

HSM-72 Detachment 7 returns home

By Lt. Pete Hudson

HSM-72

The 'Warrior Legacy' of HSM-72 Detachment Seven returned home to NAS Jacksonville April 5 after a nine-month deployment.

The Warrior Legacy deployed in support of the maiden voyage of USS Jason Dunham (DDG-109) on June 20, 2012, as part of the Eisenhower Carrier Strike Group (CSG-8), composed of USS Dwight D. Eisenhower (CVN-69), guided-missile cruiser USS Hue City (CG-66), guided-missile destroyers USS Farragut (DDG-99), USS Winston S. Churchill (DDG-81), and the seven squadrons of Carrier Air Wing Seven (CVW-7).

Flying the venerable SH-60B, the Warrior Legacy participated in 10 operations and exercises spanning from the Black Sea to the Arabian Gulf.

Last July, the detachment participated in Exercise Sea Breeze 2012, the largest multinational maritime exercise in the Black Sea, hosted by the



Photo courtesy of HSM-72

Aircrew and maintainers of HSM-72 Detachment Seven – the "Warrior Legacy" – returned to NAS Jacksonville April 5 from their nine-month deployment, embarked on the guided-missile destroyer USS Jason Dunham (DDG-109).

See **HSM-72**, Page 8

NAS Jacksonville implements sustainable sewage sludge treatment

From the NAS Jacksonville Public Works Department

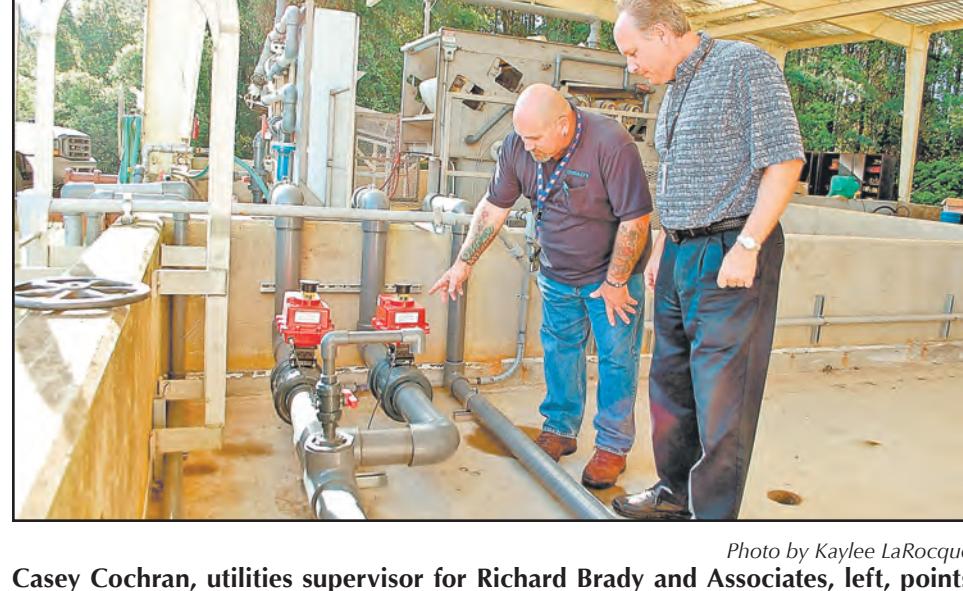
The Navy has established aggressive targets for reducing energy consumption and increasing renewable energy production.

To help achieve the goals laid out in the Navy's energy program, the NAS Jacksonville recently installed an innovative (first-of-its kind for the Department of Defense) sludge treatment solution at its wastewater treatment plant to reduce energy consumption, lower costs, and recycle waste.

The CleanB™ sludge treatment system from BCR Environmental relies on simple, safe and repeatable chemistry to achieve disinfection of sewage sludge and organic waste.

Traditional sludge treatment systems rely on energy intensive and difficult to control biological or thermal systems. The CleanB™ system uses two separate chemicals to safely generate chlorine dioxide (common disinfectant) onsite for disinfection and odor elimination of the sewage sludge.

The process is completely automated



Casey Cochran, utilities supervisor for Richard Brady and Associates, left, points out some of the unique functions of the solenoid valve for the Clean B Solution to Jay Caddy, commodity manager for NAS Jax Public Works Utilities and Energy Management. The valves filter the water after it is disinfected either into the BCR Chemical Sludge Treatment System or back to the wastewater treatment plant for retreatment.

and computer controlled to ensure consistent operation.

During the CleanB™ treatment pro-

cess, sludge generated at the NAS Jacksonville's wastewater treatment plant is pumped to the CleanB™ chemis-

try injection system where the chlorine dioxide is generated and added to the sludge stream.

The sludge flows through the process control system where it is disinfected and odor-causing compounds are destroyed. Sludge treatment that previously took four to six weeks now takes 10 minutes with the CleanB™ system.

Following treatment, the disinfected, odor free product is dewatered using the existing belt press and then collected and transported to a permitted land application site where the nutrient content is beneficially recycled.

The CleanB™ system consumes significantly less energy than the aerobic digesters previously used for sludge treatment at NAS Jacksonville.

Traditional treatment via aerobic digestion required substantial energy to power the motors that were needed to continuously mix and aerate sludge. Converting to the CleanB™ system has reduced sludge treatment energy consumption from close to one million kilowatt hours (kWh) per year to an estimat-

See **CLEAN WATER**, Page 14

VR-62 helps keep sea lanes open

Logging another 'Nomads' success

By AWFCs Mike Wendelin

VR-62 Public Affairs

In naval aviation, one of the tenets of crew resource management is "adaptability and flexibility." Recently, the Nomads exhibited these tenets – or what is also referred to as the "Nomads Pivot" – by reacting quickly and effectively to an urgent airlift request.

It all began when VR-62 Operations Officer Lt. Cmdr. Todd Nichols recently received an urgent call from NALO (Naval Aviation Logistics Office) asking for assistance on a Sunday at 1600. "We need a 14,200-pound RHIB (rigid hull inflatable boat) delivered to the Panama Canal Zone by tomorrow," pleaded the voice on the other end of the line.

Nichols responded, "We can do that," and the Nomads operations team huddled to plan the mission.

In less than 24 hours, a Nomads C-130T took off from NAS Jacksonville, headed to Stennis International Airport in Mississippi to pick up the RHIB and three technicians supporting the FST mission.

The Naval Oceanographic Office Fleet Survey Team (FST) was performing vital navigation surveys to

update nautical charts in the Panama Canal Zone – and needed two RHIB to complete their mission.

The first RHIB was delivered by another Navy logistics squadron's C-130T that could not continue its mission due to maintenance issues. The second RHIB was urgently needed to complete the surveys meeting USNAVSOUTH/C4F safety of navigation requirements in a timely fashion.

In addition to the technicians, VR-62 picked up a maintenance crew for the other squadron's ailing C-130T that was down in the Panama Canal Zone due to maintenance issues. The Nomads NATOPS department did some quick thinking along the lines of "What a great training evolution!" Augmenting the basic Nomads C-130T crew were two additional instructors and two loadmaster trainees. What better training for new loadmasters than a real-world mission moving outsized cargo.

The result: The RHIB was delivered, Aids to Navigation checked. Maintainers fixed the down C-130 and sent it home. RHIB loading and unloading training exercise resulted in two newly qualified C-130T loadmasters.

VR-62 is one of five Navy Reserve C-130T squadrons

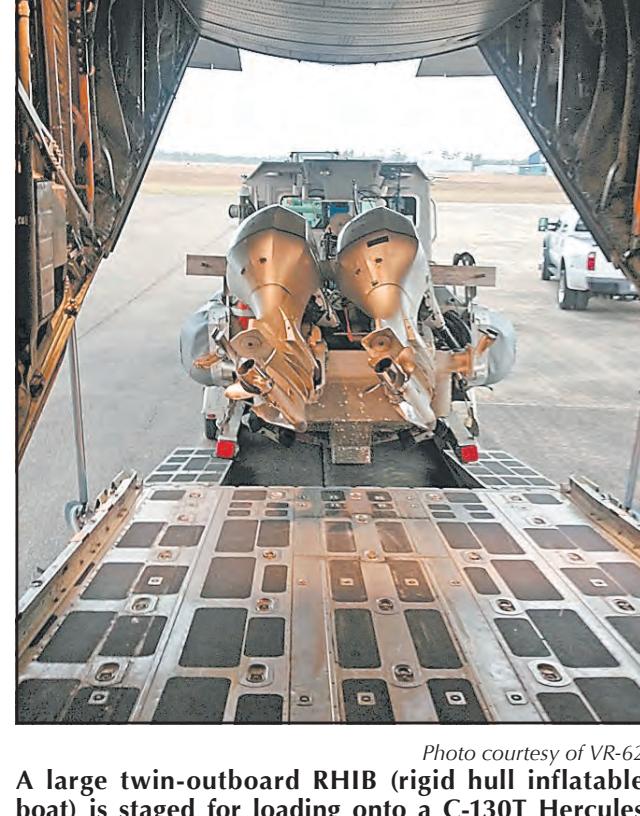


Photo courtesy of VR-62

A large twin-outboard RHIB (rigid hull inflatable boat) is staged for loading onto a C-130T Hercules aircraft assigned to the "Nomads" of VR-62.

YOUTHS MARCH
Child Abuse Prevention
Page 6



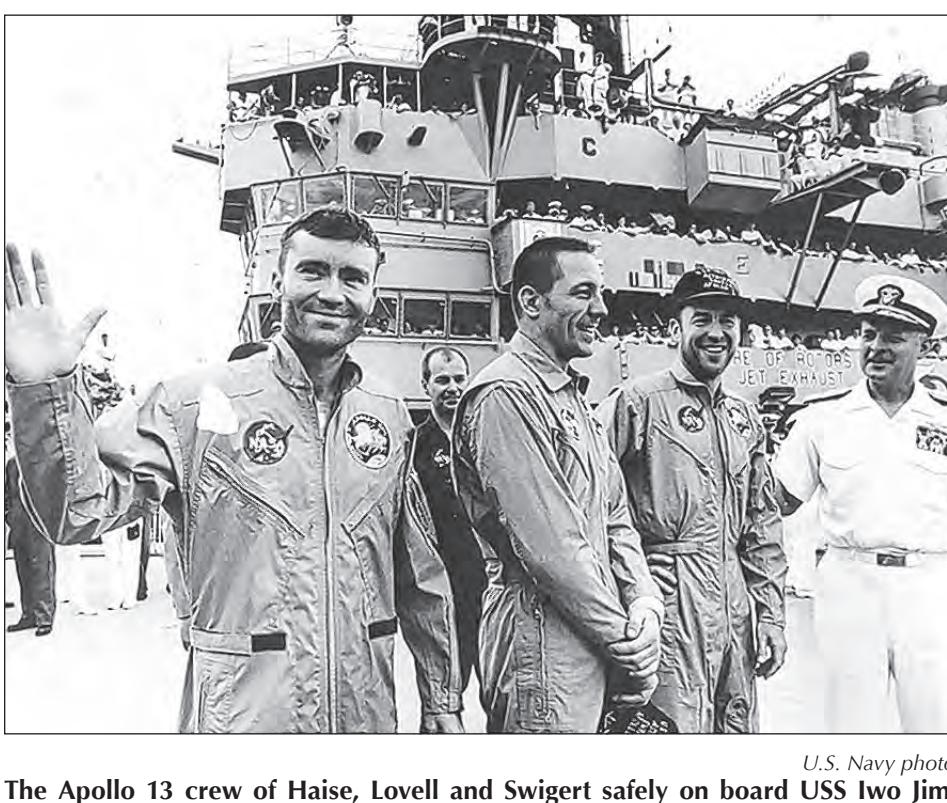
NAVY RUN
Hundreds Compete In 10K
Page 4

TRIM THE FAT
Physical Readiness Tips
Page 13



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U.S. Navy photos

The Apollo 13 crew of Haise, Lovell and Swigert safely on board USS Iwo Jima (LPH-2) after aborting their moon landing mission after an oxygen tank exploded, crippling the service module. Despite great hardship caused by limited power, loss of cabin heat, shortage of potable water, and the critical need to jury-rig the carbon dioxide removal system, the crew returned safely to Earth. An HS-4 recovered the capsule after splash down.



A U.S. Navy Lockheed EC-121M Warning Star of the fleet air reconnaissance squadron VQ-1 "World Watchers" is accompanied by an F-4B Phantom II of the VF-151 "Vigilantes." An EC-121M of VQ-1 was shot down by North Korean MiG-21s on April 14, 1969, killing all 31 crewmembers. VQ-1 had flown the route and orbit for two years, and the mission had been graded as being of "minimal risk." During the first three months of 1969, nearly 200 similar missions had been flown by both Navy and U.S. Air Force reconnaissance aircraft off North Korea's east coast without incident.

From Staff

April 11

1783 - Congress declares end of war with Great Britain.

1900 - Navy accepted its first submarine, USS Holland.

1970 - Launch of Apollo 13, commanded by Navy Capt. James Lovell Jr. Pilot was John Swigert Jr. and former naval aviator Fred Haise Jr. was the Lunar Module Pilot. While 200,000 miles from Earth there was an explosion on board that forced Apollo 13 to circle the moon without landing. Mission duration was 5 days, 22 hours, and 54 minutes. Recovery was by HS-4 helicopters from USS Iwo Jima (LPH-2).

1991 - U.N. ceasefire ends Persian Gulf War.

April 12

1861 - Civil War begins when Confederates fire on Fort Sumter, S.C.

1911 - Lt. Theodore Ellyson qualifies as first naval aviator.

1962 - U.S. Navy demonstrates new landing craft with retractable hydrofoils, LCVP (H).

1975 - Operation Eagle Pull evacuation from Cambodia.

1981 - First launch of re-useable Space Shuttle Columbia (STS-1) with all-Navy crew. Retired Capt. John Young commanded, while Lt. Cmdr. Robert Crippen was the pilot. Mission duration was 2 days, 6 hours, and 20 minutes. Sixteen of the shuttle's heat-shielding silicon tiles were lost and 148 damaged during reentry.

1993 - Aircraft from USS Theodore Roosevelt (CVN-71) and NATO forces begin enforcing the no-fly zone over

the Bosnia in Operation Deny Flight.

April 13

1847 - Naval Forces begin five-day battle to capture several towns in Mexico.

1861 - Fort Sumter surrenders to Confederate forces.

1960 - Navy's navigation satellite, Transit, placed into orbit from Cape Canaveral, Fla. and demonstrates ability to launch another satellite

April 14

1898 - Commissioning of first Post Civil War hospital ship, USS Solace.

1969 - North Korean aircraft shoots down Navy EC-121 reconnaissance aircraft from VQ-1 over the Sea of Japan.

1988 - USS Samuel B. Roberts (FFG-58) strikes Iranian mine off Qatar.

1989 - First Navy ship arrives on scene to assist in Exxon Valdez oil spill cleanup.

April 15

1885 - Naval forces land at Panama to protect American interests during revolution.

1912 - USS Chester and USS Salem sailed from Massachusetts to assist RMS Titanic survivors.

1918 - First Marine Aviation Force formed at Marine Flying Field, Miami, Fla.

1961 - Launching of first nuclear-powered frigate, USS Bainbridge, at Quincy, Mass.

1962 - USS Princeton brought first Marine helicopters to Vietnam. This was first Marine advisory unit to arrive in South Vietnam.

1986 - Operation Eldorado Canyon, Navy aircraft from

USS America (CV-66) and USS Coral Sea (CV-43) attack Libya in conjunction with USAF aircraft after Libya linked to terrorist bombing of West Berlin discotheque that killed one American and injured 78 others.

April 16

1863 - Union gunboats pass Confederate batteries at Vicksburg.

1924 - Navy commences relief operations in Mississippi Valley floods, lasting until 16 June.

1947 - Act of Congress gives Navy Nurse Corps members commissioned rank.

1959 - Helicopters from USS Edisto begin rescue operations in Montevideo, Uruguay. By 26 April they had carried 277 flood victims to safety.

April 17

1778 - Sloop-in-war Ranger captures British brig.

Mom's morning school lesson

By Sarah Smiley

Special Contributor

School mornings with my son, Ford, 12, go something like this: at 7:45 a.m., he yells from downstairs that I'm going to make him late. But when we get in the car at 8:05, he's often forgotten his binder or his gym shorts – so he has to run back inside. Of course, it's still my problem, if not my fault, when we pull into the school parking lot one minute late.

Ford prefers that I turn down my Elvis music before he opens the door, because there is always a crowd of middle schoolers standing nearby on the curb. Apparently, nothing's worse than starting your junior-high school morning with friends hearing "What Now My Love" on your Mom's radio.

But Ford always — no matter how late or annoyed with me — pauses before he shuts the car door and says, "Have a good day, Mom," or "I'll see you this afternoon." I smile as I watch him run into the school building, papers flying out of his binder and half-open backpack. Sometimes, his shoes are still untied. I wonder if he's forgotten his lunch.

School mornings with Owen, 10, go like this: by 8:30, he has fed the dog, picked up Ford's baseball bat in the backyard, made breakfast for his younger brother, and brushed his own teeth. He waits patiently by the front door until I am ready.

When I drop off Owen, he walks calmly and steadily to the front door. I call out the window, "I love you," and "have a good day," but he just waves over his shoulder. Sometimes, if I feel like making a scene, I call out again, "It's okay; I know you love me, too." Then he pretends to not know me. He slips into the school without much fanfare.

There is a word for school mornings with Lindell, 6, but it can't be printed here. If there's syrup on his waffles, he wanted no syrup. If there's milk, he only wanted orange juice.

He streaks through the living room and then complains about being cold and unable to dress himself. He takes 10 minutes to put on a pair of Velcro shoes. Once we're in the car and backing out of the driveway, he needs to use the bath-

From The Homefront

room.

But the scene when I leave Lindell at kindergarten is beyond comparison. First, I have to drag him from the car. He flails and complains about everything from feeling sick to his shoes being too tight. Inside the school lobby, I peel him off me. Then I run out the front door before he can follow. Sometimes, I cry when I get back to my car.

The boys ask why I don't home school them. I'm genuinely surprised the older boys would want to be home with me. Even so, my reply is that I can't do it all.

That's the tough part of motherhood: I am schedule-keeper, nurse, therapist and disciplinarian for these little people who, in Owen's case, just wave over their shoulder as they walk into school, like I haven't cried a million tears over them. Or, in Lindell's case, I have to peel them away, and then feel guilty the rest of the day. Could I really be expected to grade and pass or fail them, too?

A couple of weeks ago, I had a freak-out moment about this "doing it all" stuff, particularly, morning drop-off with Lindell. It wasn't pretty. I was tired and beaten down, and Owen witnessed the whole cry fest.

The next morning, on the way to Lindell's school, Owen reached over and grabbed his brother's hand. "You're going to have a good day today," he said. "Do you want me to walk you into the school?"

Lindell nodded.

I watched as he and Owen walked hand-in-hand to the front of Lindell's school. Owen patted Lindell's shoulder, said goodbye, then waited as Lindell went inside.

Then I realized, maybe I don't have to do it all. Sometimes, their brothers will step up, too.

When I dropped off Owen at school that morning, he paused before he got out of the car. He smiled and looked over his shoulder.

"Have a good day, Mom," he said.

And it was a good day.

Hey, MoneyChic!

Hey, MoneyChic! It's tax time again. What can you tell me about having to pay taxes to the Internal Revenue Service (IRS)?

MoneyChic Sez: I was watching the Today Show a few days ago and their finance segment focused on paying your tax bill. It had such good information I wanted to share it with you!

According to the IRS, one in six people owe money for taxes. We all talk about filing your taxes and getting a return, but rarely does anyone talk about paying their tax bill!

The most important point CNBC's Finance Editor Sharon Epperson couldn't stress enough is to file your taxes! Even if you know you will owe money and may not be able to pay, file your taxes. Filing a six-month extension is another option, but it will only last until October. If you do not file your taxes or for an extension by April 15, the penalty is greater than if you filed and can't pay. If you are late, you will owe 5 percent plus interest of your unpaid bill each month.

If you can't pay and you do file, you will have to pay 0.5 percent plus interest each month. I would take the 0.5 percent over 5 percent any day! Keep in mind also that penalty and interest kick in starting April 16. You've filed your taxes, now what? If you able to pay your bill right away do so. You can pay by credit card (with a fee!), debit card, and through electronic funds transfer.

If you can't pay your bill, set up a payment plan. The easiest way to setup a payment plan with the IRS is to go directly to the IRS.gov website and fill out the form for an installment agreement. The IRS doesn't care why you can't pay your bill or what happened to your family to put you behind. The IRS wants to know what is the highest amount you can pay each month and when can you start paying.

There are tax scams to beware of as well. Identity theft is rampant during tax time. Keep your information private and if filing online, make sure your computer is secure. Watch out for fake IRS emails that are phishing for your information.

The IRS will never contact you by email if there is an issue with your return. Their first line of contact is sending you a letter in the mail. The last scam of concern is return preparer fraud. Do you know who is preparing your taxes? The last bit of information I want to pass on to you because so many military spouses have an in-home business is that a home office deduction is not a flag for an automatic audit!

If you were on the brink of not filing because you think you will have a tax bill you can't pay, I hope you decide to file those taxes by the April 15.

As always, Navy-Marine Corps Relief Society is here to lend a helping hand. For more information, stop by the office outside the Yorktown Gate or call 542-2832.

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

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VP-30 "Pro's Nest" honor graduates (from left) AWO3 Justin Shuart, AWO2 Josue Veliz, AWV3 Jose Guerrero and AWF3 Christian Rader.

Photo courtesy of VP-30

VP-30 aircrrew graduation

By Lt. William Ross

VP-30 PAO

Capt. Mark Stevens, commanding officer of VP-30, recognized graduates of the P-3C Acoustic, Non-Acoustic, Flight Engineer, and In-flight Technician initial training (CAT I) syllabi on March 22 in the VP-30 Auditorium.

The graduates of Acoustic Operator Class 1207, Non-Acoustic Operator Class 1207, Flight Engineer Class 1205 and In-flight Technician Class 1205 will now report to their assigned operational squadrons to begin their

initial sea tours.

Class 1207 - CAT I

Acoustic Operator

AWO3 Zachary Brown

AWO3 Robert Camacho

AWO3 Arthur Dyer

AWO3 David Scudder

AWO3 Justin Shuart

(Honor Graduate)

AWO3 James Walker

Class 1207 - CAT I Non-

acoustic Operator

AWO2 Gregory

Cummings

AWO2 Aaron Sartain

AWO2 Josue Veliz (Honor

Graduate)

AWO3 Kenneth Martinez

Class 1205 - CAT I Flight

Engineer

AWF3 Corey Barksdale

AWF3 Jordan Head

AWF3 Christian Rader

(Honor Graduate)

Class 1205 - CAT I

In-flight Technician

AWV3 Jose Guerrero

(Honor Graduate)

AWV3 Douglas Morefield

AWV3 Devin Reed



Photo by Victor Pitts

International Maintenance Cooperation

A team of maintainers from Patria Aviation, a Finnish provider of aviation lifecycle support services, began a two-week training program March 25 at Fleet Readiness Center Southeast (FRCSE). Finnish maintainers (from left) Niko Niiranen, Petri Yli-Lankoski and Capt. Jukka Taattola of the Finnish Air Force observe Juha Lehtimaki as he works on a GE-F404 turbofan engine main fuel control – as Petri Manninen and FRCSE Pneudraulics System Work Lead Harold Miller look on. Timo Nurmi and Aki Nurmi (not pictured) are also training with the team.

Register now for the 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 marines."

time 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 added.

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



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(From left) Clif Cherry, Kathy and Mike Ray, Mike Cornett and Sandi Cherry who are family members of the late Capt. Chuck Cornett proudly gather in front of their dad's Corvette during the Navy Run.

Annual Navy Run attracts hundreds of athletes

By Shannon Leonard
MWR Marketing Director

More than 400 service members, retirees, civilians and family members turned out for the eighth annual Capt. Chuck Cornett 10K Run and 5K Walk April 6 at NAS Jacksonville.

Originally called the Navy Run, the event was renamed after the 2004 death of Cornett, a former NAS Jax executive officer and avid runner.

Cornett's family members, Mike Cornett, Sandi and Cliff Cherry and Kathy and Mike Ray traveled to take part in this year's run.

"My dad participated in 96 marathons, including the Boston and Marine Corps marathons and was the co-founder of the Florida Striders Running Club in 1978. He retired from the Navy as a captain in 1980 after 30 years of service," said Sandi Cherry.

"My mom also ran more than 20 marathons and was my true inspiration in accomplishing a full marathon. If she could do it, then I could," continued Cherry.

In addition to the 10-kilometer competitive run and five-kilometer walk, there was a runner's shoe and apparel fair in the Navy Exchange parking lot. Runners also had an opportunity to visit Allied American University, VyStar Credit Union and the University of Phoenix sponsor booths.

Once the runners received their packages with their numbers and timing chips, they stretched and mingled with friends and family.

After observing morning colors, NAS Jax Commanding Officer Capt. Bob Sanders welcomed the runners and then joined them to await the starting gun.

"It is a wonderful day for a run and to promote Navy fitness. I would like to thank all the MWR staff, Navy Exchange and sponsors for putting on this great event. This should be



NAS Jax Athletic Director Tanya Henigman leads a Morale, Welfare and Recreation Zumba class as part of the Navy Run festivities at the Navy Exchange on April 4.



Katie Kramps helps her brother, JB, attach his official race bib to his shirt during the eighth annual Capt. Chuck Cornett Navy Run on April 6.



JJ Porter warms up before participating in the eighth annual Capt. Chuck Cornett Navy 10K Run and 5K Walk.

Michelsen of Blount Island Command at 26:58.

The overall winner and first male to cross the 10K finish line was Joe Rivera at 37:32, followed by Lt. Cmdr. Jeremy Judernatz of VR-58 with a time of 37:55 and Avery Blue coming in at 39:18. The first woman

said NAS Jax Athletic Director Tanya Henigman, who coordinated the run.

"Of course, we couldn't pull this off without the help of our volunteers and sponsors. It's a team effort to organize this event. We have about 30 volunteers out here helping out to ensure everything runs smoothly. I'm actually going

to start working on next year's run this week when I do our after action report because that helps us improve the event each year."

The first runner to cross the 5K finish line was Ike Sherlock with a time of 24:11, followed by son and father, Oliver Michelsen coming in at 26:57 and Col. Christopher

See NAVY RUN, Page 5



Runners anxiously view their results posted by 1st Place Sports during the Capt. Chuck Cornett 10K Run and 5K Walk.



Hundreds of runners take off from the starting line on Child Street for the Capt. Chuck Cornett 10K Run and 5K Walk.



Joe Rivera holds his son, **Joel**, while accepting the first-place overall male plaque for the 10K Navy Run presented by **Kathy Ray**. He was also the overall winner of the event, with a time of 37:32.

NAVY RUN

From Page 4

to cross the 10K line was Lorna Bradford with a time of 39:24. Julie Northrup placed second in the women's overall with a time of 39:41 and Lisa Adams came in third with a time of 43:27.

Other winners in their age categories were:

Master Men and Women (Overall)

Capt. Joe McQuade, Naval Hospital Jacksonville, 42:06

Kacee Bryner, 48:53

Men and Women under 11

Skyler Gray, 1:05

Avery Patterson, 45:01

Men 11-14

George Frazier, 44:23

Men and Women 15-19

Jacob Schmit, 39:41

Katie Kramps, 51:12

Men and Women 20-24

JJ Porter, 43:40

Jennifer Therrien, 59:56
Men and Women 25-29

Andre Pualsen, 40:53

Sara Geer, 46:39

Men and Women 30-34

Troy King, 39:54

Michelle McCullough, 46:10

Men and Women 35-39

Gabriel Martinez, 40:58

Colleen Bierbach, 46:36

Men and Women 40-44

Andy Patterson, 45:02

Romonia Goldsmith, 50:49

Men and Women 45-49

Lee Grose, 43:50

Christina Kane, 57:12

Men and Women 50-54

Kingsley Nelson, 45:06

Joanne Harris, 53:23

Men and Women 55-59

Douglas Tillet, 47:57

Kimberly Lundy, 54:06

Men and Women 60-64

Paul Geiger, 45:08

Diane Wilkinson, 1:05

Men and Women 65-69

George White, 47:11
Sunny Matthews, 1:14

Men 70-74

Paul Smith, 49:12

Marie Bendy, 1:01

Men 75 & Up

Ben Matthews, 53:18

"This is a great run – the course is well marked and the event is well organized. I really enjoyed participating in today's run," said NAS Jax Command Master Chief (CMDCM)(AW/SW) Brad Shepherd.

"I hope everyone will come out to participate in this run again next year. It just keeps getting bigger and better every year and we continue to make upgrades to ensure everyone enjoys this event," said Henigman.

Neither MWR, nor the U.S. Navy or any other part of the federal government officially endorses any company, sponsor or its products or services.



Trevor Morris displays his Navy Run medal and ASICS shoe \$150 gift card as NAS Jax Athletic Director **Tanya Henigman** looks on.



Joe Rivera was the first to cross the finish line for the 10K with a time of 37:32.

Lorna Bradford was the first female to cross the finish line of the 10K with a time of 39:24.

Father and daughter, Team Patterson finish first in their age groups: Avery with a time of 45:01 and Andy 45:02 during the run.

NAS Jax Commanding Officer Capt. Bob Sanders finishes strong with a time of 58:59 during the eighth annual Capt. Chuck Cornett Navy Run on April 6.

Photos by Shannon Leonard



NAS Jacksonville chief petty officers gather after running the annual Capt. Chuck Cornett 10K Run and 5K Walk on April 6.



AWO2(AW) Jacob Petracco

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 AWO2(AW) Jacob Petracco.

Petracco comes from a military family. His great grandfather, uncle, and brother all served in the military. His brother is currently in the U.S. Air Force and is part of the Tactical Air Control Party.

Petracco is one of VP-5's electronic warfare operators. His duties on the P-8A include managing the radar, IFF system, electronic support measures, and operation of the external camera. His transition courseware includes a series of lectures, self guided computer based training, and software device sessions. All training is aimed to make the operator fully proficient with the Poseidon's electronic warfare suite in less than six months.

"The software on this aircraft is much more in depth, but also more functional," commented Petracco. "It has been a tremendous help coming from a generation that grew up with computer technology."

VP-5 has been transitioning to the P-8A Poseidon since Jan. 4, 2013.

Navy announces Navy Working Uniform Type I update

From Chief of Naval Personnel Public Affairs

NAVADMIN 084/13 released April 1 provides a summary on all Navy Working Uniform (NWU) Type I related guidance and announces the authorized wear of the aiguillette and the expanded wear of the 9-inch rough side out and 8-inch flight deck steel-toed safety boots with the NWU Type I.

"We believe we owed our Sailors the best opportunity to be successful with regards to the uniform wear of the NWU and felt like if we captured all the information into a single NAVADMIN, that would be the right thing to do," said Master Chief Petty Officer of the Navy (AW/NAC) Mike Stevens. "Providing this clarity and education is very important to me."

Since the roll-out of the NWU Type I in December 2008, Fleet input has resulted in the revised policy and rules of wear. NAVADMIN 084/13 discusses in detail the description, uniform components, standards of appearance, occasions for wear, and proper care instructions.

The NAVADMIN, at commanding officer's discretion, expands the authorized footwear to be worn with NWU Type I to include a black 9-inch leather (smooth) steel-toed boot, a black 9-inch rough side out leather steel-toed boot and a black 8-inch aviation flight deck steel-toed boot. Also at the commanding officer's discretion, aiguillettes can be worn with the NWU Type I shirt and parka by personnel assigned to billets in which aiguillettes are a prescribed uniform item.

Personnel should be aware that puncturing the outer shell of the parka will compromise the manufacturer's water proof guarantee and void the lifetime warranty. Parkas that are punctured or torn will have to be repaired or replaced at the owner's expense.

In addition to NAVADMIN 084/13, the Navy released a training video that demonstrates how to properly wear NWU Type I components. The video can be found at http://www.navy.mil/video_player.asp?id=18243.

For more information on uniforms and uniform policy, visit the Navy Uniform Matters website at <http://www.public.navy.mil/bupers-npc/support/uniforms/pages/default2.aspx>.

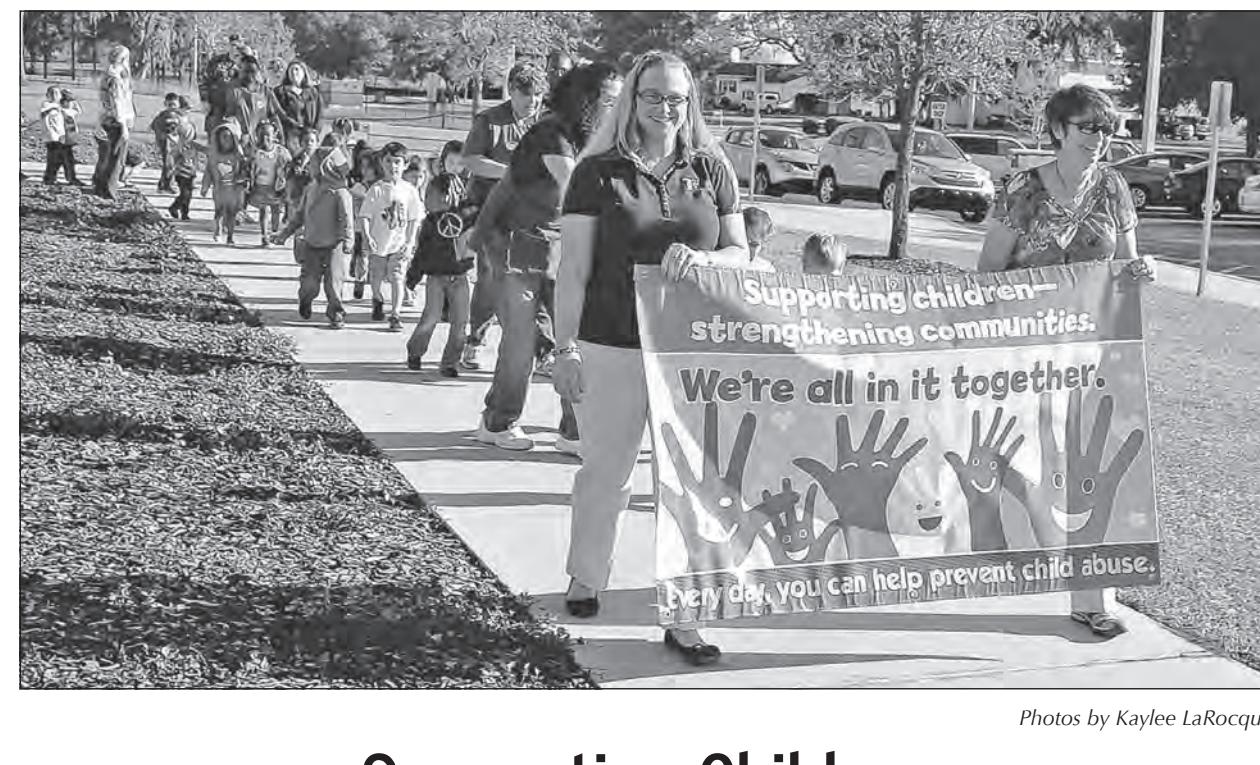
NH Jax sponsors Alcohol info event April 11 at NEX

By Naval Hospital Jacksonville Public Affairs

The Naval Hospital Jacksonville Substance Abuse Rehabilitation Program (SARP) will hold an alcohol-use screening and information event on National Alcohol Screening Day, April 11, at the NAS Jax Navy Exchange courtyard from 10 a.m. to 2 p.m.

Alcohol disorders are common and highly treatable — and screenings are an important first step. Stop by; it's free and confidential.

For more information, contact SARP Social Counselor Marty Christiansen at 542-3473 ext. 176.



Photos by Kaylee LaRocque

Supporting Children

Emily Fox (left), clinical counselor for children at the NAS Jax Fleet and Family Support Center, and NAS Jax Child and Youth Program Manager Mary Grenier lead a group of children from the Child Development Center on a march in support of Child Abuse Prevention Month and Month of the Military Child on April 2.



NAS Jax Executive Officer Capt. Roy Undersander signs a proclamation recognizing the month of April as Child Abuse Prevention Month and Month of the Military Child at the NAS Jax Child Development Center on April 2.



Photo by Sue Brink

Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. Christopher Kiwus congratulates Kendra McMahon (left) and Diane Shider (right) April 1 on completing the NAVFAC Leadership Development Program (LDP). The LDP is designed to provide leadership development through progressive learning opportunities consisting of formal education and training, rotational assignments, and other developmental activities. NAVFAC selects employees from around the corporation to be a part of the LDP each year.

Two graduate from Leadership Development Program

From Naval Facilities Engineering Command (NAVFAC) Southeast

Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. Christopher Kiwus recognized two employees April 1 for graduating from the NAVFAC Leadership Development Program (LDP).

Diane Shider and Kendra McMahon were selected for the two-year leadership program in 2010 for the 2011 program. Shider completed the Level 2 program for supervisors and McMahon the Level 1 program for non-supervisors.

"I commend you on your dedication and commitment to the program," said Kiwus to the graduates.

"I have spoke with both of you and look forward to seeing you continue to grow as leaders."

"Participating in the LDP has given me the opportunity to gain extensive leadership experience," said Shider, currently the Deputy Human Resources Officer Director for NAVFAC Southeast.

"I have learned to be adaptable, while being multi-tasked with a high degree of self-initiative."

Shider said the most memorable aspect of the program was her rotation at the NAVFAC headquarters in Washington, D.C. as it provided her the opportunity to see the bigger picture and gave her the opportunity to understand business at the headquarters level.

McMahon is a contract specialist who wanted to specifically focus on her career and learn more about leadership within the command.

"This was a great opportunity," said McMahon. "I was able to meet and shadow senior leaders."

NAVFAC created the LDP to provide more robust developmental opportunities for its future civilian senior leaders.

The program is designed to provide leadership development through progressive learning opportunities consisting of formal education and training, rotational assignments, and other developmental activities.

Employees selected for the program are challenged to perform outside their sphere of influence and "comfort zone."

Annually, NAVFAC selects employees from around the corporation to be a part of the LDP program.

Military observes Alcohol Awareness Month

From Military Pathways

With April being National Alcohol Awareness Month, and April 11 National Alcohol Screening Day, the Military Pathways program is encouraging service members, veterans and their families, to take advantage of the free, anonymous alcohol-use screenings at www.DrinkingIQ.com.

Military Pathways, which offers the online screenings, reports that more than 30,000 screenings for alcohol-use disorders have been completed since it started the pro-

gram in 2006.

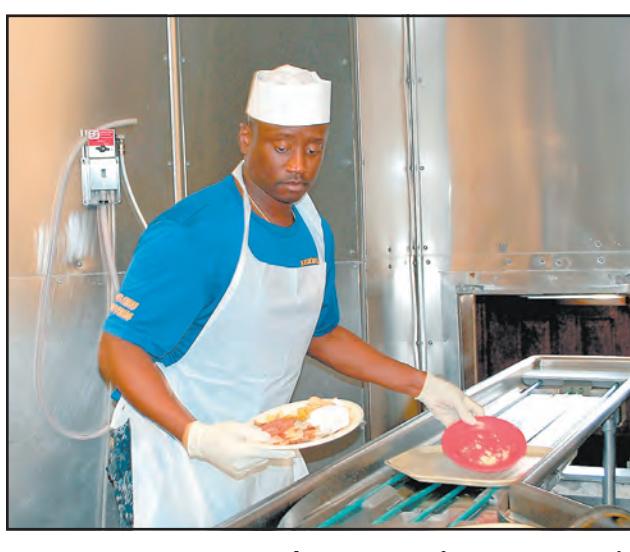
The screenings ask individuals to answer a simple set of questions about their drinking habits.

After completing a screening, service members receive feedback as to whether their symptoms are consistent with alcohol misuse as well as a list of resources on how and where to get further evaluation and help. All branches of the military have programs where service members can get treatment for substance abuse problems.

Visitors to the site can also access a host of articles, videos, and other information that gives

them, among other things, tips on how to cut down on alcohol use. Several free, downloadable mobile applications for mental health are also available.

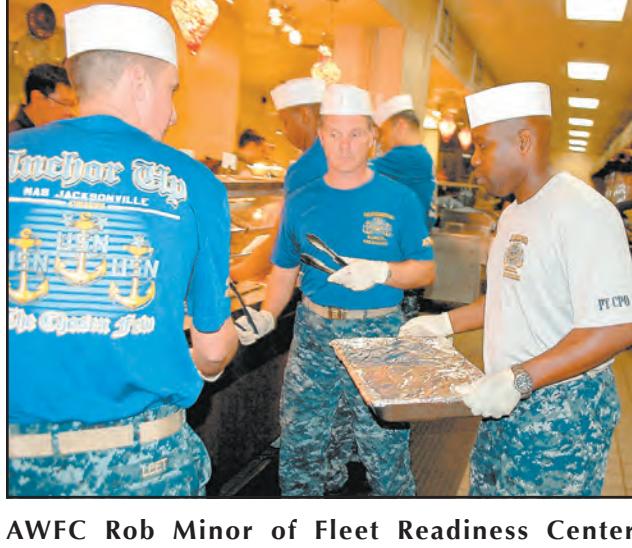
"Using alcohol to manage a life problem, what professionals call 'self-medicating,' is never a good idea. Not only does a drinking problem emerge, the original problem goes unfixed. A successful career in the military means knowing when to draw the line with alcohol, and when to get help when the drinking is out of con-



ABHCS(AW/SW) Fred Baster of NAS Jax Air Operations cleans dishes off a tray as part of the Chief Petty Officer Service Day at the NAS Jax Flight Line Café.



Photos by Kaylee LaRocque



AWFC Rob Minor of Fleet Readiness Center Southeast brings another batch of fries to NAS Jax Command Master Chief (CMDCM)(AW/SW) Brad Shepherd (center) and YNC Mark Leet of the NAS Jax Executive Department at the serving line in the Flight Line Café.



RPC Mike Music and ADCS(AW/NAC) Manny Cabal of NAS Jax scrub some pans in the scullery of the Flight Line Cafe during the Chief Petty Officer Service Day on April 3.

Chief petty officers hold 'service day'

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

NAS Jacksonville and tenant command chief petty officers (CPOs) flanked the NAS Jax Flight Line Café April 2 for a "day of service" to show support to junior Sailors.

The chiefs manned the service line dishing up the lunchtime meal, washed pots, pans and dishes in the scullery, greeted Sailors in the dining room and cleaned tables. "We're here because this is a way for senior leadership (chiefs) to give back to the Sailors and show them how much we care and appreciate what they do every day," said RPC Michael Music of the NAS Jax Chapel, who coordinated the event.

"So we decided to take over the galley and help with the lunchtime meal. I sent out an email asking for participation and the chiefs showed up in full force," he added.

Although the Sailors were a bit surprised to see the chiefs serving their meal, it was much appreciated. "It was a bit of a shock to see them working here, but it's nice to see them outside the office showing their support," added AT3 Daniel Parra of VP-30.

In an email to base CPOs, NAS Jax Command Master Chief (CMDCM) (AW/SW) Brad Shepherd praised the CPOs.

"Thanks to everyone who participated in the CPO Day of Service. I believe everything went really well and we had a great time. I know the Sailors appreciated seeing us in the galley showing our thanks and support for all that they do!" said Shepherd.



HMC Tennisha Conners of Navy Region Southeast Reserve Component Command washes some pans as part of the Chief Petty Officer Service Day at the NAS Jax Flight Line Café on April 3.

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HSM-72

From Page 1

Ukrainian Navy.

In August, Detachment Seven visited Souda Bay, Crete, and Haifa, Israel while supporting Operation Active Endeavour in the Eastern Mediterranean Sea. Squadron personnel led the NATO fight against piracy utilizing airborne surface search radar, forward looking infrared (FLIR), and electronic support measures to increase the strike group's recognized maritime picture.

Following those operations, USS Jason Dunham transited through the Suez Canal and into the Fifth Fleet area of responsibility. October saw the detachment supporting counter piracy operations in the Gulf of Aden.

SH-60B crews provided critical support to visually identify contacts of interest at night utilizing FLIR and night vision goggles. Detachment Seven supported CSG and surface action group operations throughout the winter. The unique capabilities of an embarked helicopter detachment were also put on display in the form of vertical replenishment, medical evacuations, and visit, board, search, and seizure missions.



Photo by MC2 Deven King

BM3 Nick Kotoun (right) and BM3 Julius McGowan (center) hook a cargo net to an SH-60B Seahawk helicopter assigned to Det. Seven of the HSM-72 "Proud Warriors" as BM1 Archie Folks signals during a vertical replenishment aboard the guided-missile destroyer USS Jason Dunham (DDG 109). Jason Dunham was deployed to the U.S. 5th Fleet area of responsibility.

In total, the "Warrior Legacy" flew 1,150 flight hours supporting various operations in a very dynamic environment. The detachment flew armed escort sorties while transiting the Strait of Hormuz on twelve occasions, providing aerial support for USS Jason Dunham and other surface assets in this contested region.

February saw the completion of the longest underway period for both the ship and detachment: 61 consecutive days, mostly on-station in the Red Sea. In March, the ship began the long journey home. After a well-deserved port visit to Naples, Italy, USS Jason Dunham crossed the Atlantic and returned to Norfolk, Va.

Detachment Seven deployed as one of two final SH-60B detachments from HSL-42. When HSL-42 prepared for its official transition to HSM-72 in January, several personnel exchanges at sea were required to support the conversion to the new MH-60R aircraft.

The Warrior Legacy began its deployment under the leadership of Lt. Cmdr. Matthew Chester and ADC(AW) Zachary Bennett. At the mid-deployment point these positions were entrusted to Lt. Cmdr. Aaron Bomar and ATC(AW/SW) Jason Kelly. Additionally, the maintenance officer, operations officer and two helicopter aircraft commanders turned over underway. The maintenance element, under the continuous leadership of AD1(AW) Edison Muñiz was the true "Brut Force" of the detachment and performed exceptionally well throughout a high operational tempo for more than nine months.

Following multiple extensions in theater, the "Warrior Legacy" is returning to Jacksonville as the last ever HSL-42 deployed detachment, boasting the following major accomplishments: 1,150 mishap-free flight hours across 390 sorties, 10 enlisted aviation warfare specialist qualifications, four enlisted surface warfare specialist qualifications, and an impressive 83 percent advancement rate.

ALCOHOL AWARENESS

From Page 6

"trol," said Robert Ciulla, Ph.D., Mobile Health director for the Defense Department's National Center for Telehealth and Technology. "The anonymous self-assessment gives individuals the opportunity to check and see if their drinking is a problem and how to get help or cut back."

Military Pathways gives service personnel and their families the opportunity to learn more about mental health and alcohol use through anonymous self-assessments offered online. The program is designed to help individuals identify symptoms and access assistance before a problem becomes serious. The self-assessments address alcohol use, PTSD, depression, generalized anxiety disorder, bipolar disorder and adolescent depression.

After completing a self-assessment, individuals receive referral information, including TRICARE, Military OneSource, and Veterans Affairs. The program is run by the nonprofit Screening for Mental HealthR and is funded by the Department of Defense with support from the National Center for Telehealth and Technology.

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CNATTU Jax Sailor recognized at Special Olympics

From CNATTU Jax Public Affairs

Volunteers from the Center for Naval Aviation Technical Training Unit (CNATTU) Jacksonville, family members, and athletes cheered and enjoyed the competition at Ridgeview High School March 1 and March 8 during the official start of the 2013 Clay County Special Olympics Summer Games.

Sailors from CNATTU Jax volunteered their time setting up, coordinating and presenting awards to young athletes in track and field events such as relays, various distance runs, shot put, and long jump.

AE1(AW) Robert O'Neill has been assisting the Special Olympics Clay County branch since September 2011.

He is currently CNATTU's volunteer coordinator for the Special Olympics and his love for the organization and its athletes shows in his work.

From the beginning of the 2012 season, he made it his goal to attend every event in order to assist these special athletes, teachers and



Photo courtesy of CNATTU Jax

AE1(AW) Robert O'Neill, volunteer coordinator for the Center of Naval Aviation Technical Training Unit Jax is presented a gold medal by Clay County Special Olympics Event Coordinator Rhonna Smith for volunteering at numerous events.

fellow volunteers.

During the two-day track and field event, he directed more than 130 volunteers during the staging, performance and tear-down of the entire event.

During the opening ceremony of the elementary school level summer games, O'Neill was presented a gold medal by Rhonna Smith, Clay County Special Olympics coordinator, for not only his out-

standing work during the summer games, but for accomplishing his goal of volunteering at nearly every event over the past year.

"Mrs. Smith came up to me just before the opening ceremony and asked me to stick by her because she needed a hand. The next thing I know she's finishing off the ceremony by talking about one of the volunteers and then handing a gold medal around my neck. I had no idea she was about to do that, and I am completely honored to be recognized for spending time with these great kids," said O'Neill.

Special Olympics operates year round and is always looking for volunteers. Thousands of volunteers have helped at sporting events such as basketball, golf, soccer, track and field, and bowling.

All of these events aid in preparing athletes for the culmination of the Special Olympics at the state games which will be held in Orlando on May 17-18.

Both Clay and Duval counties hold Special Olympics events requiring volunteers.

For more information, visit www.soflduval.org.



Volunteers needed for Never Quit

From Staff

Navy Recruiting District Jacksonville needs 30 volunteers to assist during the Never Quit Beach event May 19 from 5:45 a.m. to 3 p.m.

For more information, call or email MC1 Brianna Dandridge at 396-5909, Ext 1150.

Each volunteer will receive a free Never Quit running shirt.

VP-5 hosts bowling night for young Sailors

By Lt. j.g. Brian O'Bannon

VP-5 PAO

VP-5 hosted a bowling night for members of its Coalition of Sailors Against Destructive Decisions (CSADD) March 29.

Twenty "Mad Foxes" and their guests gathered for a night of camaraderie and fun at NAS Jacksonville Freedom Lanes.

"This was a great bonding event for everyone involved," commented IS3 Nicole Souza, a CSADD committee member.

"I was able to meet many members of the squadron I would not have normally seen on a daily basis."

VP-5's CSADD program was started by YN3 Allan Trahan. The program

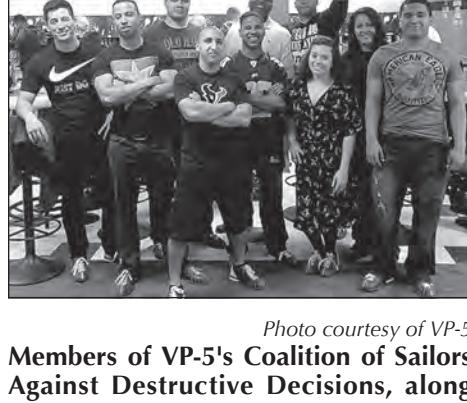


Photo courtesy of VP-5

Members of VP-5's Coalition of Sailors Against Destructive Decisions, along with their families, participated in a bowling night on March 29 at Freedom Lanes.

focuses on informing "at risk" Sailors 25 and younger about the consequences of risky decision-making and provides mentorship through weekly meetings.

The bowling night was one of many upcoming events intended to give VP-5 Sailors an alternative to drinking on weekend nights and provide an increase in morale.

VR-62

From Page 1

and is based at NAS Jacksonville.

The "Nomads" of Fleet Logistics Support Squadron (VR) 62 is a Navy Reserve C-130T unit that got its name from its frequent homeport changes - VR-62 had four homeports in the past 20 years. That is a lot of moving, but moving is what the Nomads are all about.

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



Photo courtesy of VR-62

The VR-62 loadmasters found that stowing a 7-ton RHIB (rigid hull inflatable boat) in their C-130T cargo bay was challenging, but not impossible.

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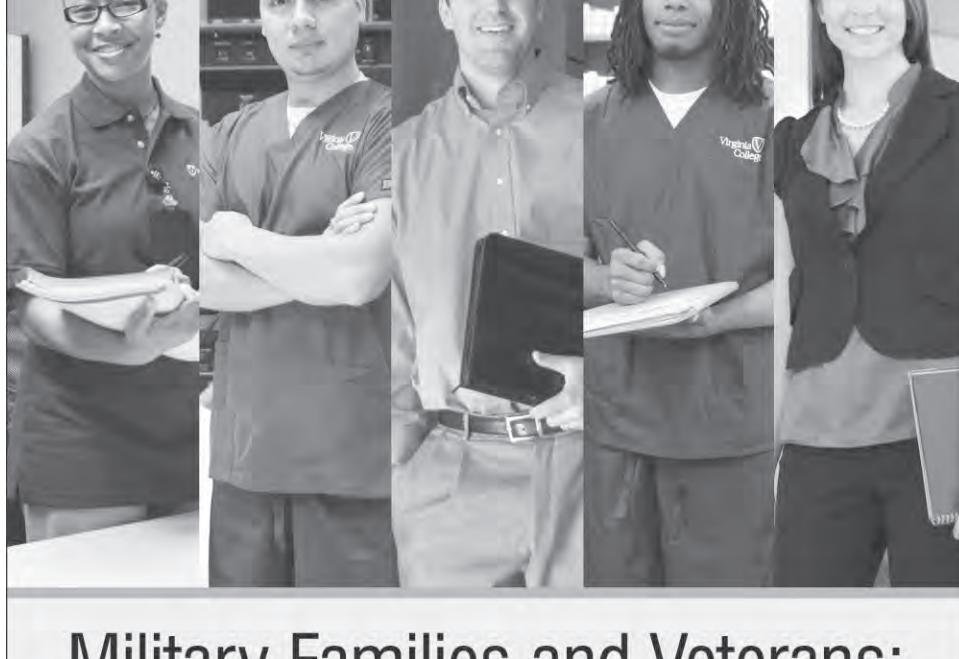
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Dempsey: Sequestration not yet a national security threat

By Claudette Roulo
American Forces Press Service

Sequestration will have no effect on the drawdown in Afghanistan, the chairman of the Joint Chiefs of Staff said April 6 at Bagram Airfield, Afghanistan.

"[Sequestration] is an avalanche, not a light switch," Army Gen. Martin Dempsey said in a round-table discussion with members of the press traveling with him on his trip to Afghanistan.

The avalanche started March 1, he said, and is building momentum.

"We're consuming readiness without building it, because we are taking the money that we would normally have used to build readiness of units that might deploy a year from now - and we've had to apply it into our wartime operations," Dempsey said.

Additionally, the chairman said, the department is supporting commitments on the Korean Peninsula and the Persian Gulf.

"When you fence that off and fully fund it - and you have to fence it off, we've got young men and women out there in harm's way and they will always be fully funded - when you do



Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, flies in a UH60 Blackhawk helicopter over Kabul, Afghanistan on April 6.

DOD photo by D. Myles Cullen

that, though, the risk you take begins to accrue," Dempsey said.

By 2014 the department will face medium-term problems in maintaining readiness, he said. "The problems we've got are multiplying and will multiply

over time," Dempsey added.

"We will always do what we have to do to protect the nation and its interests," the chairman said. For example, he continued, the theater air defense system recently placed in Guam was

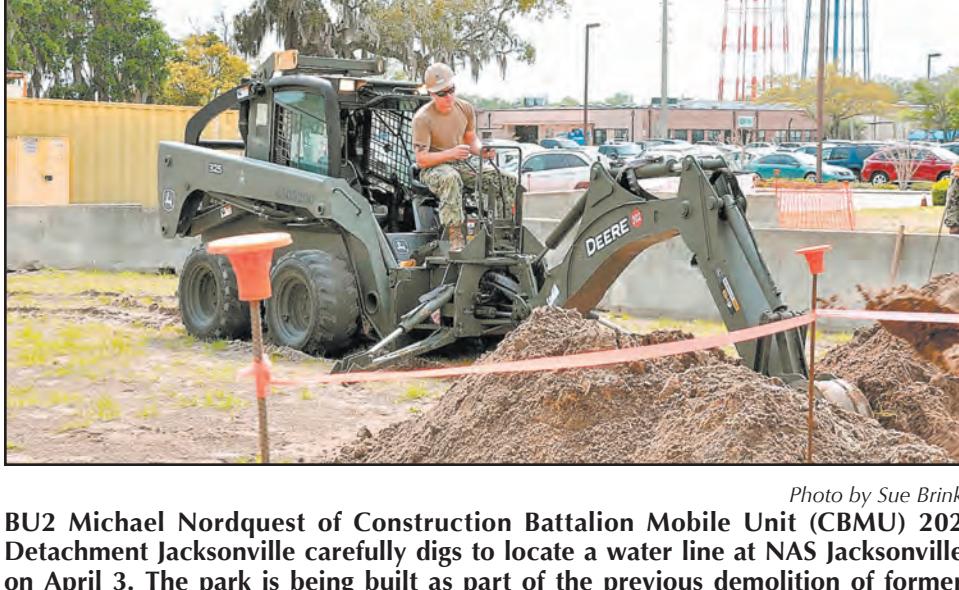
costly, "but it never crossed our mind not to do it because we wanted to save the money."

"Money is not a factor when our national interests are threatened," he said, "but readiness is something that has to be sustained over time." The cost of requalifying certain service members, like pilots, due to interruptions to training can actually cost more than the training itself would have, the chairman noted.

"The one thing that I would never do - and I know [Defense] Secretary [Chuck] Hagel feels the same way - is we're never going to deploy a service man or woman who's not ready to deploy," he said.

"Sequestration is not a risk to our national security at present," the chairman said. "... But the uncertainty does make us less efficient [and] it sends a very negative message to our men and women who serve."

The department will get through the readiness challenge, he said, but the next challenge could be retention. Service members won't stay in the military if they can't do their jobs, the chairman said.



BU2 Michael Nordquest of Construction Battalion Mobile Unit (CBMU) 202 Detachment Jacksonville carefully digs to locate a water line at NAS Jacksonville on April 3. The park is being built as part of the previous demolition of former Building 921, the site of the Fleet Air Photographic Laboratory.

New historic park under construction

From staff

Land at the corner of Saratoga Avenue and Langley Street that was formerly the site of Fleet Air Photographic Laboratory (Building 921), is being transformed into a new park with amenities.

The park, adjacent to Commander, Navy Region Southeast (Building 919), will consist of paved walkways with seating areas, a pavilion with benches, landscaping, drainage and sidewalks with curbing.

The former Building 921 had historical eligibility status under its prior use in the rapid processing of reconnaissance film during the Cuban Missile Crisis in October 1962.

The State Historical Preservation Office Memorandum of Agreement, as required under NHPA 106 (National Historical Preservation Act), agreed to the park as compliance for demolition of Building 921.

According to Project Manager Lt. j.g. Jon Berube of NAS Jax Public Works Department, the park will become a "historical representational park" with an interpretive panel discussing the history of Building 921, including its



Photo by Clark Pierce

Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 202 Det. Jax position an excavator and front-end loader April 2 near Building 919. The equipment will be used for site preparation of the new park located at the intersection of Saratoga Avenue and Langley Street.

support of photographic reconnaissance squadrons VFP-62 and VAP-62.

The park will create a gathering place for the occupants of Building 919 and others for activities such as breaks, lunch and bird watching.

It will also eliminate issues affecting the viability of the site's oak trees caused by vehicles parking directly on their root systems.

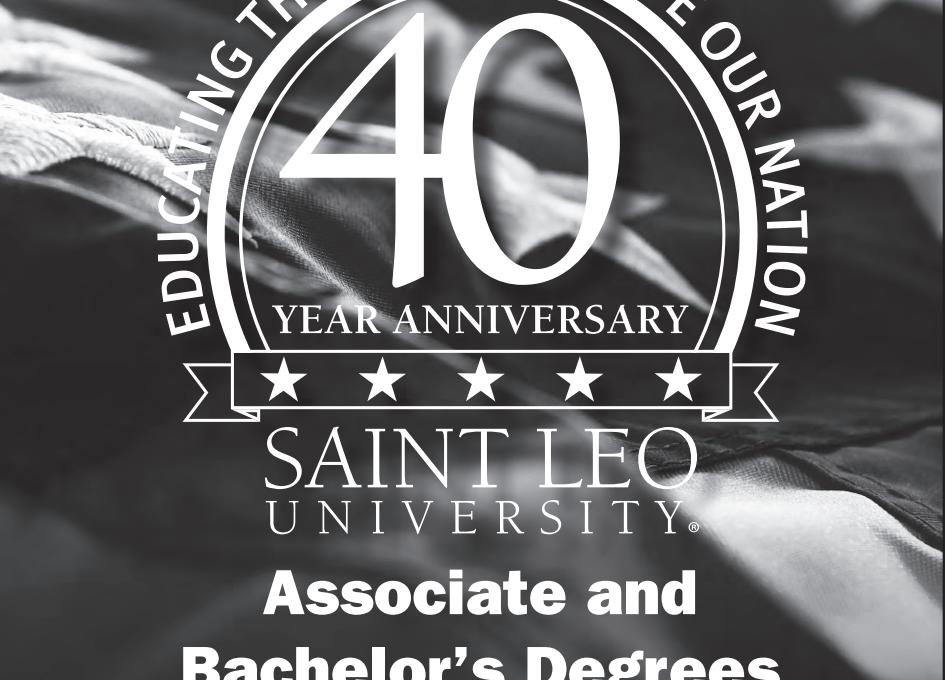
The park construction is a team effort of Sweat Construction Co. and the Seabees of CBMU-202, Detachment Jacksonville. The estimated completion date is May 24.



Photo by Clark Pierce

Progress At The 'Turtle Pond'

Construction workers install a wood bulkhead around the stormwater retention and settling basin located near Mustin Rd. at the NAS Jacksonville Golf Club. Known by locals as the "turtle pond," the project is designed to reduce sediment flowing into the St. Johns River. It's scheduled for completion in late June.



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Photo by Clark Pierce

Navy Maritime Patrol Aircraft

P-3C Orions and P-8A Poseidons mingle on the tarmac near the VP-30 hangar until they are scheduled for a training flight from NAS Jacksonville.

Navy seeks recruit division commanders

By MC2 Andrea Perez

Navy Personnel Command Public Affairs

Navy officials encourage top-performing Sailors to volunteer for Recruit Division Commander (RDC) duty, in a Naval message released April 2.

According to NAVADMIN 085/13, the motivation and professional development of recruits is a vital Navy mission that requires outstanding role models.

RDC assignment is challenging, but rewarding. It offers a number of professional development, leadership and career advancement opportunities.

The tasks required are mentally, physically and emotionally demanding, and require proven self-discipline and imaginative problem-solving skills.

Sailors assigned as RDCs must continually demonstrate superior leadership and motivational skills in demanding and often unique situations. RDCs are eligible for the following benefits:

- Special Duty Assignment Pay of \$450 per month.
- Additional annual clothing allowance of \$220.
- Free dry cleaning services while actively training a recruit division.
- Opportunity to earn a Master Training Specialist qualification.
- Guaranteed choice of coast assignment (upon completion of tour).
- Award of Recruit Training Service

Ribbon.

- Participation in the RTC Command Meritorious Advancement Program for petty officers second class.

Per MILPERSMAN 1306-954, E-5 Sailors must have a minimum of six years active service with two years time-in-rate upon application to serve as an RDC.

E-6s must have a minimum of six years active service upon applying. There are no minimum years of service or time in rate requirements for chiefs and above. Applicants must be warfare-qualified, however, waivers may be granted on case-by-case basis. Sailors must have scored "good low" or higher in each category on the most recent Physical Fitness Assessment.

The RDC candidate must be able to perform and pass the run portion of the Physical Readiness Test (PRT) before the screening is submitted to NPC. Waiver of the run portion of the PRT is not allowed.

A complete listing of eligibility requirements and application procedures can be found in MILPERSMAN 1306-954.

Sailors who meet the requirements and would like to apply for the RDC program should submit a 1306/7 (enlisted personnel action request) to their rating detailer.

According to the message, there

are approximately 200 openings for new RDCs each year. Upon acceptance to the RDC program, Sailors will attend three weeks of instructor school to obtain the 9502 Navy Enlisted Classification and a 13-week RDC School.

RDC "C" school is a physically challenging, intensive, hands-on training course that provides prospective RDCs with the skills, perspective, and physi-

cal readiness to succeed as an RDC. Commands must ensure prospective candidates are properly screened to help reduce attrition from RDC "C" school. Tours are a minimum of 36 months after graduation from RDC School.

For more information, read NAVADMIN 085/13 and visit [>](http://www.npc.navy.mil/enlisted/detailing/shorespecialprograms/pages/rdc.aspx)

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May 10 - 7th Street Band
May 17 - Zero-N**Freedom Lanes
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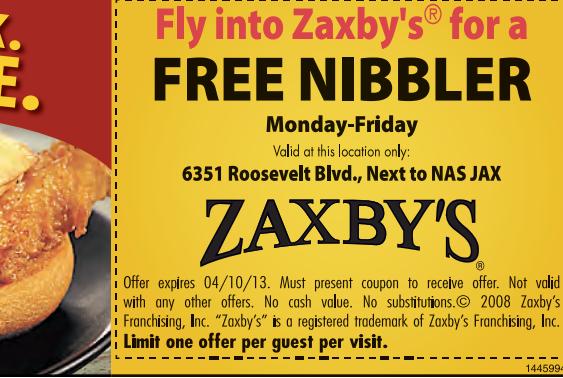
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During lap swim only the waterslide, water park and concessions will not be open.2013 Learn to Swim Program
Sign up at the Gym (the Zone) May 11, 8
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Session 2 July 8-18
Session 3 July 22 - Aug. 1**I.T.T. Events**

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Subway Firecracker, July 5 and
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Tickets on sale now!Jacksonville Sharks - \$25 per person -
section 100Thrasher 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 - \$23A Lamb Chop Celebration
April 20 at 7:30 p.m.
Section A - \$18; Section B - \$14; Section
C - \$11Funkfest - Metropolitan Park
May 10-11, 2-day ticket - \$52Discover Disney - Florida resident ticket
valid for sale through June 3
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Jacksonville Symphony - \$27.50

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\$19.25 adult, \$12.50 child, \$54.25 zipline2013 Live Broadway Series
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April 20 at 9 a.m.Stand-up Paddle Board Lesson
April 22 at 6 p.m.Busch Gardens Trip
April 27 at 6 a.m.**NAS Jax Golf Club**

Golf course info: 542-3249

Mulligan's info: 542-2936

Military Appreciation Days

\$18 per person, includes cart & green
fees

April 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
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.

Loudmouth Thursday

Any golfer wearing a pair of loudmouth
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for \$20

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Mulberry Cove Marina

Call 542-3260.

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Skipper "B" Classes

\$150 at the Mulberry Cove Marina

April 20, 21, 27 & 28

May 18, 19, 25 & 26

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Navy resources available for Sailors who must trim fat

From Navy Personnel Command Public Affairs

Sailors who have hit a weight loss plateau, or can't drop the weight despite having a physically active lifestyle, may benefit from a talk with their local dietitian, officials said March 28.

"There are three main reasons why increasing exercise and activity may lead to weight plateau or increased weight gain. Being more aware will help you identify and adjust accordingly," said Lt. Cmdr. Jennifer Wallinger, registered dietitian, Navy Nutrition, Navy

Physical Readiness Program. "It is important to balance the nutrients that you put in your body with what you burn off in activity, whether that is normal daily activity or exercise."

One reason is that adding activity increases hunger.

"Make sure the food you eat will fill you up by choosing nutrient dense foods containing protein, fiber and healthy fats instead of calorie dense foods [including] high fat and high sugar items with few nutrients," continued Wallinger.

Another reason is choosing the wrong foods.

"The body is designed not to starve. If you do not choose lower-calorie, filling food, you will naturally compensate for the extra calories burned from daily activity and exercise," said Wallinger. "Try filling up on vegetables before or as part of your meal."

Finally, exercising can provide a false sense of entitlement.

"People may think, 'I worked out, so I can have or deserve that burger, cheesecake, nachos' or whatever," said Wallinger.

Activity helps you burn calories, but only if you do not

eat all of those calories back. Sailors can track their food intake to ensure they are maintaining a calorie deficit to promote their weight management goals.

SuperTracker is available at <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>.

While many may think consuming fewer calories is the key to weight loss, that method can backfire. According to Wallinger, a very low-calorie diet will ultimately slow your metabolism and weight loss and will encourage rapid weight regain when higher cal-

orie consumption is resumed. The calories individuals need to lose or gain weight varies based on factors such as weight, age and activity level.

"There is a lot of information out there, some good and some bad," said Wallinger. "Speaking with a dietitian on base can help Sailors identify and navigate the best method for their needs."

Sailors may learn more about healthy eating, nutrition and how to locate a dietitian at the Navy Nutrition web site at <http://www.public.navy.mil/bupersnpe/support/navy-nutrition/Pages/default2.aspx>.

NAS Jax Sports

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.

Captain's Cup Summer Intramural Golf League meeting – May 15

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The meeting will be held at 11:30 a.m. at the golf course. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

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

Standings

As of April 5

Greybeard Spring Softball

Team	Wins	Losses
CNATTU	1	0
NAVFAC	1	0
NCTS	0	0
NECE	0	1

2013 Intramural Spring Softball

Team Wins Losses

Team	Wins	Losses
FRCSE 900	2	0
CNRSE	1	0
CRS-10	1	0
FRCSE Angry Dolphins	0	1
HSM-74 Magnum	1	0
VP-30	1	0
VP-5	1	0
VP-8	1	0
NAVHOSP Dirty Birdz0	0	0
NBHC Narwhals	0	0
VP-16 War Eagles	0	0
FRCSE Rabid Possums	0	1
HSM-70	0	1
HSM-72 Proud Warriors	0	0
NCTS	0	1
VR-58	0	1
VR-62	0	1
Navy Band	0	2

Captain's Cup Soccer

Team Wins Losses

Team	Wins	Losses
FRCSE	1	0
HITRON	1	0
HS-11	1	0
NAVHOSP	1	0
NAVFAC	1	0
NCTS	1	0
VP-30 O's	1	0
VP-8	1	0
VR-62	0	0
FACSFAC JAX	0	1
HSM-74	0	1
NBHC Twerk Team	0	1
VP-16 War Eagles	0	1
VP-26	0	1
VP-30 E's	0	1

Captain's Cup Winter Golf

Team Wins Losses Ties

Team	Wins	Losses	Ties
PSD	8	0	
HS-11	7	1	
SERC Gold	7	1	
CNATTU Blue	6	1	1
NCTS	6	2	
CPRW-11/TACMOBILE	5	3	
FRCSE	5	3	
VR-58	5	3	
CBMU202	3	5	
VP-16	3	5	
NRSE RCC	2	5	
CNATTU Gold	1	6	
CBMU202 Green	0	8	
SERC Blue	0	8	
VR-62	0	8	

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."

The PLAYERS, Veterans Coalition job fair - May 5

From Staff

The PLAYERS are holding their second annual job fair in partnership with the Jacksonville Military Veterans Coalition for active duty, Reservists, retired military, veterans and military spouses May 5 at TPC Sawgrass.

The job fair is free and will be held in "The Turn" hospitality venue near the 18th green. For more information, go to www.PGATour.com/theplayers.

Gamin' and Grillin'

A night to honor
military children and families



April 26, 6-8 p.m.
Chapel Fellowship Hall
(Corner of Birmingham Ave & Martin Rd,
NAS Jacksonville)

Join us for a night of games, food and fellowship to celebrate military families!

Please RSVP by April 12 to:

- *Emily Fox at (904) 542-5405 or Emily.Fox.cfr@navy.mil
- *Erica Schneider at (904) 542-5249 or Erica.schneider.cfr@navy.mil

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General discusses focus on younger force, cyber capabilities

By Amaani Lyle
American Forces Press Service

NATO officials are closely analyzing what the future cyber warrior will look like as the war landscape shifts from air, ground and sea to cyberspace, said Allied Command Transformation's deputy chief of staff for strategic plans and policy said March 28.

In an interview during a "Young Professionals Forging the Future" event at Johns Hopkins University Paul H. Nitze School of Advanced International Studies, Army Maj. Gen. Peter Bayer Jr. said it's time to lean into the younger generation in preparation for new and more complex challenges.

Enhanced e-training and application of cyber skill sets need to be customized to the millennial generation born into, rather than adapting to, the information age, Bayer said.

"The folks that are going to solve the problems of 2030 [are] not me; I'll be doing something else," the general said. "It's some 25-year-old already in the uniform of their nation. They already have experience in Afghanistan or somewhere else. They're going to be the two- or three-star generals or admirals solving problems."

Bayer said his charge is to develop ongoing training and an open problem-solving environment to tap into the minds of young leaders who can bring an innovative perspective as NATO and its transformation command shift from operational to contingency-based missions.

"I want the junior leaders already in uniform [to be immersed] in this future world of complex problem-solving and begin to develop skills they need to work in an ambiguous uncertain, complex, fast-paced [environment]," Bayer said.

As U.S. forces pivot to the Pacific during the simultaneous drawdown

in Afghanistan, Bayer said, NATO priorities should adjust accordingly.

"When Afghanistan is over, we go from an operations-centric alliance to a contingency-based alliance, which means being ready for the next thing, but unsure what that thing might be," he explained.

And NATO, he added, has played a large role in the United States being able to focus its attention on new challenges.

"The only reason the U.S. can think about shifting priorities and emphasis to the Pacific is because we have a secure flank, and it's called NATO," Bayer said. "NATO should see this as an opportunity, not a threat, [as] increasingly, centers of power are going to be in that part of the world -- less so on the traditional East-West axis."

The general acknowledged the occasional challenges of consensus. "It's frustrating to have 28 [nations] trying to work on something, but there's nothing more powerful than when we get to the point where 28 say, 'Yep, that's the answer we can live with,' because now we're speaking as one."

After spending most of the last 20 years in operations since the advent of missions in the Balkans, Bayer said, it's vital for NATO to update its training concept and revitalize its exercises program, the general said. "I could see the day where the security interests of the alliance will be challenged by some adversary who will employ information, influence, cyber and space," he added.

The response from the alliance, Bayer said, would not necessarily require the alliance to use air, sea or land forces in the way it traditionally has.

"We've already forced [younger people] to operate very decentralized, and they're ready for it, so we've got to figure out now how to get the institutions to catch up."



Photos by Clark Pierce

Poseidon Corrosion Prevention

An aircraft corrosion prevention team from VP-30 visually checks exterior surfaces of a P-8A Poseidon on April 4 at the aircraft wash rack near NAS Jax Hangar 113. Corrosion can reduce the strength and change the mechanical characteristics of materials, which can endanger the aircraft and reduce the margin of safety.



Maintainers with the VP-30 corrosion prevention team treat structural and avionics surfaces of a P-8A Poseidon at the wash rack on April 4. Corrosion control is a significant cost to naval aviation -- with NAVAIR's annual corrosion control budget estimated at \$3 billion.



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FAMILY DOLLAR
204 S ORANGE (17), GREEN COVE
FAMILY DOLLAR
4545 SHIRLEY AVE & BLANDING, JAX
FCE - SHELL
5971 RAMONA BLVD, JAX
FCE - SHELL
7890 103rd ST, JAX
FCE - SHELL
11 BLANDING BLVD, ORANGE PARK
FCE - SHELL
200 BLANDING BLVD, ORANGE PARK
FCE - SHELL
890 BLANDING & RIDGECREST, ORANGE PARK
FCE - SHELL
1201 BLANDING & TANGLEWOOD, ORANGE PARK
FCE - SHELL
5676 UNIVERSITY BLVD W, JAX
FCE - SHELL
4238 UNIVERSITY BLVD S, JAX
FCE - SHELL
11330 BEACH BLVD/ST JOHNS BLUFF, JAX
FCE - SHELL
410 S ORANGE (17), GREEN COVE
FCE - SHELL
7750 NORMANDY BLVD, JAX
FCE - SHELL
364 BLANDING & SPENCER, ORANGE PARK
FCE - SHELL (DAILY'S)
3244 UNIVERSITY BLVD/BEACH, JAX
FCE - SHELL (DAILY'S)
1531 CR 220, ORANGE PARK

FCE - SHELL (DAILY'S)
950 POST ST, JAX
FCE - SHELL (DAILY'S)
4991 GATE PKWY & JTB, JAX
FCE - SHELL(DAILY'S)
620 CHAFFEE RD, JAX
FCE - SHELL-DAILY'S
4225 ROOSEVELT BLVD, JAX
FINA EXPRESS MART
201 ORANGE AVE, GREEN COVE
FIRST COAST DELI & GRILL
6082 ST AUGUSTINE RD, JAX
FLEET RESERVE
5391 COLLINS RD, JAX
FOURAKER DISCOUNT
7992 NORMANDY BLVD @FOURAKER, JAX
FRED'S
1435 S ORANGE(17), GREEN COVE
GINA'S DELI
818 POST ST, JAX
GINA'S DELI
803 EDGEWOOD AVE S, JAX
H & H DISCOUNT BEV
100 ORANGE AVE, GREEN COVE
HARVEY'S #60
3540 ORANGE AVE N (17), GREEN COVE
HIWAY H
7575 MELVIN RD/RICKER, JAX
HOLIDAY GROCERY
7520 SHINDLER DR, JAX
ISLAND REALTY
KINGSLEY AVE., ORANGE PARK
JIFFY LUBE
3212 UNIVERSITY BLVD S, JAX
JIFFY LUBE
6135 ST AUGUSTINE RD, JAX
JIFFY LUBE
11620 SAN JOSE BLVD, JAX
JIFFY LUBE
11099 OLD ST AUGUSTINE RD, JAX
JIFFY LUBE
4821 BLANDING BLVD, JAX
JIFFY LUBE
8379 BAYMEADOWS RD, JAX
JULIE'S CAFÉ
5100 SUNBEAM RD #4, JAX
KRISTAL
ROOSEVELT, JAX
LIBRARY
KINGSLEY AVE., ORANGE PARK
LIL BAMBINOS PIZZA & SUBS
1241 BLANDING BLVD, ORANGE PARK
LUNA FOOD STORE
511 LUNA ST, JAX
MI TIERRA GROCERY
5761 BENY RD/UNIVERSITY BLVD, JAX
MONAGHAN CAFÉ
1600 IDLEWILD AVE, GREEN COVE
MURPH'S TAVERN
ROOSEVELT, JAX

NEW COURTHOUSE PARKING LOT
MONROE & PEARL, JAX
NORMAN'S FOOD STORE
2785 PARK ST, JAX
POST OFFICE
KINGSLEY AVE., ORANGE PARK
POST OFFICE
2073 PALMETTO, MIDDLEBURG
POWERS DISCOUNT BEVERAGE
6125 POWERS AVE, JAX
QUICK WAY FOOD STORE
1422 HURON ST @ 5TH, JAX
ROWE'S
8595 BEACH BLVD, JAX
ROWE'S NO R/S FOR ASG
5435 BLANDING BLVD, JAX
S&G FOOD
270 COLLEGE DR, ORANGE PARK
SAFEWAY DISCOUNT BEVERAGE
8502 103RD ST, JAX
SHEIK SANDWICHES
2708 MAIN ST N, JAX
SP DISCOUNT BEVERAGE
7821 103rd ST, JAX
ST. JOHNS FOOD
3980 HERSCHEL ST, JAX
STAR'S CONVENIENCE STORE
756 PARK AVE, #111, ORANGE PARK
SUBWAY(EDGEWD PLZA)
2261 EDGEWOOD AVE W, JAX
SUNSHINE FOODS
695 KINGSLEY AVE, ORANGE PARK
SUNSHINE FOODS
2584 CR 220 @ COLLEGE, MIDDLEBURG
TEXACO EXPRESS LUBE
804 BLANDING BLVD, ORANGE PARK
TEXACO FOOD MART
7410 BLANDING BLVD, JAX
THE GAP CHEVRON
1312 BLANDING BLVD @ KNIGHTBOXX,
MIDDLEBURG
TOPCARE PHARMACY
430 COLLEGE DR, UNIT 116, ORANGE PARK
TROPICAL FOOD MART
1105 CASSAT AVE, JAX
VFW
187 ARORA BLVD., ORANGE PARK
VYSTAR
7795 BLANDING BLVD., ORANGE PARK
VYSTAR
4220 WABASH AVE., JAX
WALGREEN
6006 BEACH BLVD, JAX
WELCOME FOOD MART
6501 WILSON BLVD, JAX
WESCONNELL LIBRARY
103RD ST, JAX
WILLOWBRANCH LIBRARY
2875 PARK ST, JAX

'Sexual assault has no place in DOD,' official says

By Terri Moon Cronk
American Forces Press Service

Sexual assault has no place in the Defense Department, a senior Pentagon official said April 2, calling on the workforce to be part of the solution.

In a keynote address kicking off Aberdeen Proving Ground's observance of National Sexual Assault Awareness and Prevention Month, acting Undersecretary of Defense for Personnel and Readiness Jessica Wright said sexual assault is a national issue that also affects the Defense Department's military and civilian workforce.

The theme for this year's observance - underscored in a

message that Defense Secretary Chuck Hagel sent to the department's workforce today - is, "We own it . . . we'll solve it . . . together."

"Although we address sexual assault in the month of April, this is an issue that needs to be addressed every day of our lives," Wright told an audience of service members and civilian employees.

DOD is a microcosm of America, she added, where employees bring their values and how they were raised into the workforce.

"I often say if we're in Afghanistan and we [see] something unsafe, [or] not akin to the values we have grown up with,

we would tell that person to stop what they're doing, because they're going to affect our well-being and their well-being," she said.

"Yet when we are here in the United States, and we do something that's not akin to . . . values in a social network, sometimes we have a hard time crossing that boundary and saying, 'This affects the life of a service member or a civilian we work with, and it's inappropriate.'"

The Defense Department doesn't condone sexual assault, Wright said. "We don't tell jokes of a sexual nature, we don't condone unwanted sexual behaviors, and we clearly don't con-

done sexual assault," she added.

Just as everyone knows people who drink a lot of coffee, exercise a great deal or are "Facebook junkies," Wright said. "Everyone also knows someone who doesn't live by the Defense Department's values and ethos."

"I ask that if you know that person, tell [him or her] to stop it, and make sure you report bad behavior should you see it," she added.

"That's the only way we're going to stop it."

Wright said she joined the military in 1975 as a member of the Women's Army Corps, at a time when having a drink at the post club was condoned.

"But in our military now, . . .

we don't condone drinking [or] drinking and driving. We don't have those social things like we used to, because it's just not who we are," she said.

"I ask each and every one of you to take back a message with you today that says, 'every single day, we don't condone [sexual assault],'" she said.

Sexual assault awareness and prevention must be part of all levels in the organization, she added, whether employees work with a small group in an office or in a field situation.

"We have a sexual assault problem," Wright said.

"We need to jump on top of it and stop it. And it is incumbent upon all of you to do it."

Community Calendar

Military Appreciation Day will be held at the One Spark Festival in downtown Jacksonville April 20. One Spark is a five-day event that showcases ideas and projects of new businesses. For more info, go to www.beonespark.com.

U.S. Coast Guard Auxiliary Flotilla 14-2 presents **"About Boating Safely"** April 28 at Arlington Lions Club at 8 a.m. This is a comprehensive boating safety class approved by the National Association of State Boating Law Administrators. Successful completion of this course results in a Florida State Boating Education ID Card. Contact: Charles.s.hayes@gmail.com for more information.

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

Battle of Midway Commemorative Dinner, June 1 at 6 p.m. Hosted by Mayport Council Navy League of the United States at Renaissance Resort World Golf Village. For ticket and reservation info, call Bob Price 904-246-9982 or bpricex4@comcast.net.

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>.

The Second (Indianhead) Division Association is searching for anyone who ever served in the Army's 2nd Infantry Division at any time. For information about the association and annual reunion in Columbus, Ga. Sept. 17-21, contact Bob Haynes at 2idahq@comcast.net or 224-225-1202.

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.aoa9.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.

Navy Wives Clubs of America Jax No. 86 meets the first Wednesday of each month at 7 p.m. in Building 857 (at NAS Jax main gate behind Navy-Marine Corps Relief Society). Not So New Shop open Tuesday and Thursday (9 a.m. to 1 p.m.). Call 542-1582 for info.

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

FEMA seeks applicants for youth preparedness council

From Staff

The Federal Emergency Management Agency (FEMA) is looking for youth leaders who are dedicated to public service, who are making a difference in their communities, and who want to expand their impact as national advocates for youth disaster preparedness.

Youth between the ages of 12 and 17 interested in strengthening the nation's resiliency against disasters may now apply or be nominated to serve on FEMA's Youth Preparedness Council. Participants will represent the youth perspective on emergency preparedness and share information with their communities.

Those interested may apply directly or be nominated by an adult by submitting a completed application form, a narrative, and a letter of recommendation. Visit www.ready.gov/youth-preparedness to access the application materials and instructions.

Applications and supporting materials must be received by midnight April 19, 2013.

Youth Preparedness Council

members will attend the 2013 Youth Preparedness Council Summit and meet with emergency management leadership and national organizations dedicated to youth preparedness to discuss individual and community preparedness. Council members will participate in regular conference calls with FEMA and will complete a youth preparedness project of their choosing.

"Engaging youth is an integral step in preparing the nation for all hazards," said FEMA's Region IV Administrator Phil May. "Youth have a unique ability to influence their peers and families to be more resilient and play an important role in disaster preparedness, during and after a crisis."

Benjamin Cooke of Memphis, Tenn., represented FEMA's Region IV on the 2012 Youth Preparedness Council.

He frequently spoke to diverse groups of youth about the need for emergency preparedness and volunteered at the Memphis Virginia Hospital. He has participated in community initiatives such as "Get Ready Shelby" and "Go Green Memphis."

There are ways to spring into action as a 'Ready Navy Family'

From Commander, Navy Installations Command Public Affairs

For many, spring brings a resurgence of energy and activity with the milder temperatures.

It is a perfect time to practice your family emergency plan and to re-evaluate and restock your emergency supply kit for the changing season.

Although winter weather is becoming a fading memory, it is important to remember that weather and other hazards can be unpredictable. So spring into action as a "Ready Navy Family" and be ready for any hazard.

• Be and Stay Informed: Learn

about hazards that are common in spring months and most likely to happen in your area.

The Ready Navy website "Be and Stay Informed" offer specific instructions, information and resources you may need to know regarding floods, tornadoes, man-made hazards and emergency actions.

Learn what you should know if you need to evacuate or take shelter in your home.

• Make a Plan: As a family, make and refine your emergency plan so that everyone in the family understands what to do, where to go, and what to take in the event of an emergency.

Practice your plan by con-

ducting a drill where all family members must gather at your designated meeting place, exiting by various doors. Your emergency plan should also include how your family will communicate with each other, particularly if normal communication methods, such as phone lines or cell towers, are out.

Road conditions and other hazards can limit ease of movement. Have a contact person outside the area that each member of the family can notify that they are safe, if separated.

Place a call to your designated contact person to be sure he or she is willing to serve in that role. The Ready Navy website

provides printable forms and contact cards to guide you in your planning.

• Build a Kit: The best way to prepare for the unexpected is to have on hand one or more emergency kits that include enough water and non-perishable supplies for every family member to survive at least three days.

Keep a kit prepared at home, and consider having kits in your car, at work, and a portable version in your home ready to take with you.

These kits will enable you and your family to respond to any emergency more effectively. Make a game of kit building

with your children.

One idea is to have your children go on a scavenger hunt to find and gather necessary supplies around your house. Make note of items you are missing and shop together at your local installation commissary and NEX to complete your kit.

History shows that children who are involved and informed with emergency planning are better able to react safely in an emergency.

For more information about Ready Navy Family, along with tips, forms and guidance to be prepared for and stay informed about all hazards, visit www.ready.navy.mil.

FFSC offers life skills workshops

From the Fleet and Family Support Center

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

All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745.

If special accommodations or handicapped access is required, please notify FFSC upon registration.

The following is the schedule for 2013:

- Ombudsman Basic Training - May 13-16 (5:30-10 p.m.), Aug. 19-21 (8 a.m.-4 p.m.), Nov. 12-15 (5:30-10 p.m.)
- Transition Assistance Program (TAP) Separation Workshop (7:30 a.m.-4:15 p.m.) - May 6-10, May 13-17, June 3-7, June 17-21, July 8-12, July 15-19, Aug. 5-9, Aug. 19-23, Sept. 9-13, Sept. 16-20, Oct. 7-11, Oct. 21-25, Nov. 4-8, Dec. 2-6.
- Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m.-4:15 p.m.) - April 15-19, May 20-24, June 24-28, July 22-26, Aug. 26-30, Sept. 23-27, Oct. 28-31, Nov. 18-22, Dec. 16-20.
- Federal Employment Workshop (9 a.m.-noon) - April 22, May 3, June 12, Aug. 16, Sept. 6, Oct. 17, Nov. 27, Dec. 11. (Noon-3 p.m.) - July 2.
- Job Search & Interview Techniques Workshop (8-9:30 a.m.) - May 30, July 15, Sept. 5, Nov. 25.
- Resumes & Cover Letters Workshop (9:40 a.m.-noon) - May 30, July 15, Sept. 5, Nov. 25.
- Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) - May 1-2, Aug. 14-15, Nov. 13-14.
- Command Financial Specialist Training - (7:30 a.m.-4 p.m.) - June 10-14, Sept. 30-Oct. 4, Dec. 9-13.
- Money, Debt and Credit Management Workshop (8-11 a.m.) - April 30, July 2, Oct. 15.
- Strategies for First-time Home Buyers (1-3:30 p.m.) - April 22, May 29, Sept. 4.

• Strategies for Best Deals in Car Buying (9-10:30 a.m.) - May 29, Aug. 12, Nov. 26.

• PCS Sponsor Training (1:30-3 p.m.) - June 13, Aug. 8, Oct. 10, Dec. 12.

• PCS Smooth Move Workshop (1:30-4 p.m.) - May 9, July 11, Sept. 12, Nov. 14.

• Military Spouse 101 Workshop - May 21 (5-6:30 p.m.), July 18 (1-2:30 p.m.) Sept. 14 (1-2:30 p.m.) Nov. 21 (5-6:30 p.m.)

• What About the Kids (9-11 a.m.) - May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 7, Nov. 4, Dec. 9.

• Stress Management 101 Workshop (9-10:30 a.m.) - May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 5, Dec. 10.

• Extended Stress Management Workshop (8 a.m.-noon) - April 16 & 30, July 16 & 30, Oct. 15 & 29.

• Anger Management Workshop (8 a.m.-noon) - April 23, May 21, June 25, July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17.

• Personal Anger Control Group - May 2 - June 6 (Thursdays 11 a.m.-1 p.m.), June 25 - July 30 (Tuesdays 2-4 p.m.), Aug. 15 - Sept. 19 (Thursdays 11 a.m.-1 p.m.), Oct. 8 - Nov. 12 (2-4 p.m.)

• Individual Communication (11 a.m.-1 p.m.) - May 14, July 9, Sept. 10, Nov. 19.

• Parenting with Love & Logic (1-3 p.m.) - May 7, 14, 21, 28; July 9, 16, 23, 30; Sept. 3, 10, 17, 24; Nov. 5, 12, 19, 26.

• Active Parenting of Teens (1-4 p.m.) - April 17, 24; June 5, 12, 19, 26; Aug. 7, 14, 21, 28; Oct. 2, 9, 16, 23.

• Power 2 Change, Women's Support Group (9:30-11 a.m.) - Every Wednesday

• Expectant Families (9 a.m.-3 p.m.) - June 4, Sept. 16, Dec. 3.

• Tiny Tots Play Group (10 a.m.-noon) - April 2, 16, 30; May 14, 18; June 11, 25; July 9, 23; Aug. 6, 20; Sept. 3, 17; Oct. 1, 15, 29; Nov. 12, 16; Dec. 10, 17.

• Exceptional Family Member Program (EFMP) Orientation (1:30 p.m.-3 p.m.) - May 2, July 3, Sept. 5, Nov. 7.

• EFMP Command POC Training (1:30 p.m.-3 p.m.) - June 6, Aug. 1, Oct. 3, Dec. 5.

To register for any of the above workshops call 542-5745.

Free tax assistance

From Staff

REAL\$ENSE (United Way) is offering free tax preparation service Tuesday through



File Photo

A Northrop Grumman Corporation-developed MQ-8B Fire Scout unmanned aerial vehicle is embarked aboard the guided-missile frigate USS Robert G. Bradley (FFG-49). The unmanned helicopter, operated by HSC-22, logged its 600th deployed flight hour on March 31.

Fire Scout sets deployment milestone

From PEO for Unmanned Aviation and Strike Weapons Public Affairs

The Navy's MQ-8B Fire Scout Unmanned Aerial Vehicle (UAV) surpassed another milestone in March when the autonomous helicopter completed its 600th deployed flight hour while embarked on guided-missile frigate USS Robert G. Bradley (FFG 49). The Fire Scout, part of Helicopter Sea Combat Squadron (HSC) 22, logged its 600th deployed flight hour March 31.

This record exceeds the previous Fire Scout deployment milestone by 100 hours and will likely climb higher with nearly two months remaining on the frigate's 5th and 7th Fleet deployment.

This is the fifth sea-based deployment for the MQ-8B. Fire Scout routinely flies 17 hours per day, while providing 12-hour, real-time Intelligence, Surveillance and Reconnaissance (ISR) orbit to combatant commanders.

Bradley received communication upgrades allowing the aircraft's Full Motion Video (FMV) camera feed to be distributed to the ship's Combat Information Center (CIC) and to commanders at military installations throughout the world.

"The teams of USS Bradley and HSC-22 have taken Fire Scout and maritime ISR to a new level," said Capt. Patrick Smith, Fire Scout program manager at NAS Patuxent River, Md.

"They tackled multiple sparing, integration and operational issues. Their perseverance demonstrated the significance of maritime-based ISR. Fire Scout continues to be in great demand and is answering the call globally via our shipboard deployments."

Navy reminds Sailors to verify PRIMS data

From Navy Personnel Command Public Affairs

As Sailors prepare to participate in the semi-annual Physical Fitness Assessment (PFA), Navy Physical Readiness Program officials remind Sailors to verify their results in the Physical Readiness Information Management System (PRIMS).

"After each PFA, Sailors need to log into PRIMS and ensure their data is entered and accurate," said Bill Moore, director, Navy Physical Readiness Program.

Moore added that just like an individual would check their bank account after payday, Sailors need to check their PRIMS following a PFA.

All commands are required to

report their PFA data via PRIMS no later than 30 days after conducting the PFA in accordance with guidelines established in the Navy's Physical Readiness Program instruction, OPNAVINST 6110.1J.

Each Sailor must have a record for both PFA cycles in the year, even if the record reflects non-participation status due to deployment, IA, medical waiver, etc.

Sailors need to verify their data within 60 days so that any corrections can be made by the CFL at the command level. After six months of PFA completion, record changes can only be made by PRIMS administrators at Navy Personnel Command, which requires a Letter of Correction from the individual's commanding officer, on letterhead, that grants

authorization to make the change.

"In most cases the data is going to be correct, but since the CFL is entering data by hand for the entire command, it is possible that a number may get transposed or a line of data missed," said Moore. "The sooner a discrepancy is identified, the faster it can be fixed."

PRIMS was introduced in 2002 as the Navy's official source for Sailors' PFA data. It is used to monitor and track the progress of active-duty and Reserve personnel and identify, screen, educate and monitor members. PRIMS data is also verified against selection board and promotion board results at Navy Personnel Command. Sailors can access their PRIMS account at <https://www.bol.navy.mil>.

LEGAL

From Page 14

If you have a court case pending for divorce, child custody, child support, or spousal support try to resolve the case well before processing if you have time and it will not impact your case negatively.

Otherwise, notify the court and the other parties involved of your pending deployment. For single parents or dual military parents make sure that your family care plan is up to date and on file with your command.

Civil matters. Are you involved in a pending civil case where you are the plaintiff, defendant, or witness?

If you are unable to appear or adequately prepare for the case due to your orders you can request a suit stay under the Servicemembers Civil Relief Act.

Seek assistance from your command and notify the court you will not be able to attend as soon as possible to avoid a default judgment. Concerning bills, ensure you have made arrangements to have these paid - either by yourself or an appointed agent back home - during your deployment.

Minor criminal matters. If you have any pending criminal cases or unresolved traffic violations, it is imperative that you either resolve them or notify the court of your deployment as soon as practicable to ensure you do not incur any additional penalties and/or a warrant is not issued for your arrest.

Consumer law/identity theft. While on deployment you can have an "Active Duty Fraud Alert" placed on your credit report to prevent becoming the victim of identity theft.

A request is only needed for the alert by one of the three credit bureaus - TransUnion (1-800-680-7289), Equifax (1-800-525-6285), or Experian (1-800-397-3742) - and all three will place the alert on your credit report.

You are also entitled to a free annual credit history report through www.annualcreditreport.com.

Vehicle and property storage. For your vehicle, ensure it is stored in a legitimate storage facility and the registration and insurance are current and cover your period of deployment in case your vehicle is damaged while in storage.

For your property, ensure homeowners and/or renters insurance covers your period of deployment, notify your landlord or neighbors of your absence, have someone regularly check on your property for you, and create a written or videotape record of your property and its condition.

Servicemembers Civil Relief Act Matters. The Servicemembers Civil Relief Act (SCRA) provides great benefits and protections before, during, and after deployment.

First, the SCRA allows you to reduce the interest rate on any debt you incurred (for example credit cards and mortgages) before your active duty orders began to 6 percent during active duty.

Second, if your deployment is for more than 90 days the SCRA will allow you to terminate a residential or vehicle lease provided you give the landlord or lessor

a written notice of your intent to terminate the lease under the SCRA along with a copy of your orders.

You may also terminate or suspend your cell phone contract if you are being deployed for more than 90 days outside of the service area.

Third, the SCRA may also delay an eviction of your family while you are deployed. Finally, the SCRA also prohibits your property from being sold or repossessed without a court order.

If you are interested in taking advantage of any of the SCRA's provisions your legal assistance office can offer guidance on application procedures and letters.

Taxes. For those deploying to a combat zone, your combat pay is tax free!

For those deployed during tax season there are also tax filing extension options from the IRS, including an automatic 180 day extension to file and pay taxes for those deployed to a combat zone or in support of a contingency operation (plus credit for the actual time spent there). For additional information, please visit www.irs.gov.

USERRA. The Uniformed Services Employment and Reemployment Rights Act (USERRA) prohibits employers from discriminating against reservists because of their deployment and requires reemployment upon their return back home.

USERRA requires mobilizing reservists to provide oral or written notice to the employer of their upcoming call to active duty.

For more information on USERRA, please contact your legal assistance office, the National Committee for Employer Support of the Guard and Reserve (www.esgr.org), or the Department of Labor (<http://www.dol.gov/vets/>).

Eligibility. Per JAGINST 5801.2B, the highest priority is for legal assistance services is for active duty personnel attached to deploying units, other deploying active-duty personnel, and Reservists and National Guard members deploying under active duty recall.

Pre-mobilization legal counseling and assistance may be provided to active duty or inactive reservists consistent with mobilization readiness needs.

DoD civilian personnel deploying for at least 30 days to a combat zone, in support of a contingency operation, or aboard a naval vessel may be provided pre-deployment legal assistance services within current means and capabilities.

Finally, DoD civilian personnel who are U.S. citizens, other than local hire employees, employed by, serving with, or accompanying U.S. Armed Forces, when assigned to a foreign country or to a vessel or unit of the Armed Forces of the U.S. in excess of 30 days are eligible for notaries, POAs, wills, and general legal assistance services.

Please visit http://www.jag.navy.mil/legal_services/rso/seastore.htm for more information or to find out the location of the legal assistance office closest to you.

SUMMER CAMP

2013 Adventure Summer Registration Dates:

Current School-Age Care participants - April 1 - 5
Single & Dual Active Duty - April 8 - 12
Other Active Duty - April 15 - 19
DoD Civilians - April 22 - 25

Registration Packets available for pick up at the Youth Center.

- Open to eligible Military and DoD Civilian dependents ages Five (must be kindergartener graduate) to 12 years old.
- To be eligible, participants must live in the home of the sponsor.
- Program cost is based on Total Household Income. Due at the time of registration, a current earning statement, a completed registration packet, as well as the first week's camp fee.
- Register for weeks of your choosing.
- Field trips are provided at no additional cost to the family. In the event of a field trip cancellation, every attempt will be made to reschedule. However, refunds will not be given for field trips that are not rescheduled.
- Parents are required to provide the Center with a two weeks written withdrawal notice.
- Summer Camp Highlights: FREE Summer Lunch program through the Jacksonville Children's Commission, Field Trips, arts & crafts, computers & internet, free breakfast & snack program, exciting activities and games, swimming, canoeing, and MUCH more!

Camp begins Monday, June 10 and ends Friday, August 16 • 10 Week Camp

Spots fill up quickly, so don't wait to register!
Contact the NAS Jax Youth Center for more information at 778-9772.

ing needs.

Value, convenience, great accommodations, service and very affordable rates are the foundation of the NGIS lodging program.

NGIS offers affordable lodging rates that support the recent reduction of command travel expenses. Lodging rates range from \$25/night - \$65/night with varying rates depending on location.

Supporting NGIS ensures that travel funds provide the opportunity for improvements to NGIS services and facilities for our war fighting community.

Generally, NGIS lodging facilities will save guests between 40 to 65 percent off comparable civilian accommodations.

In-room amenities include Internet access, air conditioning, cable TV with a premium channel, a DVD or VCR, telephone service, microwave and refrigerator.

You'll also have housekeeping service, vending machines and guest laundry facilities as well as handicapped accessible and non-smoking rooms.

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220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950,

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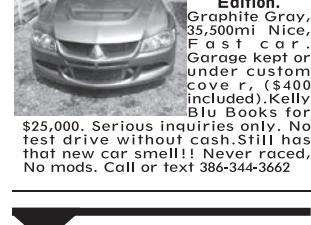
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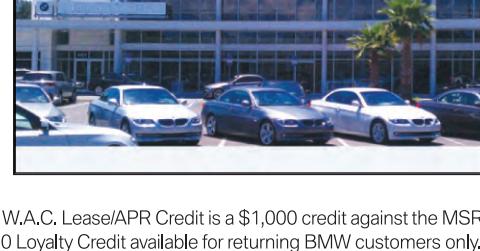
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