

Jax Air News

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'Doomsdayers' last ride marks end of an era

By Lt. Dave Vasquez
HSM-72

The HSM-72 Detachment Eight "Doomsdayers" returned home to NAS Jacksonville from a nine-month deployment to the Fifth Fleet area of responsibility March 27. Embarked on the Norfolk, Va. based USS Winston S. Churchill (DDG-81), the two-plane detachment returned home after a lengthy and demanding cruise.

The detachment and crew departed NS Norfolk June 20, 2012 as part of the USS Dwight D. Eisenhower Carrier Strike Group (CSG-8) to conduct maritime security operations, theater security cooperation, and various support missions within the U.S. Central Command region.

Led by Lt. Cmdr. Jeremiah Binkley and ADC(AW/SW) Rommel Pitts, Detachment Eight is one of the final two legacy detachments operating the SH-60B airframe for HSM-72.

Binkley and Pitts led six pilots, three aircrewmembers, and 16 maintenance professionals



Aircrew from HSM-72 Detachment Eight conducted SH-60B flight operations from on board the guided-missile destroyer USS Winston S. Churchill (DDG-81) during their recent nine-month deployment.

Photo courtesy of HSM-72

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'Broadarrows' are repeat winners of medical readiness award

By MC2 Nicholas Garratt

The VP-62 "Broadarrows" Medical Department was awarded the 2012 Blue "M" for medical readiness March 10, for the second consecutive year.

The Blue M is only given to those commands that maintain a high level of medical readiness. Recipients of the award must score a 90 percent or better on a medical record audit performed by Naval Air Force Reserve.

"Acknowledging our corpsmen is the most important thing," said Capt. Michael MacDonald, VP-62 flight surgeon. "They are the ones who spend the countless hours keeping our records on track"

For VP-62, that person is HM1 Russell Bolton. As the only full-time corpsman in a reserve squadron, maintaining medical readiness can often pose a difficult task. Luckily he is not alone in this task.

"I've had a lot of help from my Reserve counterpart, HM2 Michael Duer, as well as the corpsmen from our neighboring squadrons. And I couldn't have done it without the support of the Navy Operation Support Center Jacksonville medical team. We all work hand in hand," said Bolton.

"It really doesn't matter who helps you or who gets the credit for it, the only thing that matters is that the customer is taken care of."



VP-62 "Broadarrows" Commanding Officer Cmdr. Jon Townsend presents the Blue "M" Award for sustained medical readiness to HM1 Russell Bolton.

Photo courtesy of VP-62



MM1(SW/AW) Mark Leinaar and ABF3 Vermiecel Larican use their painting skills during a Habijax event March 16 in downtown Jacksonville.

Photo by Lt. j.g. Paul Rodgers

NAS Jax and NS Mayport Sailors 'Brush with Kindness'

By Lt. Paul Rodgers
NAS Jax Chapel

More than 25 personnel from NAS Jacksonville, NS Mayport and their tenant commands volunteered more than 150 hours with Habitat for Humanity Jacksonville March 16. They served in the urban core where 26 percent of children live below the poverty level.

The volunteers added to the hundreds of others who supported Habitat's *A Brush With Kindness* project. The project ran six weeks and helped revitalize 26 homes in the New Town area of Jacksonville. A Brush With Kindness is part of Habitat for Humanity's larger Neighborhood Revitalization Initiative. To compliment the 1,800 homes the organization has built since 1988, this initiative supports existing homeowners with exterior minor repair, weatherization, and necessary remodeling.

The teams, comprised of all different ranks and rates, scraped and painted, sorted garbage from collected piles, repaired wooden framing, landscaped and reclaimed underutilized space. The homeowners could not stop thanking the teams as the effect was incredible. Their homes were radically different from our arrival and

See **HABITAT**, Page 8



Photo by MCSA Jesse Hyatt

The April deployment of Naval Station Norfolk-based USNS Comfort (T-AH 20) was cancelled on March 22, due to budget limitations imposed by sequestration. Comfort was scheduled to deploy to the U.S. Southern Command area of responsibility.

Southcom chief warns budget issues could affect national security

By Nick Simeone
American Forces Press Service

U.S. Southern Command's top officer told a Senate panel recently that he is "gravely concerned" about the effects sequestration and other budget constraints will have

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Donate at Chapel or NEX
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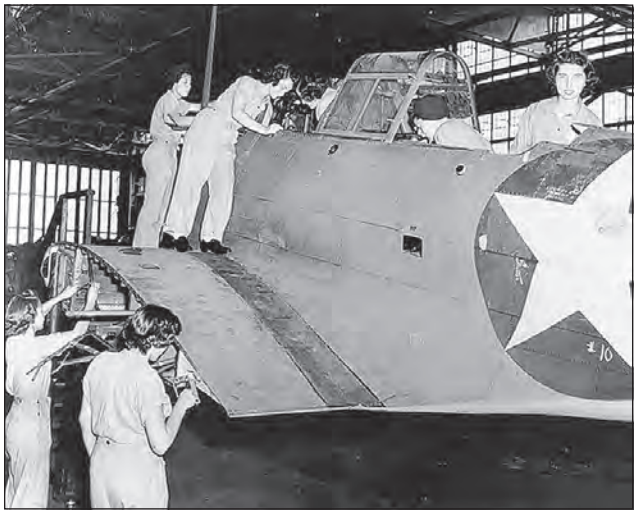


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U.S. Navy photos

WAVES Aviation Metalsmiths and Aviation Machinist's Mates work on an SBD "Dauntless" aircraft in the NAS Jacksonville Assembly and Repair Department in 1943. Working on the wing are Seaman 1st Class Annia Marie Garman and Seaman 1st Class Frances Culpepper. On the wing and inside the plane are AM3 Audrey Anderson, AM3 Jane Carlisle, AM3 Betty Jo Visson, Seaman 1st Class Mary Jane Boring and Seaman 1st Class Clara Bumgarner.



Aviation Machinist's Mate Mary Arnold, USNR(W), slides down from atop the fuselage, where she was working on the engine of an SNJ training plane at NAS Jacksonville in 1943.



AM3 Violet Falkum turns over the Pratt & Whitney R-1340 radial engine of a SNJ-4 training plane at NAS Jacksonville in 1943. This photograph was used in a World War II recruiting poster.

This Week in Navy History

March 30

1944 - First use of torpedo squadrons from carriers to drop aerial mines (Palau Harbor).
1972 - Easter Offensive begins in Vietnam.

March 31

1854 - Commodore Matthew Perry negotiates Treaty of Kanagawa to open trade between U.S. and Japan.
1971 - Poseidon (C-3) missile becomes operational when USS James Madison began her third patrol carrying 16 tactical Poseidon missiles.
1992 - USS Missouri (BB-63), the last active American battleship is decommissioned.

April 1

1893 - Navy General Order 409 of Feb. 25 1893 establishes the rate of Chief Petty Officer.
1917 - BMI John Eopolucci, a Naval Armed Guard on board the steamship Aztec, died when the vessel was sunk by a German U-boat. He was the first U.S. Navy sailor killed in action in World War I.
1942 - First Naval Air Transportation Service (NATS) squadron for Pacific operations commissioned.

1945 - Over 1,200 Navy ships and Army troops begin invasion of Okinawa.
1966 - U.S. Naval Forces Vietnam established.

April 2

1781 - Frigate Alliance captures two British privateers, Mars and Minerva.
1827 - First Naval Hospital construction begun at Portsmouth, Va.
1947 - UN places former Japanese mandated islands under U.S. trusteeship.
1951 - First Navy use of jet aircraft as a bomber, launched from a carrier, USS Princeton.
1960 - The icebreaker USS Glacier (AGB-4) begins 12 days of relief operations, providing helicopter and boat transportation, plus emergency supplies to residents of Paramaribo, Suriname after floods.

April 3

1797 - Capt. Thomas Truxtun issued first known American signal book using numerary system.
1992 - First five coed recruit companies from Orlando, Fla. Naval Training Center graduate.

From Staff

March 28

1800 - Essex becomes first U.S. Navy vessel to pass Cape of Good Hope.
1814 - HMS Phoebe and Cherub capture USS Essex off Valparaiso, Chile. Before capture, Essex had captured 24 British prizes during the War of 1812.
1848 - USS Supply reaches the Bay of Acre, anchoring under Mount Carmel near the village of Haifa, during expedition to explore the Dead Sea and the River Jordan.

March 29

1954 - Carrier aircraft began reconnaissance near Dien Bien Phu, Indochina.
1960 - Launch of first fully integrated Fleet Ballistic Missile from USS Observation Island (T-AGM-23).
1973 - Naval Advisory Group and Naval forces, Vietnam disestablished and last U.S. prisoners of war left Vietnam.
1975 - Evacuation of DaNang by sea begun.

Writer misses hidden cost of military life

By Sarah Smiley
Special Contributor

From the Homefront

A January article written by David Wood for Huffington Post has risen from the dead and it's making many military families mad — again.

The article, "Defense budget faces cuts to personnel after decade of war," has more than 60 pages of comments, half of which were made within days of its release on January 30. On page 31, however, after nearly a month of silence, the comments picked up again on March 11. Soon after, it went viral in the military community.

I don't know who dug up this relatively old column, but according to an editor's note at the bottom, "language has been added [post-publication] to clarify" some calculations, making this piece of walking-dead commentary something like Frankenstein. It's been patched up and given new life, and now it's terrorizing the military community.

Oh, and the "monster" is still evolving.

Under pressure and scrutiny, Wood has revised his text multiple times. His original opening sentence was probably

the scariest of all: "For more than a decade, Congress and the Pentagon have lavished money on the nation's 1.3 million active-duty troops and their families."

But the word "lavished" has since been deleted.

Semantics and edit-and-rewrite-as-you-go journalism aside, Wood's biggest problem is his apples-to-apples approach to military versus civilian pay that overlooks the hidden costs of military life.

"Since 2001, total military compensation, including pay and benefits, grew by 20.5 percent, while comparable private-sector civilian pay did not increase at all," Wood writes. "The cost of military compensation rose steeply even though the size of the active-duty force grew by only 3 percent during that period."

We military families don't understand Wood's confusion with this. The pay grew by 20.5 percent because of everything that the slightly increased force has been expected to do since 2001 — mainly, more frequent and longer deployments.

To make his point about mili-

tary and civilian pay, Wood states that an Army master sergeant who has been in the service since 9/11 and is stationed at Fort Drum makes about \$85,000 a year. This number is deceiving. Also, it's highly unlikely that anyone would rise to the rank of master sergeant in 10 years. Even so, the base pay for a master sergeant with 10 years of service is about \$50,000/year. Allowances for housing and cost of living would be added to the base pay according to the location of the duty station.

But let's go with Wood's figure anyway.

According to the U.S. Department of Labor's Web site CareerOneStop, an accountant in 2011 could expect to make about \$109,900 in a year.

But the accountant is coming home every night. He doesn't leave his family for a year at a time (which often increases child care expenses). And, in general, he doesn't move every three years (more on this below). His life isn't at the whim of the U.S. government. He can wear what he chooses, take vacation when

he prefers, and besides a boss and his customers, he doesn't answer to anyone.

Yes, the accountant probably has to pay for healthcare, and he doesn't get tax-free groceries, but, well, he's making \$20,000 more than the guy who's risking his life overseas.

All of the above is why Wood's whining about military shoppers' 30 percent savings on groceries at the commissary falls on unsympathetic ears. Yes, we have access to tax-free groceries, but my husband is required to buy, out of his own pay, many of his uniforms — the same ones the military forces him to wear. We don't get a company car. And our "free healthcare" equates to being seen at government-run hospitals that are equivalent in inefficiency and frustration to the Department of Motor Vehicles.

Wood leaves these comparisons out, focusing only on what military families get on paper. But even those facts don't always add up.

Wood writes, "[T]he Pentagon pays all housing costs for families who live off base." This is absolutely false. The military gives us a housing allowance based on local civilian housing markets. And it's

not the "lavish" market, either.

That same hypothetical master sergeant making \$50,000 in base pay would get an additional \$2,300 monthly for housing if he was stationed in Washington, D.C. The average rate for a 2-bedroom apartment near D.C. is \$2,341.

But these figures say nothing to the fact that military families can rarely build equity in a home. In 13 years of marriage, Dustin and I have moved a half-dozen times, and we've lost money in real estate every single time.

I agree with Wood that there are many areas of wasted spending in the military. As with any government agency, it is full of redundancies, inefficiencies and frustrations. The general public will learn more about this when they, too, are in government-run health-care. But to say that service members are treated lavishly and with an overabundance of allowances and bonuses is inaccurate and frankly offensive.

It's time for Wood's column (http://www.huffingtonpost.com/2013/01/30/defense-budget-cuts_n_2584099.html) to go back into the dark recesses of the Internet.

MoneyChic Sez:

Here's a catch up to what's been going on! A Sailor and his wife are having their first baby. They want to know ways to make being a family of three less expensive. We've covered fbeing prepared for the fact that babies will continue to cost money!

Now let's get down to the dirty business of diapers -- that will be your most expensive purchase until your baby is potty trained. If you are going to use disposable, consider buying in bulk as it always makes the price per diaper lower. Some people swear by store brand, where others will only buy premium.

Take advantage of different buyer pro-

grams diaper companies offer. Some reward you with points (found on each diaper package) that can be redeemed for prizes or gift cards.

Don't be afraid to call the manufacturer and ask for coupons. Each company knows their products so maybe they can offer a suggestion you didn't think of.

Sign up for manufacturer "Welcome to New Baby" programs and see what you receive in the mail. There are always coupons and deals to be found on diapers at the stores.

Discuss how your child will be fed. Make sure you are on the same page

when it comes to the nutrition of your baby. If mom plans to breastfeed, she is going to need encouragement and support.

Breastfeeding comes easy to some and others have to work hard at it the entire time. Make sure your wife is eating a balanced diet, drinking plenty of fluids, and is relaxed. Lactation consultants are available at the hospital to assist in making the breastfeeding process a smoother one.

If using formula, sign up for the formula manufacturers' new baby programs as well. Most will send you canisters of for-

mula as a welcome home present along with others items. Look for coupons in the mail or call and request them.

The Navy-Marine Corps Relief Society offers the Budget for Baby class to help you prepare financially. For coming to the class you will also receive a free layette filled with towels, bibs, sleep 'n' plays, and sheets for your baby. Call 542-2832 to sign up.

A financial plan can also be put together at NMCRS by one of their caseworkers to help you see what your finances will look like after that baby is here.

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

Hey, MoneyChic!



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CNP talks tuition assistance, PTS and more

By MC3 Darien Kenney
Navy Public Affairs Support Element - East

Chief of Naval Personnel (CNP) addressed Sailors during an all-hands call aboard Naval Station Norfolk, March 18. Vice Adm. Scott Van Buskirk took this opportunity to discuss issues affecting Sailors' naval careers, their families and their futures.

One of the big-ticket items in the news lately is the Tuition Assistance Program (TAP).

"Ninety percent of Sailors who use TAP complete the courses they take and Navy leadership is actively working to keep TAP in this tough economy," said Van Buskirk.

"They are looking at the structure to allow those Sailors who are eligible to continue to use it."

He also discussed the continued impact Sailors have throughout the fleet from an operational standpoint.



Vice Adm. Scott Van Buskirk

"The missions you are accomplishing are making a difference in the world because you are all tremendous ambassadors," said Van Buskirk.

"We have supported deployments on the ground and on ships and are fully engaged in supporting critical missions from the Horn of Africa to Afghanistan to the Western Pacific."

Van Buskirk said his number one priority is to man the fleet by ensuring Sailors are assignable, deployable and distributable.

"In the last year, we have had 90 percent Perform to Serve (PTS) approval and greater than 95 percent in the last four months."

Van Buskirk said the Navy is continuing to make improvements to PTS, which increases Sailors' ability to have a say in their career and improve the ability to distribute Sailors where the Navy needs them most.

During the question and answer session, Van Buskirk was asked about the Navy's current financial state since enacting sequestration - and what the

future holds.

"It feels good to know that Navy leadership hears our concerns and for the CNP to come and let us know that he is on our side and doing everything for Sailors," said BM2(SW/AW) Darius Branch.

When asked about retirement pay, Van Buskirk said a commission will be stood up to look at retirement pay, but current active duty will be grandfathered into the current retirement pay.

Much of the question and answer session focused on family related programs, and Van Buskirk assured attendees the Navy is dedicated to helping Sailors and their families.

The Our Navy remains committed to maintaining the funding for our Sailors and family readiness programs as much as possible, and our goal is to have no impact on those programs in the future," said Van Buskirk.



Photo courtesy of HSM-72

HSM-72 Change of Command

HSM-72 Commanding Officer Troy Anderson (left) passed the helm to Cmdr. Derek Fleck during their change of command ceremony on March 15 at NAS Jax.



Photo by Lt. j.g. Kevin Wendt

ANA Hosts luncheon at NAS Jax

Adm. Bill Gortney, commander, U.S. Fleet Forces, served as guest speaker and addressed members of the Association of Naval Aviation (ANA) and Navy League at the NAS Jax Officers' Club March 20, where he discussed the future of naval aviation. "We will continue to be the first to arrive in response to a global crisis because we provide a unique capability that no other service can provide. That capability being the physical and political access from our ships, our submarines and our aircraft carriers, as well as relevant combat power to diffuse crises or, if necessary, take it to the next level," Gortney commented.



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Sailors recognized

Photos by Lt. j.g. Kevin Wendt



NAS Jax Commanding Officer Capt. Bob Sanders (right) presents the Navy and Marine Corps Achievement Medal to AC2 Viktor Fisher during command quarters on March 22.



AC3 Joseph Barry (left) is presented the Navy and Marine Corps Achievement Medal by NAS Jacksonville Commanding Officer Capt. Bob Sanders.



NAS Jacksonville Commanding Officer Capt. Bob Sanders (right) presents ATAN Yasmine Hasib with a Letter of Commendation for superior performance.



NAS Jacksonville Commanding Officer Capt. Bob Sanders (right) presents AC3 Christen Wright with a Good Conduct Award.



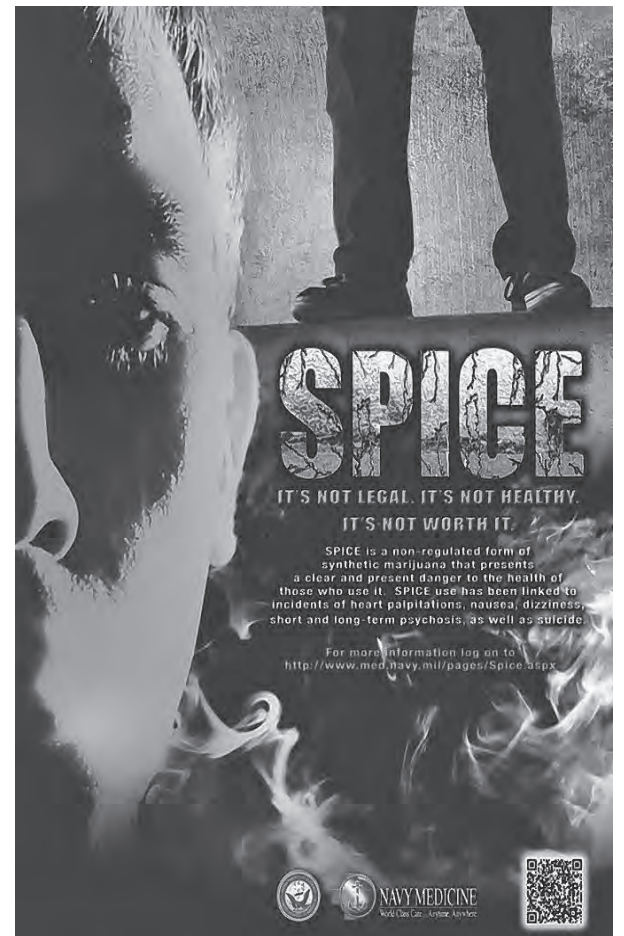
ROMAN CATHOLIC St. Edward's Chapel	PROTESTANT All Saints Chapel
HOLY THURSDAY, March 28 7 p.m. Mass of the Lord's Supper 8:30-11 p.m. Prayer Vigil	GOOD FRIDAY, March 29 7 p.m. Service
GOOD FRIDAY, March 29 11:35 a.m. Stations of the Cross 7 p.m. Passion Liturgy and Communion	EASTER SUNDAY, March 31 7 a.m. Sunrise Service (100 Pavilion) Communion following 11 a.m. Service (Chapel)
EASTER VIGIL, March 30 10:30 a.m. Vigil Mass	Chapel Office: 542-3051/3052 Building 751 (Corner of Mustin and Birmingham)
EASTER SUNDAY, March 31 9:15 a.m. Mass	

Correction

From Staff

Due to the editor's error on Page 1 in the March 21 edition of *Jax Air News*, VP-5 was incorrectly identified as the "Pelicans."

VP-5 is correctly called the "Mad Foxes." We sincerely regret this error.



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RP1 Gregory Haywood of the NAS Jax Chapel organizes the chapel's food pantry which is used to store and distribute donated food items. "We primarily support active duty and retired military members who may need assistance, but we also work with outside charities to support the local community," Haywood explained.

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Chapel and NEX promote food drive

By Lt. j.g. Kevin Wendt
Staff Writer

The NAS Jax Chapel, in conjunction with the NAS Jax Navy Exchange, has initiated a food drive that will run through May 1 in order to restock the chapel's food pantries for families in need.



Photos by Lt. j.g. Kevin Wendt
Daniel Soto-Perez, sales associate (left); and Yamileth Robinson, cashier; both with the NAS Jax Navy Exchange, donate food items to help restock the food pantries at the NAS Jax Chapel. The Navy Exchange has set up donation boxes at both exits, encouraging customers and employees to donate non-perishable foods.

NEX Customers and employees are encouraged to bring any non-perishable items to one of two donation boxes set up in the exits of the Navy Exchange - or bring them directly to the chapel.

Donations are primarily used to assist active duty and retired military members who may be struggling with financial hardship, but have also been used to support charitable organizations in the local community.

"Even though our first goal is to support our Sailors and their

families, in the past we have worked with organizations such as 'Waste not Want not' and 'Second Harvest' in distributing food to some of Jacksonville's charities," commented RP1 Gregory Haywood with the NAS Jax Chapel.

"We mainly receive donations from base commands, the commissary, and the Navy Wives Club of America. At the moment we are encouraging this food drive in order to help us restock our food pantries and continue to support our people and community," said Haywood.

For more information on donations or supporting the food drive, contact the NAS Jax Chapel at 542-3051.

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As the rotors turn, aircrew AWR1 Brandon Steiner and AWR2 Todd Shulman work to complete their crew swap with other mission operators.



AOAN Marcus Bunk monitors the armament release and control systems test of an AGM-114 Hellfire missile.



AM3 Cody Blackwell uses an inside caliper to measure a bushing in the horizontal stabilizer of an MH-60R Seahawk helicopter assigned to the Spartans of HSM-70.



PR2 Nicole Sperry and PRAN Ryan Waldner inspect a flight vest and other survival equipment for the pilots and aircrew of HSM-70.

'Spartans' adept at weapons handling

2012 Battle 'E' Winner

By Clark Pierce
Editor

Established in February 2009 at NAS Jacksonville, Helicopter Maritime Strike Squadron (HSM) 70 is the first east coast squadron to fly the MH-60R Seahawk – commonly known as the “Romeo” variant.

Now, they’re celebrating their first Commander, Naval Air Force Atlantic Battle Efficiency (Battle “E”) award for the HSM category.

HSM-70 “Spartans” Commanding Officer Cmdr. Christopher Herr congratulated his squadron. “Winning this Battle “E” is special because in 2011 we just missed it by a hair.

For 2012, even though we were deployed for a relatively short time with Carrier Air Wing (CVW) 8 and USS George H.W. Bush (CVN 77) Carrier Strike Group – our subsequent shore-based operations schedule was packed with detachments, including:

- Two carrier qualifications detts for Navy training squadrons.
- Two trips to Atlantic Undersea Test and Evaluation Center for anti-submarine training.
- Supporting the Summit of the Americas aboard USS Gettysburg (CG 64).
- Sending a two-plane detachment to support the Naval Undersea Warfare Center’s light-weight Mk 54 torpedo testing near



AD2 Donna Beaman inspects the main rotor in preparation for “hanging the blades” on an MH-60R Seahawk in Hangar 1122 at NAS Jax.

Cape Cod, Mass.”

Herr added, “I’m particularly proud of our performance after our homecoming from Bush. Typically, you enter the maintenance phase and drop off a lot of aircraft for rework – which limits aircraft availability and flight hours. But, our people did a great job with the resources at hand – and despite a large turnover of personnel, they supported our schedule of weapons delivery and tactical training that will help springboard us into our next deployment cycle.”

Herr said, “Basically, our squadron is in the business of shielding a carrier strike group by dropping torpedoes and shooting missiles.

“We’re not thinking about the Battle “E” in our everyday work. For pilots and aircrew, it’s mostly doing your job by the book. It also takes maintainers, ordnancemen and support personnel who work tirelessly to ensure our Romeos are

up and available at all times.

“When we deploy the full squadron (11 aircraft), we’ll have three Romeos on the carrier and four two-plane detachments on the carrier strike group’s supporting ships.”

Currently, under CR/sequestration, the Spartans’ upcoming deployment has shifted – so they’re planning for their next six-month workup cycle to begin sometime this summer.

“With this schedule shift, we get some time to catch our breath, reevaluate our training objectives, and make sure our Romeos are flying with the latest software upgrade.

“We’re fortunate that our air wing (CVW-8) was not one of the four recently grounded by Navy Secretary Ray Mabus. That means we’ve got the funding, people and parts to complete our missions,” concluded Herr.



AO1 Aaron Ammons and AO2 Alpha Uzoma inspect and repair the sonobuoy launch array used for submarine detection and tracking.



HSM-70 line shack personnel prepare to launch one of three of MH-60R Seahawk helicopters staged on the St. Johns River seawall near NAS Jacksonville Hangar 1122



AN Melissa Mowry pulls a fuel sample from an MH-60R Seahawk helicopter for inspection by AD1 Wilfredo Briones, who declares it "clean and dry" – and ready to fly.



ADAN Frankie Morales prepares a T700-GE-401C turboshaft engine for installation in an MH-60R Seahawk assigned to the HSM-70 Spartans.



With NATOPS evaluator Lt. Michael Glavan in control from the left seat, HSM-70 Commanding Officer Cmdr. Christopher Herr climbs aboard for his MH-60R certification flight.



In NAS Jacksonville Hangar 1122, HSM-70 maintainers inspect the sonobuoy launcher of MH-60R Seahawk No. 710, that will also have its main rotor blades attached by end of the day.



AM1 Jonathan Shorley (left) reviews the procedure for measuring parts by caliper with AM3 Cody Blackwell.

AMAN Christopher Walker installs a new valve and pressure gauge on an engine wash walk-around bottle.



AOAN Markus James cleans and inspects a .50 caliber GAU-21 machine gun. Also known as the M3M, the GAU-21 is an updated machine gun that serves as the primary suppressive fire system for Navy and Marine Corps helicopters.



Photos by Clark Pierce

(From left) Lt. j.g. Robert Jameson conducts a NATOPS brief in the squadron ready room with Lt. Cmdr. Kevin Lucas, Lt. Michael Glavan and HSM-70 Commanding Officer Cmdr. Christopher Herr.

SOUTHCOM

From Page 1

on the United States' ability to deter and respond to regional security challenges – and he warned the cuts will damage U.S. leadership, readiness and national security.

In nearly every area of U.S. military engagement in the Southcom region, Marine Corps Gen. John Kelly told the Senate Armed Services Committee, sequestration will have a negative impact on U.S. operations or influence. In particular, the spending cuts affect preventing illegal drugs from entering the United States, “potentially allowing hundreds of tons of cocaine and other illicit products to flood into our cities,” he said in prepared remarks to the committee.

The day could also soon arrive, Kelly said, when Southcom “has no assigned DOD surface assets to conduct detention and monitoring operations,” citing a January memo from the chief of naval operations that warned sequestration will compel the Navy to stop all deployments to the Caribbean and South America.

The budget sequester, which took effect March 1, has forced the Defense Department to absorb \$46 billion in cuts through the rest of the fiscal year, which ends Sept. 30, while an ongoing continuing

resolution (CR) continues to impose financial uncertainty on military spending as well in the absence of a fiscal year budget.

Kelly emphasized that the budget issues come amid regional security challenges and pose “potentially devastating long-term impacts.”

“Significantly, reduced U.S. military engagement will make it difficult to counter those who would seek to exploit perceptions that the U.S. is abandoning our long-standing commitment to the region,” the general said.

In particular, he suggested that China – which he said is expanding its influence in Latin America – appears ready to fill the void, especially in light of the likely sequestration-triggered cancellation of this year's deployment to the region of the hospital ship USNS Comfort.

“With an unprecedented three naval deployments to Latin America since 2008, including a hospital ship visit in 2011, China is attempting to directly compete with U.S. military activities in the region,” the Southcom commander said.

Kelly said Southcom already is absorbing a cut of 26 percent across a range of programs, and that if defense cuts continue in coming years, “there will be some missions we will simply no longer be able to conduct.”

(From left) YN2 Jeffrie Key of the NAS Jax Chapel, AE3 Samuel Callahan of VP-30 and Lt. Paul Rodgers of the NAS Jax Chapel, clean up the grounds around one of the Habijax homes during a volunteer community relations event on March 16.



Photo courtesy of the NAS Jax Chapel

HABITAT

From Page 1

shone bright in their neighborhoods.

With such a tremendous turn-out, the groups have paved the way for a continu-

ing partnership with Habitat for Humanity. Plans are in the works to have regular opportunities for Team Jax and the tenant commands to continue serving our community in truly life changing ways.

HSM-72

From Page 1

in the execution of nearly 1,100 mishap-free flight hours.

The lengthy deployment allowed the detachment to conduct exercises with several allied nations to enhance interoperability in the strategic maritime environment. During Exercise Lucky Mariner 2012, the Doomsdayers led the way in protecting a convoy of merchant shipping against asymmetric threats - an exercise not conducted since the 1980s.

Operationally, the Doomsdayers executed a wide array of missions including 14 armed transits of the Strait of Hormuz, escorting coalition warships and ensuring freedom of navigation for commercial theater shipping. Additionally, aircrews launched several times on short notice to investigate suspected weapons and narcotics smugglers.

The ability to answer the call with little notice, around the clock, is a testament to the entire detachment's capabilities and professionalism.

Most notably, Detachment Eight rescued a severely injured civilian mariner off the M/V Belde for immediate medical treatment in Oman.

The medical evacuation crew, comprised of Binkley, Lt. Alan Shingler, AWR1 Joshua Wyckoff and AWR2 Kelvi Bonanofeliciano, hoisted the injured crewmember from the ship's bridge wing after lowering Bonanofeliciano on board the vessel.

For his efforts in securing the injured crewmember, Bonanofeliciano was recognized as the Naval Helicopter Association Region Three Rescue Swimmer of the Year.

Professionally, several detachment members also advanced in rank and earned qualifications.

Throughout the past year, 100 percent of detachment members eligible for advancement made rate, five junior maintenance personnel earned their enlisted aviation warfare specialist qualification, and seven members earned enlisted surface warfare specialist qualifications.

The return home for the Doomsdayers has been a long time in the making. The conclusion of a successful nine-month deployment caps an impressive legacy at HSL-42.

Although Detachment Eight is returning home to a squadron with a different designation, operating the new “Romeo” variant of the Seahawk helicopter, the Doomsdayers are being welcomed home with the same “Proud Warrior” pride and tradition that has resided in the squadron for 25 years.

Detachment Eight has surely added to this pride and rightfully earned a lasting place in the annals of the HSM-72 Proud Warriors storied history.



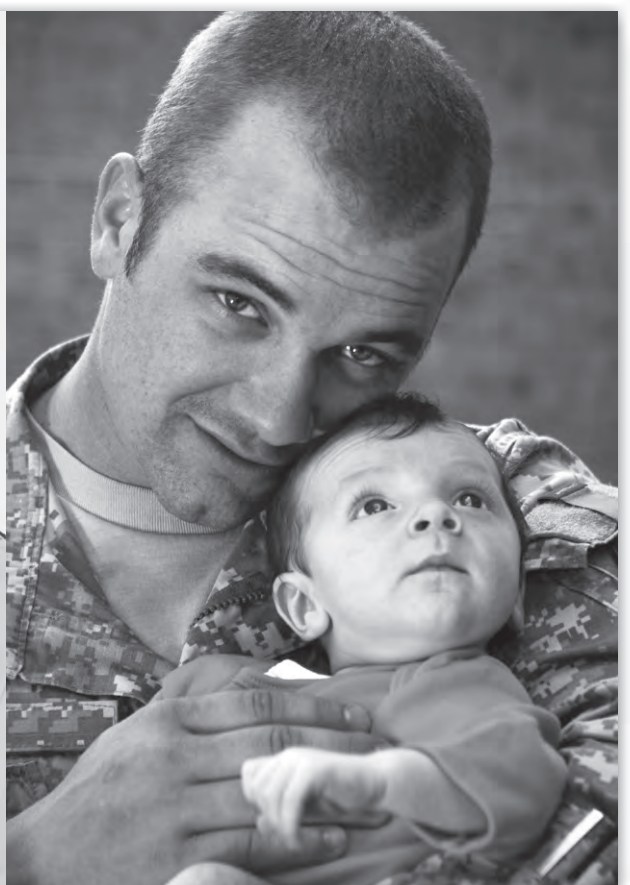
Photo courtesy of HSM-72

Crewmembers from HSM-72 Detachment Eight conduct a medical evacuation of a civilian mariner from the M/V Belde during their recent deployment on board USS Winston S. Churchill.

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NAS Jax celebrates Women's History Month

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

A Women's History Month Leadership Panel was held March 18 at the NAS Jacksonville Chapel to hear several base leaders discuss their careers, experiences and challenges as women in today's U.S. Navy.

The event kicked off as Master of Ceremonies Cmdr. Carol Schrader, Transient Personnel Unit/Pre-Trial Confinement Facility Jacksonville commanding officer welcomed the group and introduced the panel members: Capt. Gayle Shaffer, Naval Hospital (NH) Jacksonville commanding officer; Capt. Christine Sears, NH Jacksonville executive officer; Capt. Ruby Tennyson, NH Jacksonville director for administration; Cmdr. Molly Boron; VP-16 commanding officer and CMDCM(AW/SW) Bennora Simmons, NH Jacksonville command master chief.

Shaffer was commissioned in the Navy Dental Corps in 1989 and received her Doctor of Dental Medicine from the University of Alabama in 1991. Her tours include: USS Puget Sound; Naval Dental Center (NDC) Great Lakes; 2nd Dental Battalion, 2nd Force Service Support Group, Camp Lejeune, N.C.; Combined Joint Task Force - Horn of Africa and Operation Enduring Freedom; Branch Dental Clinic and Branch Health Clinic (BHC) Atsugi, Japan; National Naval Medical Center (NNMC) Bethesda, Md.; 1st Dental Battalion/NDC Camp Pendleton, Calif. and NH Okinawa.

Sears earned her Doctor of Medicine from Northwestern University Medical School. After completing her surgical internship at Naval Medical Center San Diego in 1994, she reported to USS McKee. Her other tours include: NH Bremerton; Fleet Hospital 8, Rota, Spain



Naval Hospital Jacksonville (NH Jax) Executive Officer Capt. Christine Sears (second from left), talks about some of the influences of her career path during the Women's History Month Leadership Panel at the base chapel on March 18. Also participating in the panel (from left): VP-16 Commanding Officer Cmdr. Molly Boron, Sears, NH Jax Commanding Officer Capt. Gayle Shaffer, NH Jax Director for Administration Capt. Ruby Tennyson and NH Jax Command Master Chief (CMDCM)(AW/SW) Bennora Simmons.

Photos by Kaylee LaRocque

in support of Operation Iraqi Freedom; NNMCM Bethesda, Md. and Walter Reed National Military Medical Center.

Tennyson enlisted in the Navy in 1980 serving as a dental technician. Her enlisted tours include: NAS Oceana, Va.; USS Yellowstone; NDC San Diego; Naval Station Roosevelt Roads. In 1990, she was selected for appointment to ensign in the Medical Service Corps. She earned her Master of Science from Naval Postgraduate School. As a medical officer, Tennyson served at the National NDC, Bethesda, Md.; Fleet Surgical Team 3; Amphibious Ready Group, Amphibious Squadron 1 deployed on board USS Peleliu; Navy Personnel Command, Millington, Tenn.; 3rd Dental Battalion at NDC, Okinawa, Japan; Navy Bureau of Medicine and Surgery, Washington, DC and Naval BHC Everett, Wash. She also deployed to Kandahar, Afghanistan with NATO Role 3 Multinational

Medical Unit.

Boron earned her Bachelor's degree from the Naval Academy in 1995. Her tours include: VF-101; VP-45; USS Theodore Roosevelt; VP-40 and Joint Staff (Force Structure, Resources and Assessment Directorate; Washington, D.C.).

Simmons enlisted in the Navy in 1985 to become an air traffic controller. Her tours include: NAS Sigonella,

Italy; NAS Chasefield, Texas. After converting to cryptologic technician in 1992, her tours included: Naval Security Group Activity, Galeta Island, Panama; Naval Security Group Detachment, Augsburg, Germany; NTTC Pensacola, Fla; PCU Roosevelt (DDG 80); USS John F. Kennedy; Center for Naval Leadership Learning Site, NS Mayport;

See **WOMEN**, Page 10

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Photo by Clark Pierce

Learn more about the history and future of the Navy's Maritime Patrol and Reconnaissance Force. Join your colleagues at the 2013 Maritime Patrol Association Symposium, April 18-19, at NAS Jacksonville.

Register now for 2013 MPA symposium

From the Maritime Patrol Association

The Maritime Patrol Association (MPA) website is now accepting registrations for its 2013 MPA Symposium April 18 -19 at NAS Jacksonville.

The event encompasses two full days of special events that celebrate "International Partnerships" among aviators, aircrew and maintainers.

Symposium attendees can sign up for a host of events, including the Scholarship Golf Tournament and 5K, Flight Suit Social and Heritage Dinner.

The Heritage Dinner, which will highlight the international partnerships of the Maritime Patrol and Reconnaissance Force (MPRF), will also

serve as a ceremony for two new Hall of Honor inductees from the MPRF community.

"The International Partnerships theme this year has really allowed us to step back and recognize the cooperative efforts of all of our maritime patrol and reconnaissance colleagues around the world," said VP-30 Commanding Officer Capt. Mark Stevens, president of MPA.

"We look forward to celebrating our intertwined heritage and our bright future with all of our symposium attendees," he concluded.

Interested MPRF personnel can find more information about the 2013 MPA Symposium, as well as register online, by going to: www.maritimepatrolassociation.org/symposium.

Relay For Life: Military families wanted

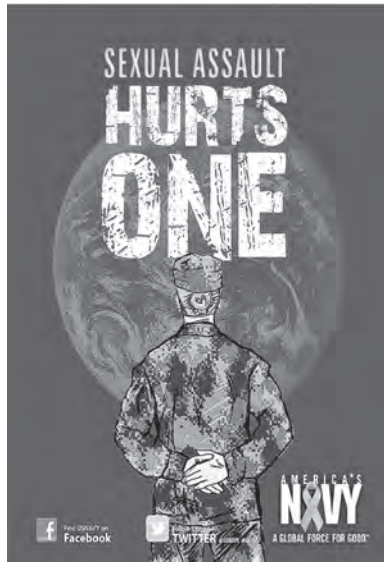
From Staff

Military family teams are forming for the Relay for Life at Fleming Island High School May 3.

The event remembers those who have lost their battle with cancer, support and encourage those who are fighting, and celebrate those who have survived their battle with cancer.

If you are interested, please call Kari Wiese at (207) 730-3294.

For more details, visit the Relay for life Web site at www.relayforlife.org/flemingislandfl. The team is called "JAX MILITARY FAMILIES."



WOMEN

From Page 9

Navy Information Operations Center, Kunia, Hawaii; VF-102 and NAF Atsugi, Japan. She earned two master's degrees from University of Maryland.

After each leader provided a brief background of their career paths, the floor was opened up for questions from the audience. Some of the questions included:

What most influenced you to follow your career path, what has been the biggest challenge in your career, what do you think they have to offer and how do you balance having a family and career?

"What influenced me the most to take my career path was the desire to get a higher education. I was the first person in my family to attend college and put myself through school. It was a great accomplishment for me," said Shaffer.

"I was taught by my mentor many years ago that if you want others to take you seriously, then you need to be better than they are. You need to believe in yourself and when challenges come up, don't be afraid to step out of your comfort zone. I never imagined myself as the commanding officer of a hospital, but here I am."

Sears stressed her desire to use science and technology as a means to help people in the healthcare industry.

"The Navy has given me the opportunities to work in a field that I love and I'm grateful for all I've been able to accomplish in this field. I think the most difficult challenge for me is the resiliency of being able to determine what I want to do in my career as well as what the Navy wants. You have to find a way to reconcile the two to be successful," expressed Sears, who also talked about juggling her Navy and family life given her current assignment away from her family who remain in Maryland.

"When we are together, we spend quality family time together. Technology helps but it is very challenging being away from them," she continued. "I think you can definitely have it all - a career and a family, but you need to define what your 'all' is."

When asked about the challenges

of executive management, Tennyson, who began her career as an enlisted service member says she never set her sights on becoming a naval officer.

"My goal was to become a command master chief. I never thought I would be in the Navy this long. Challenges based on my race and gender motivated me to learn, and do the best with my abilities," she said.

Boron stressed that the key to being successful is performance.

"You have to be able to perform and make a name for yourself. You need to exude confidence and know your strengths," stated Boron.

"For me, I think the biggest challenges in my career have been transitioning from an F-14 pilot to the P-3s and now our squadron's latest transition to the new P-8 aircraft. But the Navy gives you a great toolbox for dealing with challenges."

Mentorship was also a topic the panel discussed and according to Simmons, having a mentor definitely benefits junior Sailors.

"My first mentor was the only khaki female at my first duty station. She taught me to stand up for myself and to not be afraid to separate the friendship line and leadership line of those you work with. Mentorship is very important to helping others be successful. A mentor should be someone who helps you develop professionally and personally," said Simmons.

When asked if there she would take the same career path if she could do it all again, Simmons responded,

"After serving 28 years in the Navy, I wouldn't change anything. It's been challenging but worth every minute."

The event was hosted by NAS Jax Multicultural Awareness and Naval Hospital (NH) Jacksonville Diversity committees to mark Women's History Month which is observed in March.

This year's theme is: "Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics."

More than 11,000 officers and 56,000 enlisted women are currently serving in the Navy—both active duty and reserve—in squadrons, onboard ships and on shore duty.

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New disease vector control equipment tested at NECE

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

The Navy Entomology Center of Excellence (NECE) hosted its ninth annual public health equipment evaluation March 19-21 to test insecticide dispersal equipment to combat disease spreading and nuisance insects.

The evaluation allows manufacturers to demonstrate new types of equipment that may be used by the Department of Defense to help protect deployed military personnel from insects carrying dangerous diseases.

"We are the only organization dedicated solely to vector (insect) borne disease control and the only organization that evaluates spray equipment for all of the armed services," explained NECE Assistant Officer in Charge Lt. Cmdr. Carl Doud.

"We hold these events to see what the industry has to offer to meet the needs of the military. We run the equipment through preliminary testing, conduct further testing as needed, and make recommendations to the Armed Forces Pest Management Board. The equipment committee decides what is purchased for utilization by preventive medicine teams in the field based on our recommendations."

Nine pieces of pesticide application equipment from six different companies were evaluated during over the three-day event. Each piece of new equipment is tested for charac-



Photos by Kaylee LaRocque

Lt. Noel Cote of Navy Entomology Center of Excellence (left) checks water temperature readings as Bruce Dorendorf of Dorendorf Advanced Technologies tests his Thermostatic Pre-Atomization Heating equipment on March 20. The pesticide application equipment was being evaluated to see if it could be used to protect military troops against vector-disease carrying insects while deployed.

teristics, reliability and safety issues. Another key criteria is droplet size which is measured using a state-of-the-art laser. During the testing process, the temperature is also carefully monitored because high or low temperatures (below 50 or above 85 degrees) can alter droplet size.

"We are looking for versatile, easy-to-use, rugged pieces of equipment - something that is applicable to multi-environments and scenarios. We want to provide the best equipment possible to our personnel deploying," added Doud.

Most vector control equip-

ment is designed to target flying insects. The most effective technologies produce insecticide droplets that will stay suspended in the air long enough to contact a flying mosquito or other disease vector.

The NECE public health equipment evaluation is internationally recognized and attracts partners from industry, the U.S. Department of Agriculture, state



Photo by Lt. Jennifer Wright

(From left) Mark Latham, Dr. Graham Mathews, Charlie Bridges (back), Dr. Rui-De Zue and Dr. Graham White observe as Clint Hoffman of the U.S. Department of Agriculture tests the laser output from one of the ultra-light velocity sprayers.

government, mosquito control districts and foreign universities.

"We are also providing testing for the World Health Organization (WHO) which is a new aspect for us," said Doud.

"This is the first time we've provided support on an international level. We hope to soon

be designated as a WHO collaborating center because we are one of the few organizations in the world that evaluates on vector borne disease spray equipment."

For more information on NECE, go to www.nmcpbc.med.navy.mil/Field_Activities/nece_overview.aspx.



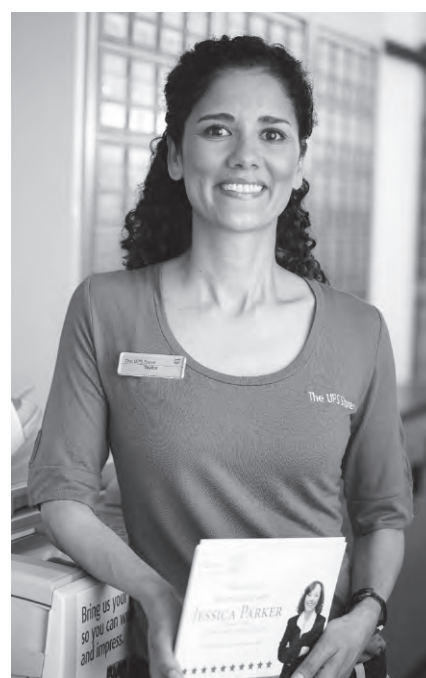
Lt. Marcus McDonough and Lt. Jennifer Wright of the Navy Entomology Center of Excellence help Jason Trumbetta of Adapco Company calibrate the Guardian 190 insecticide equipment during evaluation of the equipment.

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VP-45 strengthens mutual cooperation in the Philippines

By Lt. j.g. David Hoffman
VP-45

The VP-45 "Pelicans" Combat Aircrew One demonstrated Pelican Pride while on detachment in the Philippines and working alongside Filipino military personnel.

Operating out of historic Clark Air Base in Angeles City, Pelicans had the opportunity to collaborate with Filipino Air Force and Navy while executing multiple Maritime Domain Awareness (MDA) missions.

Capt. Floremda, Armed Forces Philippines, recalled the countless hours spent in the classroom learning about MDA with the Royal Australian Air Force, only to have his expectations greatly exceeded while operating alongside CAC-1 in the mighty P-3 Orion.

As he said of the experience, "There's



Members of VP-45 Combat Aircrew One gather with members of the Philippine Navy in front of one of the squadron's P-3C Orion aircraft.

Photo courtesy of VP-45

just no substitute for the real thing."

Combat Aircrew One Navigator/Communicator Lt. j.g. Jeff Clauser said, "The whole experience was extremely

rewarding. It's not every day that you get to share and receive invaluable maritime tactical knowledge while fostering lasting friendships with a foreign mili-

tary."

AWO2 Jonathan Goldmark, non-acoustic sensor operator, mentioned his exchange with one of the Filipino military members.

"I thoroughly enjoyed demonstrating to our friends how we execute an MDA mission with non-acoustic sensors. It was also fun getting him in the seat and having him try his hand at utilizing the AIMS camera."

At the end of the day, it was not only the spirit of hard work, pride, and dedication displayed by Pelicans that made this detachment a success, but of the support and collaborative efforts of the Filipino military and local community alike.

This positive experience has paved the way for U.S. Armed Forces to further their relationship with the Filipino military and display our values abroad.

VP-5 transition spotlight

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

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 AO3(AW) Rumiel Benson.

Benson is a native of Grand Rapids, Mich. He is married with two sons. He has been in the Navy for four years and VP-5 is his very first tour.

Benson and his fellow ordnancemen began their transition Jan. 4 with an ordnance refresher course and familiarization at the P-8A Integrated Training Center. After that, they focused on ordnance specific systems on the aircraft at the Center for Naval Aviation Technical Training. Throughout their courses, they have been working on their positional qualifications at VP-30.

"The VP-30 AO shop has been a tremendous help," stated Benson. "They have made sure to bring us in whenever training opportunities take place and answer all our questions."

Benson believes the greatest chal-



AO3(AW) Rumiel Benson

lenge with the P-8A is the lack of a long history. Where the P-3C had a very established past with regard to troubleshooting, issues arising with the P-8A are the first instance ever occurring. It has been absolutely essential for VP-5, VP-30, and Boeing personnel to work together to tackle these issues and learn more about this new aircraft.

VP-5 ordnancemen are also working on their plane captain qualifications. The P-3C was launched and recovered by linemen based on availability. The P-8A plane captain will have greater responsibility as each signs for a specific Poseidon and launches and recovers it.

Aviation ordnancemen are responsible for the safe handling and loading of weapon stores and their respective systems aboard naval aircraft. In maritime patrol and reconnaissance they also load sonobuoys used for searching and tracking submarines.



Photo courtesy of Pam Undersander

New NAS Jax All Officers' Spouses Club

Members of the newly formed NAS Jax All Officers' Spouses Club gather during a social event at Mulligans on March 19. The next event will be at the T-Bar April 23 from 5-7 p.m.. The club focuses on building camaraderie, offering support and sharing helpful information. There is no membership fee to participate. For more information, contact Pam Undersander at roypam5@gmail.com.

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April 19 - State of Mind
April 26 - The Ride
May 3 - Boogie Freaks
May 10 - 7th Street Band
May 17 - Zero-N

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New day for free bowling for active duty
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Wednesday Evening Bowling Special
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Shoe rental included

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12-6 p.m., \$1.50 games
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\$1 games per person 2 - 5 p.m.
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March Bowling Madness
Command party give-away
March 1 - 31

Fitness & Aquatics

Call 542-2930
Outdoor pool hours:
April 1 - May 5
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2013 Learn to Swim Program
Sign-up at the Gym (the Zone) May 11, 8
a.m. - 3 p.m.
Session 1: June 10-20
Session 2 July 8-18
Session 3 July 22 - Aug. 1

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

Capt. Chuck Cornett Navy Run
April 6 at 8 a.m.
\$25 race day entry
Zumba Party April 4, 11 a.m. - 12 p.m.
Humvee Pull April 4 at 2 p.m.
Athletic shoe and apparel sale April 4-6,
9 a.m. - 6 p.m.
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Subway Firecracker July 5 and Coke 400
July 6
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Thrasher Horne Center for the Arts
Dark Side Of The Moon (Pink Floyd)
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

Discover Disney - Florida resident ticket
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through June 7
Blockout Dates: March 28 - April 5
Call for pricing

Jacksonville Symphony - \$27.50

2013 Live Broadway Series
Anthony Bourdain - April 24 - \$50 - \$70
Celtic Woman - May 2 - \$44 - \$134
American Idiot - May 14 & 15 - \$25 - \$62
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Cesar Millan - June 1 - \$42 - \$52

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Complimentary tickets for active duty
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Tickets are available at ITT through
March 31 and must be redeemed by
June 30.
Ask about our special discounted tick-
ets for family members.

Wild Adventures Theme Park - One day
pass \$30, Gold pass \$71

Wet N' Wild Orlando - \$32 - \$45

**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.
Downtown Art Walk

April 3 at 6 p.m.

Final Four Championship Game
April 8 at 8 p.m.

Auto Skills Center Class
April 11 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
April 9 & 23 for active duty
April 11 & 25 for retirees, DoD person-
nel and their guests

Twilight Special - Daily!
Play 18-holes with cart for only \$16 after
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Primary care managers available at hospital for TRICARE Prime enrollment

By Jeanne Casey
Naval Hospital Jacksonville
deputy public affairs officer

Naval Hospital (NH) Jacksonville now has primary care managers (PCMs) available for TRICARE Prime enrollment to a few groups who live within a 30-minute drive: active duty family members, retirees under age 65, and retiree dependents under age 65.

NH Jacksonville uniquely offers its enrolled patients the Medical Home Port approach — with PCMs leading coordinated care teams to meet patients' preventive, routine and urgent care needs.

"People come from all over the nation to see us. You get the highest quality care and best outcomes, right here at Naval Hospital Jacksonville," said Capt. Gayle Shaffer, NH Jacksonville commanding officer. "Our team of 2,500 military, civilian and contract staff dedicate themselves to taking care of our nation's heroes — past, present, future — and their families. And we understand and appreciate your service."

Critical to NH Jacksonville's approach to care, each of the 57,000 patients with a PCM at the hospital or a branch health clinic belongs to a Medical Home Port care team, the Navy's approach to the nationwide "medical home" model of care. Medical Home Port places the patient in the center of a collaborative team of caregivers — from doctors and nurses to case managers — led by their PCM. The patient and team work together for a coordinated, whole-person approach to health.

"Our PCMs—physicians, physician assistants and nurse practitioners — not only have the same education and training as their private-sector colleagues, they also have experience on battlefields, at sea and on humanitarian and disaster-relief missions," said Shaffer.

"In our hospital, we have PCMs in Family Medicine, Internal Medicine and Pediatrics — offering primary care for the entire family, from birth through retirement."

Patients enrolled with a PCM at one of NH Jacksonville's facilities can communicate with their Medical Home Port care team on non-urgent issues using Medical Home Port Online secure email (to request appointments, lab results or medication refills). Register for Medical Home Port Online on the command's website at www.med.navy.mil/sites/navalhospitaljax or at www.relayhealth.com. And to make appointments, call 542-4677 or 800-529-4677 (Central Appointments).

The hospital and its branch health clinics offer enrolled patients a "one stop shop" experience —with multiple services on-site, such as pharmacy, laboratory and radiology. And NH Jacksonville uses an electronic health record system that supports safety and



Active duty family member Sarah Fogerty gets her pulse taken by one of Naval Hospital (NH) Jacksonville's primary care managers (PCM), Lt. Singh Mohenish. NH Jax uniquely offers its enrolled patients the Medical Home Port approach - with PCMs leading coordinated care teams to meet patients' preventive, routine and urgent care needs.

Photo by Jacob Sippel

communication among providers.

Patients also have access to NH Jacksonville's 30-plus primary and specialty clinical areas —from allergy to wellness. Patients can see some of the region's finest and most highly-trained surgeons — including two of only seven fellowship-trained arthroplasty (joint replacement) surgeons in North Florida.

What's more, NH Jacksonville is the first hospital on Florida's First Coast — military or civilian — to earn Baby Friendly certification from the World Health Organization and UNICEF. Case managers coordinate care for patients with multiple, complex conditions. Free classes include wellness, pregnancy and parenting, and support for deployers and their family members. Specialty centers include diabetes, nutrition, breast care and deployment health.

TRICARE Prime members with a PCM in the network can request a PCM at the hospital by completing a PCM Change Form at the TRICARE Service Center (located off-base at 769 Blanding Blvd. in Orange Park) or at the hospital with the TRICARE Health Benefits Advisors at 542-9164 or 542-9165.

For more information, visit www.med.navy.mil/sites/navalhospitaljax, www.facebook.com/navalhospitaljacksonville, www.twitter.com/NHJax and www.youtube.com/user/navalhospitaljax. Sign up for e-mail updates at nhjax-connect@med.navy.mil.

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Please RSVP by April 12 to:

*Emily Fox at (904) 542-5405 or
Emily.Fox.ctr@navy.mil

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VR-62 captures 4-on-4 Flag Football Championship

By Bill Bonser
NAS Jax Sports Coordinator

The NAS Jacksonville 2013 4-on-4 Flag Football League finished with a bang as nemesis VR-62 and VR-58 battled it out in the playoffs March 19. VR-62 was top seed in the playoffs and VR-58 was the fourth seed.

In the first meeting of the playoffs between the two teams, VR-58 pulled out a 14-13 nail bitter to send the top seed VR-62 to the loser's bracket. VR-58 defeated VP-16, 35-28 to land in the championship awaiting the winner of the loser's bracket.

VR-62 fought their way through the loser's bracket by defeating Fleet Readiness Center, 28-20; then beating the VP-30 Officers, 14-7; and VP-16 42-19 to get another shot at the base championship.

Due to the playoffs being a double elimination format, VR-62 would have to beat the four-time NAS Jacksonville 4-on-4 Flag Football Champions, VR-58, two games in a row to win the championship.

In the first game of the championship, defense was the story of day as the pass rush lead by VR-62's Mike Thomas sacked VR-58's Mark Mitchum six times and Matt Davis intercepted two of Mitchum's passes. VR-58's Mitchum was harassed and hurried all day and never was able to find time to get the ball down field as they had



Photos by James Stewart

VR-58's Mark Mitchum looks for a receiver during the 2013 NAS Jax 4-on-4 Flag Football Championship Game against VR-62.

done for most of the playoffs. On the offensive side of the ball, VR-62's Quarterback Andrew Nightwine hit 25 of 37 passes and two touchdowns - one to Sean Trombetta and the other to Jovan Young who had 15 catches for the "Nomads".

On defense, Young was shadowing VR-58's speedster Mike McCoy. McCoy was covering Young when VR-62 was on offense. Playing pretty much one on one with each other, these two key players did battle all day jumping, diving and crashing in efforts to get the ball or make a play for their teams. VR-62 pulled out all their guns and went on to defeat VR-58 soundly with a score of 32-14. This forced a second and final game for the base championship.

VR-62 appeared to look stronger going into the game, however, VR-58 held their own as both teams battled to a 0-0

draw at halftime. VR-62 came out in the second half with Nightwine hitting four straight passes to score on a 47-yard touchdown pass to Trombetta to go up 7-0.

After Davis picked off a VR-58 pass, VR-62's Nightwine hit Young for a 70-yard touchdown to make it 14-0. VR-58's offense was dead in the water as Thomas was biting at the heels of Quarterback Mitchum on every play. Thomas had four sacks in this game.

VR-58 finally got on the board on a sack of Nightwine by VR-58's Bennett in the end zone for a safety. Shortly after the safety, VR-58's McCoy picked off a Nightwine pass and then McCoy pulled in a 60-yard touchdown pass from VR-58's Mitchum.

Suddenly it was 14-9 and VR-58 looked primed to pull off a last minute comeback as they had done so many times



VR-62 Flag Football Team members gather for a group photo. From left, Phillip Sanders, Michael Thomas, Andrew Nightwine, Dennis Jackson, Sean Trombetta, Matt Davis and Jovan Young of ASD.

already in the playoffs. With four minutes left to play in the game, VR-58's defense came up clutch and stopped the Nomads to give them one more chance to win the game.

VR-58 was unable to get a first down as VR-62's Thomas

got another sack and Young knocked a fourth down pass away from a leaping McCoy. VR-62 ran out the clock to win their first NAS Jacksonville 4-on-4 Flag Football Championship with a hard fought 14-9 win.

NAS Jax Sports

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 29.

Men's and Women's Singles Tennis Tourney - April 29, 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 April 26.

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

Standings

As of March 22

Team	Wins	Losses	Ties
HS-11	6	0	
PSD	6	0	
FRCE	5	1	
SERCC Gold	5	1	
CNATTU Blue	4	1	1
CPRW-11/TACMOBILE	4	2	

Team	Wins	Losses	Ties
NCTS	4	2	
VP-16	3	3	
VR-58	3	3	
NRSE RCC	2	3	
CBMU202	2	4	
VP-30	2	4	
CNATTU Gold	1	4	1
CBMU202 Green	0	6	
SERCC Blue	0	6	
VR-62	0	6	

Celebrate Easter at The Hilltop



Starting at 11:00 AM

- Breakfast Station
- Baked Salmon with Lemon Dill Sauce
- Hors d'oeuvres
- Chicken Piccata
- Chef Carved Roast Leg of Lamb with mint jelly
- Choice of Salads and Vegetables
- Chef Carved Roast Beef au jus
- And Finish with a selection from our Homemade Desserts
- Honey Glazed Ham

Easter Egg Hunt 2 pm

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By Commander, Navy Installations Command Public Affairs

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"Every Navy traveler has a responsibility as a stew-

ard of taxpayer dollars to ensure that federal funds are used for purposes that are appropriate and cost effective," said Commander, Navy Installations Command, Vice Adm. William French.

"While budget cuts and travel restrictions continue to be a challenge for everyone, there are many benefits to staying at Navy Gateway Inns and Suites for your official lodging needs. They offer value, convenience, great accommodations, service and affordable rates."

Those staying at NGIS can expect a business lodging environment; in-room amenities to include internet access, cable television with premium channels, DVD player, telephone service, microwave and refrigerator; business center, wi-fi, vending machines, guest laundry facilities, handicapped access and all guest rooms are non-smoking. Free in-room coffee and newspapers as well as convenient on-base parking are also available.

"Staying at NGIS not only provides great lodging at great prices, but it also offers the convenience of other base amenities," said Tammy Davis, Navy Lodging program manager.



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NGIS partners with Navy Lodge to maximize on-base government lodging for TDY travelers and to ensure travelers have every opportunity to stay on base while performing training or meeting mission requirements. Reservations can be made at 800-NAVY-INN (800-628-9466).

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CPO Day of Service

Sponsored by the NAS JAX CPOA

Date & Time: April 3, 10:30 a.m. - 1 p.m.
Location: NAS Jax Flight Line Café
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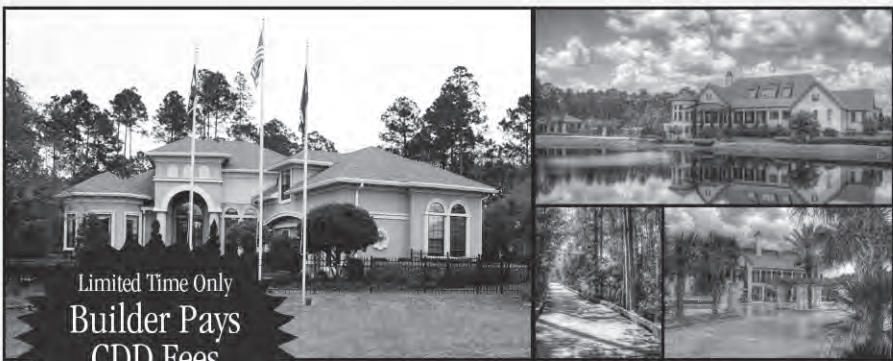
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Get free test prep help for your student

From NAS Jax School Liaison Officer

With just nine weeks remaining in the school year, fewer for those with seniors, does your child need help getting over the end-of-the year hump? Tutor.com offers help with homework, studying, and test preparation in more than 16 subjects from elementary math to physics.

All military dependent students (of active duty military) worldwide can use the program, regardless of where they attend school.

If a student has become bogged down in a particular course and nothing you provide seems to help, try Tutor.com. Navy service members and their families now have free, unlimited access to online tutoring from Tutor.com.

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All tutors are screened, certified and background-checked. All sessions are recorded and reviewed for quality control.

This program is provided by the Department of Defense. Authorized patrons include U.S. active duty military service members, U.S. military reservists, U.S. National Guard personnel on active duty in a deployed status, and DoD civilians in a deployed status, and their dependents.

To access the program, login to Navy Knowledge Online account and click on the REFERENCE tab. Look for the Tutor.com box in the right column, and click on the links "Kids and Teens" or "Adults" to get a tutor.

Authorized users will then follow instructions on the Web site for password and login information.

It is also about this time that the pressure to get high marks on exams kicks in. Students who get nervous before a test should be encouraged to try the following tips and strategies for keeping anxiety down and energy up for the next big exam.

Don't cram: Studying like crazy the night before an exam can leave your child exhausted and more stressed out than before. Studying is more effective if done in small doses over several days.

Make up practice questions or take

practice tests: Knowing the format and style of a test can reduce anxiety. Encourage students to always ask their teachers about how the test will be formatted. Studying is so much more effective when you know what types of questions you'll be answering.

Get a good night's sleep: Lack of sleep contributes heavily to anxiety. Be sure your child goes to bed on time the night before an exam.

Eat a healthy breakfast: Blood sugar is at its lowest in the morning. In order to think and problem-solve effectively, students need to refuel. But a good breakfast for one child is not the same for another. Figure out what works best for your child.

Read through the exam to budget time: By looking over the test, your child can avoid any unexpected surprises (and anxiety). Previewing also insures finishing in the allotted time.

Read all directions: Some students are so anxious to get the test over with that they fail to read the directions.

Hot notes: Jotting down brief notes right away can help your child feel less anxious about forgetting important facts or key information. Some students write important formulas or critical dates in the margin as soon as they receive their test papers.

Answer easy questions first: Getting

the easier questions out of the way builds self-confidence and allows your child the time to focus more clearly on the harder questions.

Organize thoughts before writing: Students who organize their writing responses before they start writing typically score higher. Having a plan or even a short outline insures a well-structured response which hits all the main points.

Think positively: Negative thoughts during a test (e.g., "I'm going to fail") can not only destroy your child's confidence, but also take up valuable time which should be used to concentrate on the test!

Using these tips won't necessarily keep anxiety away completely. However, practicing these techniques can give your child the right skills to manage test stress when it does happen. So hopefully a combination of tutoring through Tutor.com and these test tips will help your child achieve success and readily promote to the next grade.

For questions or concerns about an educational issue impacting your child, contact NAS Jax School Liaison Officer Dawn Mills at 778-2236/486-8221 or dawn.m.mills@navy.mil. Or you can schedule a meeting with her in her office located in the Youth Activity Center.

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Navy Housing Early Application Tool helps service members make earlier, more informed decisions

From Commander, Navy Installations Command Public Affairs

Navy Housing now offers the Housing Early Application Tool (HEAT), an online tool for service members and their families to get housing information and start the application process.

Service members can use HEAT and begin gathering information with or without orders in-hand.

The first of its kind for service members and available Navy wide, HEAT connects customers with multiple Navy Housing Service Centers (HSCs) so they can review all of their housing options at any potential duty stations before accepting orders.

HEAT can also start the housing application process for those interested in military family housing (privatized, government, and leased).

"Service members want to make smart decisions when negotiating their orders, and we recognize that housing cost, types and availability are key to that decision-making process," said Michael Bowlin, Navy Housing Services program analyst. "HEAT enables them to research their housing options and make the best choices for both their careers and their family."

Even family members can use HEAT, as it is accessible from any computer. Navy Housing released a short, informational video about HEAT that can be found on the Navy Housing HEAT website. Service members and their families can visit the website to begin their housing search online and to contact their next HSC at www.cniv.navy.mil/HEAT.

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*Signed,
Tired of nagging about lights*

cally when no one is in the room. They are a simple installation so you can do it or hire a handyman.

Lights are a big energy user in the home, and staying on top of the situation will save you money.

Kate

Dear Tired,
I've been in your shoes, and it can be tough to get everyone on board with a habit change. A low-tech solution is the simple post-it-note. Post bright-colored notes on the light switch, and reward the family if the monthly electricity bill goes down. Pizza anyone?

Another solution is occupancy sensors. These turn the lights off automati-

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USO Development Director Bob Ross (center) presents the first place trophy to the foursome of (from left) Lt. Josh Lowery, Lt. Cmdr Nick Cotroneo, Ross, Cmdr. Bill Pennington and Lt. Cmdr. Jason Ahmanson on March 22 at the USO Memorial Golf Tournament at NAS Jacksonville Golf Club.



The NAS Jax Honor Support Team presented the colors March 22 at the USO Memorial Charity Golf Tournament. (From left) ADAN Andrew Dodson, AC3 Andrew Henderson, HN Chris Dooley and ABH2(AW) Paul Perez.

Golfers raise funds for USO

By Staff



Like many of other golfers, USMC Sgt. Karl Siefken warmed up for the tournament with a bucket of balls at the driving range.

More than 90 golfers signed up to play at the USO Memorial Charity Golf Tournament March 22 at the NAS Jacksonville Golf Club. With temps in the mid-60s, light clouds and a noticeable cool breeze, conditions were ideal for the shotgun start, step-aside format.

"This is our second USO Memorial Charity Golf Tournament to fund programs for our service members and families," said Greater Jacksonville Area USO Development Director Bob Ross.

"Our sponsors have been outstanding, as well as our area golfers, so I wouldn't be surprised if we raise up to \$30,000 from this event. And it all goes to help improve military



Dave Scalf (right) and his son, Andrew, put in some time on the putting green before the tournament.

morale and quality of life right here in Northeast Florida."



NAS Jacksonville Commanding Officer Capt. Bob Sanders and teammate MWR Installation Program Director John Bushick were pumped up for the start of the USO Memorial Charity Golf Tournament.

"This is a great day for golf and wonderful way to support the programs of our local USO," said NAS Jacksonville Commanding Officer Capt. Bob Sanders. "One thing that we always strive

for at NAS Jacksonville is our commitment to excellence. And that's why you can always depend on the team of caring people at our Greater Jacksonville Area USO - they always put our Sailors and families first. Thank you."



Photo courtesy of Herlena Washington

NNOA at Great Wall of China

National Naval Officers Association Jacksonville Chapter Community Service Chairperson Herlena Washington proudly promotes the association during her recent educational trip to China where she climbed the Great Wall of China. Washington has spearheaded numerous events for the organization including back-to-school backpacks, holiday food baskets, toy drives and community service events at the St. Francis Soup Kitchen and Duval Juvenile Residential Facility.

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Photo by MC2(SW/AW) Adam Henderson

On the helicopter landing deck, Sailors salute the ensign as it is lowered on March 22 on the fantail of USS Klakring. The frigate was decommissioned at NS Mayport after 29 years of service.

USS Klakring decommissioned at Mayport

By MC1 Sean Allen
4th Fleet Public Affairs.

After nearly 30 years of naval service, friends, family and service members gathered at Naval Station Mayport to bid farewell to Oliver Perry class frigate USS Klakring (FFG 42) at its March 22 decommissioning ceremony.

With the ship's company manning the rails, Capt. Paul Flood, Commander, Destroyer Squadron 14, talked about the long, proud tradition of Klakring. "From maritime patrols in the Persian Gulf, anti-piracy operations off the coast of Africa, to counter narcotics patrols in the Caribbean Sea, Klakring has always performed exceptionally," said Flood.

He went on to thank Cmdr. Bertram Hodge, commanding officer of Klakring, for his leadership as the ship prepared to decommission. "I have been fortunate as a Commodore to be able to rely on Hodge, because he knows that the morale of a ship is in its ability to get underway and successfully complete the mission," said Flood.

Hodge then addressed the crowd, and spoke about the hard work of the crew and carrying on the tradition of Klakring to the fleet.

"I could spend my entire speech praising the efforts of the crew — they did an outstanding job. As they depart Klakring, they will go on to their next commands and take the fighting spirit of the Klakring with them," said Hodge.

In more than 29 years of service Klakring completed more than 22 deployments from three home ports and traveled more than 3.2 million miles worldwide during its service time. Those deployments included the Middle East, South America, Europe and Africa.

Klakring was commissioned Aug. 20, 1983 and is named after Rear Adm. Thomas Klakring (1904-1975), a Navy submarine commander during World War II.

Klakring's final deployment was to the U.S. 4th Fleet area of responsibility, operating in the Caribbean Sea and off the Coast of South America, in support of Operation Martillo — a U.S., European, and Western Hemisphere partner nation effort targeting illicit trafficking routes in coastal waters along the Central American isthmus. The ceremony concluded with the crew of Klakring departing the ship, once the last Sailor crossed the bow, the ship was officially decommissioned.

DoD examines UCMJ changes to combat sexual assaults

By Jim Garamone
American Forces Press Service

Defense Department officials will do what it takes to end sexual assault in the military, the Pentagon's top acting general counsel told Congress recently.

Robert Taylor told the Senate Armed Services Committee's personnel subcommittee that DoD is building a structure to address sexual assault in the military, and that changes in the legal arena are in the works.

The General Counsel Office is working with the service judge advocates general "to make our judicial, investigative and support structures more efficient, effective and responsive to the rights and needs of victims, while preserving the rights of the accused," he said.

Taylor was part of a full day of testimony before the committee. Earlier in the day, victims of sexual abuse testified about their experiences and spoke of a lack of interest exhibited by commanders and a lack of justice in the system.

"I watched the hearing this morning, and I want to take this opportunity to thank the witnesses for coming forward," Taylor said. "I believe that their testimony will contribute to making our military better."

An immediate concern to the subcommittee was the 3rd Air Force commander Lt. Gen. Craig Franklin using his discretion under the Uniform Code of Military Justice (UCMJ) to dismiss charges against an Air Force lieutenant colonel convicted of sexual abuse. In such an instance, once a commander acts, no one can overturn it.

Victims and victims' rights advocates are up in arms over the dismissal under Article 60 of the UCMJ. They say it perverts the justice system and undoes any good that changes in policies to combat sexual assault have made.

"A longstanding issue of concern is the significant role the commanders have in the administration of military justice generally and specifically in cases involving allegations of sexual assault," Taylor said.

Over the years, Congress has preserved the central role of commanders in the administration of military justice, he said.

"However," Taylor added, "the role of commanders has been narrowed numerous times to provide protections for the accused. So it would be a misreading of the long legislative history of the UCMJ to put the role of a commander beyond a careful re-examination."

And that's exactly what Taylor said his office will do.

"The department has initiated a number of reviews to inform Congress and the secretary of defense regarding the advisability of additional changes to the administration of military justice," he said.

Taylor said he will work with an independent panel to examine the systems used to investigate, prosecute and adjudicate sexual assault.

The panel also will consider the role of convening authorities in the military justice process, including the authority to set aside a court-martial's findings of guilt, he said.

Taylor says he enters this with an open mind, but said lawyers must proceed carefully to "ensure that changes to the administration of military justice are constructive and avoid any unintended negative repercussions."

But proper care and caution cannot be an excuse for doing nothing, he added.

"Our men and women in uniform serve to protect us every day," he said.

"They put their lives on the line for us, for this great country of ours. We owe them a military in which sexual predators have no part and sexual assault has no place."



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