aviator visits CNAF

From Naval Air Force, Pacific, Public Affairs

Commander, Naval Air Forces (CNAF), took time to meet with the oldest living naval aviator while on board NAS North Island, March 5.

Vice Adm. David Buss and retired Vice Adm. David Richardson - a 99-year-old World War II and Korean War fighter pilot - shared stories and talked about the changes in naval aviation over the past 70 years.

Richardson, a Mississippi native, graduated from the U.S. Naval Academy in 1936, completed flight training in 1940, and then reported to Fighting Squadron 5 as a front-line pilot, flying Grumman F3Fs and F4Fs during the Pacific War.

Richardson spent time flipping through an old flight log and recalled critical moments in battle, where he and other Wildcat fighters came across enemy fire, and the measures they took to counter those attacks.

Buss said modern naval aviation

stands upon the shoulders of World War II aviators like Richardson, who proved themselves and the importance of sea based air assets, in places such as Midway and the Coral Sea.

Richardson responded by pointing out that they were only standing on the shoulders of those brave individuals who had pioneered the concepts of naval aviation in the 1920s and 1930s.

The two also discussed the 21st Century Sailors who are a part of naval aviation today.

"I think the quality of the people we have serving today is second to none," said Richardson. "The people of my time are often referred to as the 'greatest generation.' But that's just not so."

Throughout his career, Richardson commanded numerous ships, task forces, and air groups to include his tour as Commander, Fleet Air Norfolk and Commander, 6th Fleet.

Richardson served his final active tour as deputy commander in chief, U.S. Pacific Fleet and retired from the Navy in 1972 after 36 years of service.



Photos by MC2 Cory Rose

Managing Base Habitat

A U.S. Forest Service firefighter monitors a prescribed burn at Naval Submarine Base Kings Bay, Ga. There are no prescribed burns scheduled for NAS Jax.



U.S. Forest Service firefighters monitor a prescribed burn March 1 at Naval Submarine Base Kings Bay in Southeast Georgia. The Forest Service manages prescribed fires to benefit natural resources and reduce the risk of unwanted wildfires in the future. Burn plans consider temperature, humidity, wind, moisture of the vegetation and conditions for the dispersal of smoke.

Dignity U Wear's UNDIS campaign kicks off

From Staff

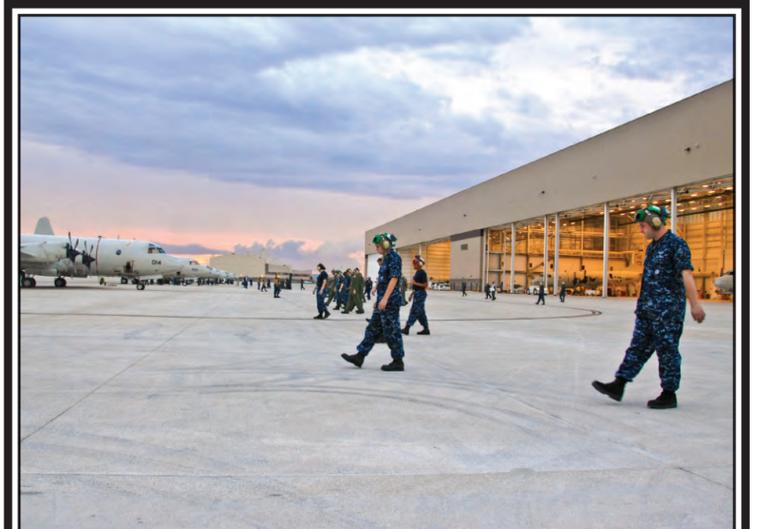
Dignity U Wear recently kicked off their eighth annual UNDIS Campaign which runs until May 20. The campaign will result in collecting the non-profit's most demanded necessity, undergarments.

Over the past seven years, the campaign has collected over 600,000 undergarments. This year Dignity U Wear's UNDIS goal is to collect 200,000 undergarments, including socks, bras, and

underwear and raise \$50,000 in monetary donations. The campaign has already received a commitment from Tommy Hilfiger-USA to donate 16,790 pairs of socks.

In collaboration with campaign supporters, Dignity U Wear will be able to stock its annual underwear inventory to serve children, women in crisis and veterans needs.

For more information or to sign up to participate please visit www.undiscampaign.org or contact (904) 636-9455.



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Recently, at the courthouse

From CNRSE

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

At a General Court-Martial convened aboard NAS Jacksonville, a Marine corporal was acquitted of engaging in sexual contact with an incapacitated person and committing indecent conduct.

At a General Court-Martial convened aboard Joint Base Charleston, S.C., a lieutenant junior grade was found guilty of failing to obey a lawful general order, making a false official statement, and conduct unbecoming of an officer and gentleman. The military judge sentenced the accused to 60 days confinement and to be dismissed from the naval service.

At a General Court-Martial convened aboard NS Mayport, a first class petty officer was found guilty of wrongful sexual contact, indecent exposure, wrongfully requesting to engage in sexual activities, and false official statement. The court-martial sentenced the

accused to 10 months confinement, reduction in rate to E-1, forfeiture of all pay and allowances, and a bad conduct discharge.

At a Special Court-Martial convened aboard Joint Base Charleston, S.C., a first class petty officer was found guilty of unauthorized absence. The military judge sentenced the accused to 60 days confinement and a bad conduct discharge.

At a General Court-Martial convened aboard NAS Pensacola, Fla. an ensign was found guilty of rape. The court-martial sentenced the accused to four years confinement and to be dismissed from the naval service.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pre-trial agreement or clemency.

Gym at The Zone has new hours

From Staff

Effective March 8, The Zone Gym will close at 1 p.m. on Fridays and will be closed Saturdays and Sundays due to low patron usage.

New hours of operation are: Monday -

Thursdays 5 a.m. - 8 p.m. and Fridays 5 a.m. - 1 p.m.

The Fitness Center will continue to operate with the following hours Monday through Friday 5 a.m. - 9 p.m. and Saturday-Sunday from 7 a.m. - 5 p.m.



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 Inspection: Fri., March 15th 10am-3pm & 9am day of sale.
 Terms: cash, cashier check, MC, Visa, Disc, 13% buyers premium, 3% discount for cash or qualified checks. For more info, map & photos go to: Auctionzip.com enter auctioneer ID# 21770
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Estate Sale 8-5. 3/15-3/16 5651 Monroe Smith Rd. S. off 103rd St. some furn., lots of glassware, cookware etc.

Furniture / Household

Bed - A Bargain Queen Mattress Set New. Only \$125 904-644-0498

BED: Queen Size Pillowtop Set. New in plastic, will sacrifice \$125. Call or Text (904) 662-2604

Bedroom Set - Cherry-Brand new. Must Sell \$275 904-484-6177

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

Solid wood Armoire \$150. Solid wood dresser \$150. Light colored. Kids full bed set \$50. \$50. Girl's bike 7-teen \$45. 904-384-7809

Garage Sale

ORANGE PARK- HUGE and I mean GIGANTIC Montclair Elementary School Community Yard Sale!
 Furn., clothes, electronics, toys, and 100's of books of all genres. DON'T MISS THIS ONE! Sat. 3/16, 7am - 1pm, 2398 Moody Ave. O.P. 32073

Garden / Lawn

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Adopt A Pet/ Lost and Found

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Pets and Supplies

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Automobiles

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