

Jax Air News

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CPO 365 Phase II is underway

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Phase II of Chief Petty Officer (CPO) 365 is well underway at NAS Jacksonville as 75 chief selectees are currently being tested as deckplate leaders. CPO 365 Phase I started Sept. 17, 2012 with two segments that define the journey from first class petty officer (FCPO) to CPO. Phase I concludes when CPO selection results are released.

The MCPON's guidance sets forth a program that blends 120 years of tradition with the commitment of CPO mess leadership providing those selected with required guidance.

Participation is mandatory for all FCPOs throughout duration of Phase I, regardless of whether they are board-eligible.

Phase II begins when the chief selectees are announced and concludes with the pinning ceremony on Sept. 13.

All FCPOs must remain engaged in periodic training held at the chapel every Thursday from 9-10 a.m., and



AMC(Select) Rodriquez Carmago of VP-30 hoses down an SH-3 Sea King helicopter at Heritage Park during the annual Chief Petty Officer Selectees' plane washing event on Aug. 14 at NAS Jax Heritage Park. Photo by Kaylee LaRocque

See CPO, Page 11



Photo by Lt. Kevin Wendt

Commissary Promotes Feds Feed Families

Cmdr. Ryan Keys, commanding officer of HS-11 (left), purchases a Feds Feed Families bag from Commissary Cashier Efrain Sullivan. Feds Feed Families is a campaign that supports communities throughout the United States with non-perishable food items and will run through Aug. 28. The NAS Jax Commissary is helping the cause by selling \$10 bags with essential items for those families in need.

NAS Jax Public Affairs professionals recognized among best in Navy

From NAS Jax Public Affairs Office



Photo by MC2 Salt Cebe
Guests who attended the P-8A Poseidon Aircraft Roll-Out Ceremony at NAS Jacksonville March 28, 2012 were invited to tour the aircraft. The P-8A Poseidon, a multi-mission maritime aircraft, represents the most advanced anti-submarine warfare and reconnaissance technologies.

Naval Air Station Jacksonville (NAS Jax) Public Affairs Office was recently recognized for outstanding work in the sound, goal-oriented preparation and execution of a communication program that drew the public's attention and let everyone know the importance of the new P-8A Poseidon aircraft. The new aircraft will have a positive impact on NAS Jax, naval aviation and its ability to operate forward through effective timely modernization.

See AWARD, Page 6

Adm. Greenert releases CNO Navigation Plan for 2014-2018

By MCC(SW/AW)
Julianne Metzger
Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Jonathan Greenert released his Navigation Plan for the Navy for 2014 to 2018 to the fleet last week.

Drawing from the Sailing Directions and the three tenets of Warfighting First, Operate Forward and Be Ready, the Navigation Plan defines the course and speed the Navy will follow to organize, train and equip over the next several years.

Greenert also addresses budgetary concerns about Continuing Resolutions, Sequestration and preparations for the FY2014 budget in the document.

"Our first consideration is the ability to fight and win



Photo by MCC Julianne Metzger

Chief of Naval Operations (CNO) Adm. Jonathan Greenert holds an all-hands call at Bloch Arena at Joint Base Pearl Harbor Hickam to speak to Sailors about the current status of the Navy and answer any questions they have about the future of the fleet on Aug. 12.

today, while building the ability to win tomorrow," said Greenert.

"Regardless of reductions,

we will continue to operate forward with ready forces, where it matters, when it matters."

Greenert stated that despite future reduction to Navy's budget that may impact the ability to maintain the overall size of the fleet, the Navy will ensure that the deployable force is proficient and ready.

This will include fielding and improving "kill chains", utilizing the electromagnetic spectrum and maintaining the Navy's undersea dominance.

The document also addresses the rebalance toward the Asia-Pacific region, a strategy that will compel the Navy to add ships to the Forward Deployed Naval Force, and increase the number of ships which are Forward Stationed or Forward Operating.

"The Navy and Marine Corps are our nation's 'away team',"

said Greenert.

"History demonstrates the Navy is at its best when we are forward and ready to respond."

Lastly, the Navigation Plan stresses the importance of having Sailors and Civilians that are ready to tackle tomorrow's challenges by being personally prepared, confident and proficient.

"We will sustain our forces' warfighting capability and ability to operate forward through effective maintenance and timely modernization," said Greenert. "Ready Sailors and Civilians remain the source of the Navy's warfighting capability."

To view the CNO's Navigation Plan, visit www.navy.mil/cno/130813_CNO_Navigation_Plan.pdf.

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U.S. Navy photos

Despite the discontinuance of Navy operated ferry boats plying the St. Johns River, service was provided in 1947 by a privately owned cabin cruiser skippered by B.L. Davis, himself an NAS Jax employee. The boat made four crossings daily between the station dock and the Bolles School dock.

This Week in Navy History

From Staff

Aug. 22

1912 - U.S. Navy Dental Corps established.

1945 - First surrender of Japanese garrison at end of World War II. USS Levy receives surrender of Mille Atoll in Marshall Islands.

1980 - USS Passumpsic (AO-107) rescues 28 Vietnamese refugees.

Aug. 23

1864 - Rear Adm. David Farragut's squadron captures Fort Morgan at Mobile Bay.

1958 - Massive concentration of Pacific Fleet in Quemoy-Matsu area prevents invasion of islands by China.

1958 - In Taiwan Straits Crisis, units of 7th Fleet move into Taiwan area to support Taiwan against Chinese Communists.

1963 - The first satellite communications ship, USNS Kingsport (T-AG-164) in Lagos, Nigeria, connected President John F. Kennedy with Nigerian Prime Minister Balewa who was aboard for the first satellite (Syncom II) relayed telephone conversation between heads of state.

Aug. 24

1814 - British invasion of Maryland and Washington, D.C. - Washington Navy Yard and ships burned to prevent capture by the British.

1912 - Launch of USS Jupiter, first electrically propelled Navy ship.

1942 - U.S. carrier aircraft begin two-day Battle of Eastern Solomon Islands where Japanese task force is defeated and one Japanese carrier sunk. Japanese recall expedition to recapture Guadalcanal.

Aug. 25

1843 - Steam frigate Missouri arrives at Gibraltar, completing first Trans-Atlantic crossing by U.S. steam powered ship.

1942 - Five Navy nurses captured on Guam are repatriated.

1951 - Twenty-three fighter aircraft from USS Essex (CV-9) escort Air Force heavy bombers attacking Najin, Korea - since target was beyond range of land-based fighters.

Aug. 26

1775 - Rhode Island Resolve: state delegates to Continental Congress press for creation of Continental Navy to protect the colonies.



After losing their starboard engine during an anti-submarine patrol 180 miles off the coast of Mayport, the crew of this VP-45 Martin P5M flying boat taxied the aircraft from the open sea to NS Mayport. After refueling, the "Pelicans" crew taxied their aircraft up the St. Johns River to its home base of NAS Jacksonville. The Navy tug Umpqua escorted - but did not tow - the aircraft from NS Mayport. Not surprisingly, this mission took days longer than planned.

1839 - Brig Washington seizes Spanish slaver, Amistad near Montauk Point, N.Y.

1861 - Union amphibious force lands near Hatteras, N.C.

1865 - Civil War ends with Naval strength of more than 58,500 men and 600 ships.

Aug. 27

1917 - Squadron of minesweepers departs U.S. for service off coast of France.

1944 - USS Stingray (SS-186) lands men and supplies on Luzon, Philippines to support guerilla operations against the Japanese.

1945 - Pacific Fleet ships enter Sagami Bay, near Tokyo, Japan.

1959 - Off Cape Canaveral, Fla., USS Observation Island (EAG-154) makes first shipboard launching of a Polaris missile.

Aug. 28

1867 - Capt. William Reynolds raises

U.S. flag over Midway Island and takes formal possession of the islands.

1952 - Units on USS Boxer (CV-21) launch an explosive-filled drone that explodes against railroad bridge near Hungnam, Korea. First guided-missile launch from a ship during Korean Conflict.

1965 - Cmdr. Scott Carpenter and nine aquanauts enter SeaLab II, 205 ft. below Southern California waters to conduct underwater living and working tests.

1991 - A helicopter from USS America (CV-66) rescues three civilian sailors who spent 10 days in a lifeboat 80 miles off Capt May, N.J. after their sailboat capsized.

1992 - Navy and Marine forces begin providing disaster relief after Typhoon Omar hit Guam.

1992 - Marine and Army forces begin providing disaster relief in Florida after Hurricane Andrew.

Lost wedding band returned by strangers

By Sarah Smiley
Special Contributor

The story I'm about to tell you is hard for some people to believe. After hearing it, they ask a series of predictable questions: You hired these people, right? (Answer: No.) You knew them ahead of time?(Also, no.) Are you joking me? (No.)

First, a little background. I met my husband, Dustin, when I was a baby. In fact, because my dad was deployed when I was born, I met Dustin before I met my dad seven months later. Our lives intersected multiple times throughout our childhood, but for 10 years, we didn't see each other at all. Then, when I was 20, Dustin and I went out on a date. We got married less than two years later.

On July 17, 1999, I gave Dustin a practical, inexpensive wedding band. He wore the ring every day for 12 years — through two cross-country moves, flight school, three children and two deployments — until July 30, 2011.

That was the day we took the kids to Mt. Katahdin in northern Maine to visit our favorite swimming hole, an offshoot of the Penobscot River, where the water churns and a rope swing hangs from a tree. In three months, Dustin would leave for a yearlong deployment.

Dustin was swimming with the boys in the rapids when his wedding band slipped off his finger and disappeared into the foaming water. A wedding ring is just a piece of metal until that moment when it's gone. As I cried on the banks of the river, Dustin rubbed my back and whispered into my hair, "We'll buy a new ring before I leave, and someday, I'll come back here and find the real one."

But in my heart I knew: the ring was gone.

I wrote about the lost wedding band in a column a week later, and when Dustin left for his deployment that November, he had a new, shiny wedding band on his finger. It wasn't the worn and scratched one that had represented our love for more than a decade.

Over time, I moved on and forgot about the ring.

Thirteen months later, in September

From the Homefront

2012, I received a cryptic message in my Inbox.

"Hi Mrs. Smiley - My dad, Greg Canders, read your article about losing your husband's ring last year. My dad showed me the article this morning and we decided to attempt to find it. Could you please give me a call as we have found a wedding band and would like you to identify it. Zac Canders"

I hate to admit that at first I was skeptical. I had dark thoughts about Greg and Zac, whom I didn't know. Were they tricking me? Did they have some kind of motive? Did they want something from me? Because it didn't seem possible they could find the ring. And why would they look for it anyway?

I agreed to meet Greg and Zac at a local parking lot. Greg, a professional diver, told me that my column had touched him. In fact, he had saved the clipping and had it in his shirt pocket.

That morning, he and his son had decided to drive 80 miles out of their way, with all of their gear, to find the swimming hole I had hastily described and look for the ring.

Greg reached into his other pocket and pulled out a small plastic bag. While my husband was still eight time zones away, my hand trembled. Greg opened the bag and put Dustin's ring, tarnished and spotted from 13 months under water, in my palm. I slipped the ring onto my right hand.

Greg and Zac wanted nothing in return, though we had them to Dinner with the Smileys, and when Dustin came home from deployment three months later, he could hardly wait to shake their hand.

When Dustin held his ring again, it was with the same amount of awe that I had in the parking lot that day. But when I asked him, "It hardly seems real, does it?" Dustin said without hesitation, "I always knew we'd find it."

Free Breast Care Symposium provides answers to Northeast Florida women

From Staff

The sixth annual Pink Ribbon Symposium will be held at the Thrasher-Horne Conference Center (283 College Drive, Orange Park 32085) on Oct. 5 from 8 a.m. to 1 p.m. Founded by Drs. Cynthia Anderson and Linda Sylvester, the event is presented by ICON Oncology at Orange Park Cancer Center and F.R.O.G. (Florida Radiation Oncology Group).

Important up-to-date information about breast cancer prevention, early detection and treatment options, the side effects of treatment, and survivorship will be discussed.

Plus, it will offer good health and wellness topics, along with a keynote presentation entitled, "Laughter is the Best Medicine" and an "Meet the Experts" session, which will allow guests to ask questions of local doctors. More than 500 attend this free symposium annually.

This year's special guests are two regional female comedians, Gwen Templeton and Roz McCoy, who will headline the event and offer insight into how laughter can ease pain and help the cancer journey in an up-close and personal way.

Guests will be treated to a healthy continental breakfast. Topics include an update on breast cancer

research, genetics, caregivers, stress relief, caring for your body, health, nutrition and exercise.

Everyone is invited to the expo, where up to 60 local and national businesses will showcase their services to help cancer patients and their families.

Guests will learn how to care for their body, how sleep can affect cancer treatment, and how best to deal with relationships.

The schedule is as follows:
8-9 a.m. - Exhibits & Continental Breakfast

9-9:25 a.m. - Opening Remarks

9:40-10:30 a.m. - Session 1 - Meet the Experts (latest updates on radiology, medical oncology, surgical oncology, reconstruction, etc.), Caring for Our Bodies (nutrition, exercise, family genetics, coping with emotional stress, sexuality, etc.)

10:30-11 a.m. - Exhibits/ Intermission (Silent Auction closes at 11 a.m.)

11 a.m. - 12:05 p.m. - Session 2 - Meet the Experts, Caring for Our Bodies

12:05-12:30 p.m. - Guest Speakers: Laughter is the Best Medicine

12:30-12:40 p.m. - Closing Remarks

For more information, call 838-2950 or email pinkribbonsymposium@gmail.com.



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Hagel announces new anti-sexual assault initiatives

By Jim Garamone
American Forces Press Service

Defense Secretary Chuck Hagel announced seven new initiatives Aug. 15 to strengthen and standardize the department's sexual assault prevention and response effort.

In a memo, Hagel called elimination of sexual assault in the military one of the department's top priorities.

"This effort requires our absolute and sustained commitment to providing a safe environment in which every service member and DoD civilian is free from the threat of sexual harassment and assault," he wrote in a statement.

"Our success depends on a dynamic and responsive approach. We, therefore, must continually assess and strive to improve our prevention and response programs."

On May 6, the secretary directed the services and defense agencies to strengthen the program in commander accountability, command climate, victim advocacy and safety.

The secretary's initiatives include:

- Services to improve victim legal support by directing service secretaries to create a legal advocacy program providing legal representation to sexual assault victims throughout the judicial process. He set Nov. 1, 2013, as an initial operating capacity and for it to be fully functional by Jan. 1, 2014.

- Hagel directed pre-trial investigative hearings

of sexual assault-related charges be conducted by Judge Advocate General officers.

- He also directed service secretaries to enhance protections calling on them to develop and implement policies allowing for the reassignment or transfer of members accused of committing sexual assault or related offense. Hagel wants this done to eliminate contact while respecting the rights of both victims and the accused.

- Hagel is requiring timely follow-up reports on sexual assault incidents and responses to be given to the first general or flag officer within the chain of command.

- He also directed the DoD inspector general

to evaluate closed sexual assault investigations.

- Hagel ordered the service secretaries to standardize prohibitions on inappropriate behavior between recruiters and trainers and their recruits and trainees.

- And, Hagel directed the DoD general council to develop and propose changes to the Manual for Courts-Martial allowing victims to give input during the sentencing phase of courts-martial.

The new measures should strengthen the department's sexual assault prevention and response programs, the secretary said.

"Remember, we are all accountable and responsible for eliminating this crime from our ranks," Hagel said in the memo.

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- ❖ Natural and logical consequences
- ❖ Active parent-child communication techniques
- ❖ And more!

2013 Schedule

September: 9, 16, 23, 30 & October: 7, 21

1 p.m. -- 4 p.m.

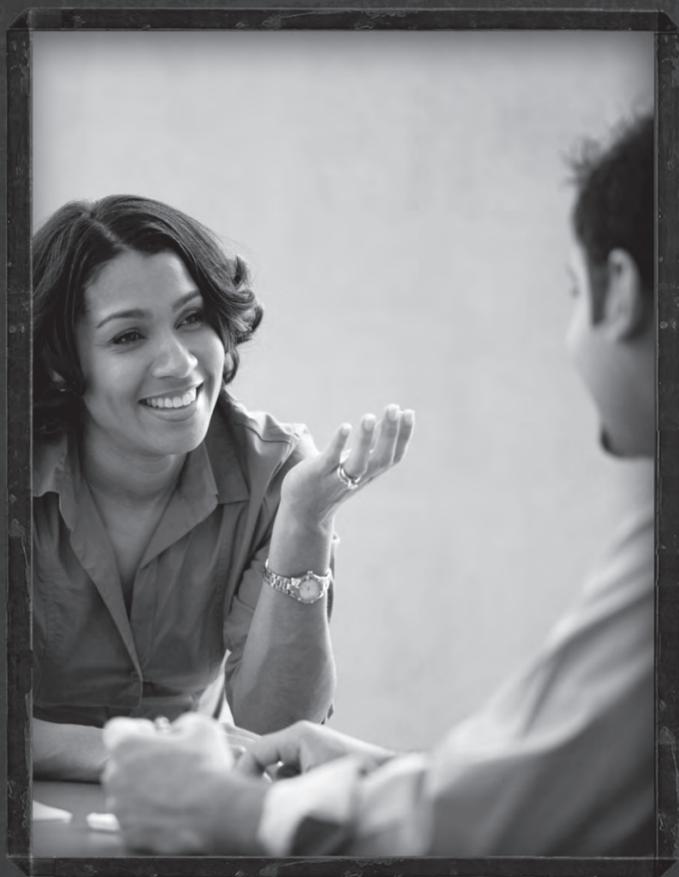
* Pre-registration is required.

For more information or to register, call 542-5745 and ask for Ms. Emily Fox.

*This training is open to all active duty, reserve, and retired personnel who have children ages 5-12 years. Need child care to attend the training? Ask about our free child care vouchers!



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ABH2 Edward Davis utilizes hand signals to guide an SH-60 Seahawk to the runway for its takeoff and return to USS George H.W. Bush.



Transient Line Sailors assist the aircrew and passengers of a C-12 Huron with their luggage before setting up for fueling operations.

TRANSIENT LINE SAILORS KEEP AIRFIELD OPERATIONS

RUNNING SMOOTHLY

By Lt. Kevin Wendt
Staff Writer

Aircraft passing through NAS Jacksonville, both helicopters or fixed wing, can count on the professional Sailors working at the Transient Line (T-Line) in Hangar 117 to guide, tow and park their aircraft.

The T-Line is an essential component in day-to-day air operations at NAS Jax, providing a myriad of services that help support fleet operations in the southeast region.

"The T-Line Sailors here are highly qualified individuals, and support the needs of the base in many different ways," commented T-Line Division Officer Lt. Matthew Malmkar.

"We provide aircraft towing, parking, and fueling operations to all types of planes and helicopters for all branches of the service. One of the most helpful things we do is escort pilots who are



In response to a request from the NAS Jax air traffic control tower, Transient Line Sailors use the "follow me" truck to rig the runway's longfield arresting gear for service.

unfamiliar with our taxiways to their designated parking spots with a 'follow me' truck."

Malmkar explained that the T-Line Sailors handle all types of aircraft, providing specific ground carts to them as needed, and must be knowledgeable in servicing each one.

In addition, Sailors also perform regular maintenance on the runway arresting gear and constantly rove the airfield for debris that could damage an aircraft.

Speaking on the challenges of work-

ing in the T-Line, ABH2 Edward Davis commented, "You have to maintain an extreme level of focus when guiding and parking an aircraft. Safety and communication are absolutely essential, especially since so many things can be going on at once."

An additional service that the T-Line gladly engages in is setting up aircraft on the flight line for an air show.

"Our busiest and most challenging time is definitely when we have an air show," Malmkar continued.

"Towing static display aircraft into

position, especially when they are from the World War II era, can be difficult because we don't want to do anything to potentially damage these relics. But the rewards of providing such a fun event to the public are definitely worth it."

Malmkar praised his Sailors for their continued hard work and devotion to supporting fleet operations.

"These are a great group of extremely skilled Sailors, and their professionalism and abilities continue to impress me everyday. I couldn't ask for a better crew."



NAS Jax Transient Line personnel tow a C-12 Huron into Hangar 511.



ABH3 Victor Soto (left) and ABH2 Calvin Davis, both with the NAS Jax Transient Line, tighten the runway arresting gear wire for use in potential emergencies.



NAS Jax Transient Line Sailor ABH2 Edward Davis communicates with an SH-60 Seahawk pilot on the flight line near Hangar 117.



ABH2 Calvin Davis, with the NAS Jacksonville Transient Line, checks the wiring and performs general maintenance on the runway arresting gear.



Transient Line Sailors ABH3 Victor Soto (left) and ABH2 Calvin Davis tighten bolts on the runway arresting gear to hold it in place.

PHOTOS BY LT. KEVIN WENDT



Transient Line Sailors ABH2 Calvin Davis (left) and ABH3 Victor Soto pull the wire of the runway's longfield arresting gear into position for potential use. "The arresting gear is utilized as a safety precaution when aircraft are experiencing malfunctions. It prevents them from potentially drifting off the runway in an emergency," commented Transient Line Division Officer Lt. Matthew Malmkar.



Transient Line Sailor ABH2 Calvin Davis performs a final inspection on the runway's arresting gear to ensure it's safely prepared and ready for use.



NAS Jax Transient Line personnel use the "follow me" truck to escort a C-130 Hercules into a parking position by Hangar 117.

NAVFAC Southeast awards \$16 million contract for new mission control complex at NAS Jacksonville

From Naval Facilities Engineering Command Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$16 million contract Aug. 14 to Whitesell-Green, Inc., a small business out of Pensacola, for construction of a Broad Area Maritime Surveillance Mission Control Complex at NAS Jacksonville.

The work to be performed includes construction of a new freestanding two-story structure with two electromagnetic interference shielded mission control systems, a tactical operations center with sensitive compartmented information facility spaces, and numerous roof-top mounted antennas.

The project will renovate some interior spaces; the renovations include a reconfigured command suite, systems reconfiguration, and in some cases finish upgrades. Also, a new antenna infrastructure

will be built at a remote site south of the new facility.

NAVFAC Southeast continues to build on its success by providing contract opportunities to small businesses.

"We continue to review all projects for potential small business opportunities," said Nelson Smith, NAVFAC Southeast small business manager.

Each year NAVFAC establishes target goals are established for Small Business, Small Disadvantaged Business, Historically Underutilized Business Zone Small Business, Service-Disabled Veteran-Owned Small Business, and Women-Owned Small Business categories. Smith explained that the maximum practicable utilization of small business concerns is a matter of national interest with both social and economic benefits.

Work for this project is expected to be completed by December 2014.

VP-5 'Mad Fox' of the Week

By Lt. j.g. Taylor Brauns
VP-5

VP-5 has finalized its transition from the P3-C Orion to the P8-A Poseidon with the completion of Safe for Flight on Aug. 1. Mad Fox One landed Aug. 5 at 4:45 p.m. marking the completion of VP-5's first independent flight of the P8-A Poseidon.

"Mad Fox of the Week" is a weekly spotlight on those "Mad Foxes" that help make these historic events happen. This week's Mad Fox of the Week is AM2 Shawn Batchelor.

Batchelor was born in Jamaica and moved to the United States in December 2005. He joined the Navy in June 2010 and became a naturalized citizen in November of the same year. As an aviation structural mechanic, he is responsible for the general upkeep of the airframe, hydraulic controls, flight control surfaces, and landing gear. He is also responsible for the corrosion control on the aircraft, which is extremely important as VP-5 begins to



AM2 Shawn Batchelor

employ their new airframe operationally.

Batchelor explained that the diligence and ordered structure that goes into maintaining military airframes are the most challenging part of his job. However, despite the challenges that go along with being an aviation structural mechanic, he said, "my job gives me an opportunity to pursue my goals and dreams."

When Batchelor first moved to the United States, he and his wife's goal was to own their own house. Through hard work and dedication, he is proud

that he is on his way to meeting that goal. While in the Navy, he ultimately strives to progress through the ranks, earn a commission, and retire as a captain.

To help facilitate these aspirations, he attends Full Sail University where he studies mobile development. Outside of the Navy, he has interests in becoming a business entrepreneur. He hopes to one day be able to design and develop apps for mobile phones.

VP-5 is currently in the inter-deployment readiness cycle aboard NAS Jacksonville.

AWARD

From Page 1

The public affairs team won the coveted 2012 Chief of Naval Information (CHINFO) Thompson-Ravitz Award for Excellence in Navy Public Affairs (PA) for Special Events/Projects, Observances and Special Publics, Shore, Small - "P-8A Poseidon multi-mission aircraft roll out and P-8A Integrated Training Center."

Capt. Roy Undersander, NAS Jax commanding officer, said earning the award highlights the commitment and outstanding efforts of his public affairs team. "Our PAO team, led by Miriam Gallet, constantly delivers and always strive for the best," he stated.

In the Navy PA community, everyone strives to one day win a Thompson-Ravitz

Award.

Gallet was truly humbled by the recognition and very proud of her team for competing alongside the Navy's very best.

The NAS Jacksonville PAO team is small, only three members (Kaylee LaRocque, Clark Pierce, and Miriam Gallet), who accomplish so much on a daily basis.

Gallet said that they are all very proud of the award and thanked Navy Region Southeast Protocol Officer Denise Gonzalez, VP-30, PMA-290 PAO LaToya Graddy, and others who were part of the project team.

She explained that "conceptualizing, writing and executing hundreds of moving parts in a communication plan for the roll out of a new aircraft in the Navy's arsenal and the simultaneous grand open-

ing of the Navy's largest integrated training center with more than 2,100 guests in attendance was a big challenge."

"Winning this award on the heels of their win of the Chief of Information Merit Award for the newspaper solidifies their commitment to public affairs excellence and information synchronization aboard the installation. I'm very proud of their accomplishments," stated Undersander.

The Thompson-Ravitz Award recognizes the most exceptional performance by individuals and units in public affairs throughout the Navy.

The awards bear the names of Rear Adm. William Thompson, the first designated Public Affairs Officer (PAO) selected for flag rank and the first PAO to be the CHINFO, and Rear Adm. Robert Ravitz,

a former Director of the Naval Reserve Public Affairs Program and Special Assistant to the CHINFO.

The award promotes professional communication expertise, excellence and highlights the superb work by public affairs professionals and other Navy personnel who produce public affairs programs. Categories included special events and projects, community relations, public information and internal communication.

"Congratulations to all commands and individuals who participated in the Thompson-Ravitz Awards Program. Your hard work and superb efforts have made your public affairs programs outstanding examples to emulate. Well done," wrote Navy Chief of Information Rear Adm. J. F. Kirby in a message.

8 NEW HOMES REMAINING

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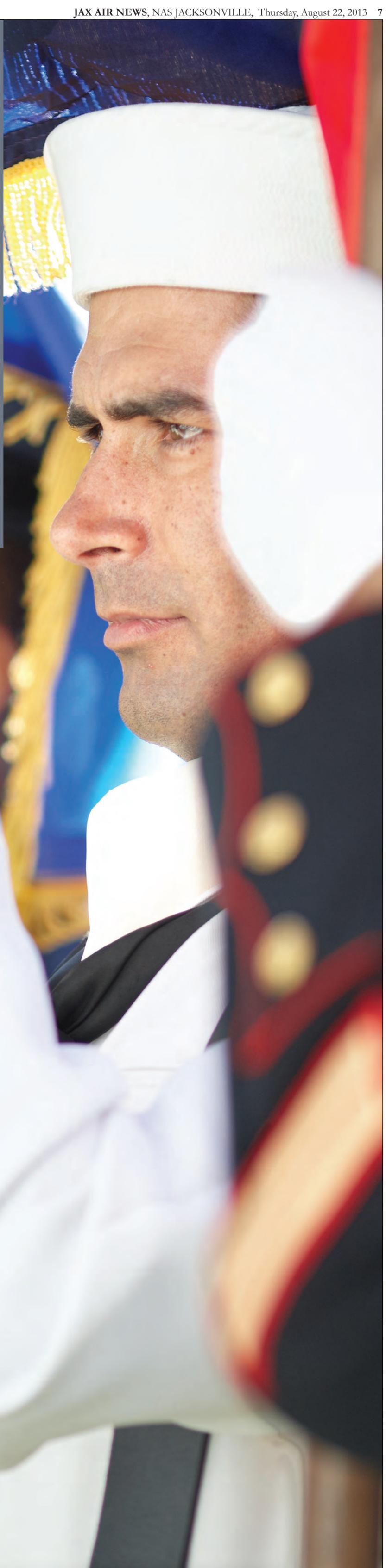
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New disaster relief, emergency facilities celebrated in Cap Haitian, Haiti

From Naval Facilities Engineering Command Southeast Public Affairs

A celebration was held Aug. 9 for the newly-constructed emergency operations center (EOC), disaster relief warehouse (DRW) and fire station in Cap Haitian, Haiti.

The new facilities, located within the Nord Department of Haiti, were built as part of U.S. Southern Command's Humanitarian Assistance Program (HAP) in Haiti.

"The 4,000 square-foot EOC will provide a central hub for the local government to coordinate response following catastrophic events and report vital information to the Haitian government for rapid decision making," said Lt. j.g. Blaine Henning, Naval Facilities Engineering Command Southeast (NAVFAC Southeast) resident officer in charge of construction (ROICC), Haiti.

The ceremony was held in the outdoor vehicle bay of the fire station and was well attended by community members, local fire fighters, Directorate of Civil Protection volunteers, Haitian National Police, and local officials. The local fire department displayed hundreds of pieces of life saving equipment donated to the department by the United States since the 2010 earthquake.

"The 4,800 square-foot DRW should provide ample storage for items need-



Photos courtesy of the U.S. Embassy, Haiti
From left, U.S. Ambassador to Haiti, The Honorable Pamela White; Haitian Minister of the Interior, His Excellency Daniel Basile; and Haitian Director of Civil Protection Madame Jean Baptiste cut the ribbon to officially open the new disaster readiness warehouse on Aug. 9.

ed to respond immediately following a major disaster. The warehouse also creates a place for supplies to be redistributed from a central area outside of the Haitian capital to help alleviate major supply chain issues discovered following the 2010 earthquake," explained Henning.

The EOC, DRW, and fire station are part of 12 similar projects in Haiti that were awarded by NAVFAC Southeast in Jacksonville. The lead contractor on the EOC and DRW was GDG Beton of Port Au Prince, Haiti. The lead contractor on the fire station was CSS International Holdings, Ada, Mich.



Haitian Minister of Interior, His Excellency Daniel Basile and U.S. Ambassador to Haiti, The Honorable Pamela White (center) gather with local firefighters during a ceremony to celebrate the opening of a new fire station in Cap Haitian, Haiti.

"The EOC and DRW will be managed and staffed by members of the local Directorate of Civil Protection (DPC). That is the equivalent of FEMA in the United States," said Henning. "The 3,400 square foot fire station will provide first responder capabilities to the Cap Haitian area and life saving equipment to the local fire fighters."

Participants in the inauguration ceremony included U.S. Ambassador to Haiti, The Honorable Pamela White; Daniel Basile, minister of the interior; and Madame Jean Baptiste, director of civil protection.

Both the U.S. ambassador and minister of interior remarked in their speeches that the success of these projects could only conclude with the contin-



Firefighting equipment donated by the United States to Haiti is displayed Aug. 9 during a ceremony to celebrate the opening of a new fire station constructed in Cap Haitian, Haiti.

ued cooperation between the United States of America and the Government of Haiti.

Henning, along with Greg Marcellus, NAVFAC Southeast construction manager for the project, and Sgt. 1st Class Roland Laforest, U.S. Southern Command HAP program manager also attended.

The project is part of 62 humanitarian assistance projects NAVFAC Southeast is administering the design and construction of for U.S. Southern Command on behalf of the government of Haiti and the Haitian people. The \$33 million program is being executed, with ROICC Haiti oversight, through 20 contracts at 22 sites and will provide EOCs, DRWs, fire stations, medical clinics, community centers, and schools for the Haitian people.

Haiti leaders, Florida senator tour newly completed projects in Haiti

From Naval Facilities Engineering Command Southeast Public Affairs

U.S. Sen. Bill Nelson (D-FL), Haitian President His Excellency Michel Martelly, and U.S. Ambassador to Haiti The Honorable Pamela White toured the newly constructed emergency operations center (EOC), disaster readiness warehouse (DRW), school, clinic, and community center in Les Cayes, Haiti Aug. 6.

The five facilities, located in the Sud Department of Haiti, were constructed by Naval Facilities Engineering Command Southeast (NAVFAC SE) through design-build contracts as part of the U.S. Southern Command's Humanitarian Assistance Program in Haiti.

"No one should have to go through what Haitians went through three years ago," said Nelson.

"Our humanitarian assistance programs there are showing real signs of progress, but there is still much work to be done and our naval command there has and will continue to be critical to the country's overall recovery efforts."



Photo by Lt. j.g. Blaine Henning
U.S. Sen. Bill Nelson (D-FL), center, tours the emergency operation center (EOC) in Les Cayes, Haiti on Aug. 6. The EOC is part of 62 similar building efforts throughout Haiti that were awarded by Naval Facilities Engineering Command Southeast in Jacksonville.

The clinic, school, and community center, referred to as community clusters, were turned over to the Haitian government in December 2012. A ribbon cutting to celebrate their inauguration was conducted Jan.

10. Clinic personnel treated more than 100 patients the first month it was open.

"Each community cluster consists of an eight-classroom school, a community center building, a medical clinic, and water well," said Lt. j.g. Blaine Henning, resident officer in charge of construction Haiti with NAVFAC SE.

"These facilities provide an immediate positive impact to the local population."

The 4,000 square foot EOC provides a central hub in the Sud Department for the local government to coordinate disaster response. The 4,800 square foot DRW provides storage for supplies needed to immediately respond to a major disaster.

The warehouse is also used to de-centralize supply redistribution outside of the Haitian capital to alleviate major supply chain issues discovered following the 2010 earthquake.

These projects are part of 62 similar building efforts throughout Haiti that were awarded by NAVFAC SE in Jacksonville.

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Top Engineer Visits NAVFAC SE



Photos by Earl Bittner

Naval Facilities Engineering Command (NAVFAC), Commander and Chief of Civil Engineering Corps Rear Adm. Kate Gregory greets members of the NAVFAC Southeast Joint Task Force OCO Military Construction Program High Performing Team during a visit to NAS Jacksonville on Aug. 5.



Naval Facilities Engineering Command, Commander and Chief of Engineer Corps Rear Adm. Kate Gregory tours the P153/P624 P8A/Triton training under construction at NAS Jacksonville on Aug. 5.



Naval Facilities Engineering Command, Commander and Chief of Civil Engineering Corps Rear Adm. Kate Gregory (second from left) talks with tri-base Naval Facilities Engineering Command Southeast junior officers after sharing lunch with them on Aug. 6.

NAVSUP advocates partnering opportunities at Exposition

By Lt. j.g. Shelby Green
NAVSUP FLC Jacksonville
Corporate Communications

Naval Supply Systems Command Fleet Logistics Center Jacksonville's (NAVSUP FLCJ's) Commanding Officer Capt. Duke Heinz was a featured guest speaker at the 2013 Jacksonville Defense Logistics Business Development Conference & Technology Exposition at the University of North Florida July 30. Accompanying Heinz to the conference was NAVSUP FLCJ's Executive Director Mitch Palmquist, and Director of Office of Small Business Programs Caretha Brown-Griffin.

The event is a logistics modernization conference and speaker forum for local military, government and business leaders. Senior commanders and leaders from Jacksonville's military installations, organizations, and government agencies (to include the U.S. Navy, U.S. Marine Corps, U.S. Army, and the Jacksonville Port Authority) acted as guest speakers to discuss their business organizations as well as current and future logistics and infrastructure expansion projects.

The main objective of the conference is to highlight and promote Jacksonville's defense logistics support operations and infrastructure, advocate the continued modernization and improvement of Northeast Florida's transportation and logistics infrastructure, and most importantly, to promote



Photo courtesy of NAVSUP FLCJ

(From left) Mitch Palmquist, executive director, Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Jax (FLCJ); Caretha Brown-Griffin, director of Office of Small Business Programs; Robert DeAngelis, contract specialist; Linda Nelson, procurement analyst; and Capt. Duke Heinz, NAVSUP FLCJ commanding officer, attend the Jacksonville Defense Logistics Expo on July 30. The expo was designed to promote job growth in the Jacksonville area and showcase innovations in logistics.

job growth and provide opportunities for Jacksonville's business leaders to meet with logistics professionals from across the United States.

During NAVSUP FLCJ's presentation, Heinz highlighted new business prospects and contracting opportunities for defense activities located in Northeast Florida. Keeping in line with the conference's objectives of advocating the improvement and modernization of Jacksonville's logistics infrastructure, he also spoke about NAVSUP's implementation of the Navy Enterprise

Resource Planning (ERP) program.

"Navy ERP allows for more proactive supply chain solutions, better anticipation of the fleet's needs, availability of accurate information anywhere in the Navy to support decisions, financial auditability and compliance regulations, and a more efficient and traceable global distribution of material in the Navy supply chain," said Heinz.

He then went on to explain that through the implementation of Navy ERP, the Navy has already seen a reduction in the number and cost of older legacy information technology systems as well as increased productivity.

In addition to sharing the technological innovation of Navy ERP, Heinz was also able to advocate NAVSUP FLCJ's Office of Small Business programs.

"At NAVSUP FLCJ, we are dedicated to partnering with small businesses in the Jacksonville area and beyond to include women-owned, veteran-owned, small disadvantaged, and service disabled veteran-owned and more. In fact, small

business contract actions accounted for approximately 20 percent of all contracts awarded in fiscal year 2012 by NAVSUP FLC Jacksonville," said Heinz.

Following his presentation, Heinz and the rest of NAVSUP FLCJ's representatives manned a table providing opportunities for each of the guests and other presenters to gather contact information and to hold one-on-one question and answer sessions.

NAVSUP FLCJ, one of seven Fleet Logistics Centers under NAVSUP Global Logistics Support, provides operational logistics, business and support services to the fleet, shore, and industrial commands of the Navy, Coast Guard, Military Sealift command, and other joint allied forces.

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MCPON talks CPO 365: Phase I, Phase II and stand down

From the Office of the Master Chief Petty Officer of the Navy

CPO 365 is a year-round training initiative that chief messes throughout the Navy take on to prepare first class petty officers to become chiefs. Phase II of CPO 365 begins when the chief petty officer selection board results are released, which occurred Aug. 1 this year.

Many commands have truly embraced CPO 365 and have viewed this year as really being the first year that the program has found its legs. What do you think of the program as a whole?

I am very pleased with the process. I am not taking anything away from the training we have used in the past because it worked well for during its time. Society has changed and evolved, and if we want to continue to have the ability to train our reliefs, we must change and evolve as well. I think if you ask any CPO mess



Photo by MCC Jackey Smith

Master Chief Petty Officer of the Navy Michael Stevens talks with chiefs and chief petty officer selectees from VFA-11 at the Pentagon on Aug. 16.

that has been and is fully engaged in CPO 365, you'll find that each mess is brainstorming new and innova-

tive ways to train our first class petty officers to take their place.

Many of the Sailors participating in CPO 365 are not even eligible for chief. Some won't be eligible for three years. What do you want those Sailors to take away from the program each year?

There's enough change that occurs within our Navy every year that CPO 365 should never get old and stagnant. Think about our Navy programs, procedures and policies. They are constantly evolving. CPO 365 is first and foremost about helping a first class petty officer be the best work center supervisor or leading petty officer that they can be because the Navy is forever evolving.

The training will always change, day after day, week after week, month after month, and year after year. If

See MCPON, Page 16



Photos by Kaylee LaRocque

ACC (Select) Tisha Herren of NAS Jax Air Operations, left, and HMC(Select) Percy Davila of Naval Hospital Jacksonville work together to scrub down the S-3 Viking on display at Heritage Park on Aug. 14.



ADC(Select) Adrian Doyle of Fleet Readiness Center Southeast ensures the SH-3 Sea King helicopter gets a good washing during the event.

CPO

From Page 1

physical training held at the Reserve Center every Friday from 6-7 a.m. during Phase II.

There will be specific instances where chief selectees conduct separate sessions for fundraising. During this training they will learn the importance of the chiefs' mess, how to work as a team, and what is expected of a CPO. The chief selectees are guided by senior enlisted leaders through positive, challenging events to test their mental and physical mettle on both a personal and professional level. It also provides the opportunity to emphasize CPO history, heritage and naval traditions.

"Physical fitness is a top priority, so chief selectees spend many hours running, swimming and doing calisthenics to build camaraderie and confidence. They also participate in community service and fundraising events, classroom training and historical productions," explained AWOCs Shane Haney of VP-30, who is coordinating CPO 365 Phase II.

"I like what I've seen so far in their development of teamwork and learning the difference between lead-



GMC(Select) Isiah Pinckney of Naval Munitions Command CONUS East Detachment wipes some grim off the P-3 Orion on static display near the NAS Jax Main Gate.

ership as a first class and as a chief." Haney said failure is not an option for chiefs.

"Being selected for chief is a life-changing event; you only go through the process once. We watch each other's backs, stick together, take care of our Sailors and ensure that our missions are accomplished."

Selectees are divided into training teams named after U.S. Navy ships that were involved in a significant tragedy such as USS Cole (DDG-67) which was attacked while refueling in the Yemen port of Aden on Oct. 12, 2000 and USS Stark (FFG-31) which was accidentally fired upon by an Iraqi jet on May 18, 1987 in the Arabian Gulf.

On Aug. 14, the chief selectees par-



ATCS(AW) Robert Reid of VP-30 supports this year's chief petty officer selectees during one of their many training evolutions during CPO-365 Phase Two at NAS Jacksonville.

ticipated in the annual plane washing event at Heritage Park. They spent much of the day scrubbing the aircraft and hosting a barbeque for active duty and retired chiefs.

"I think this is a great event and that the planes out here needed a little bit of love - so we are able to provide that and do a little base beautification. This is the first thing people see when they drive in the main gate and I take pride in that. I think the other chief selectees take pride in this park as well and it's definitely one of the most fun events that we've done so far," said ETC(Select) David Couch of Mobile Tactical Operations Center 9.

Other events include car washes, gas



PSC(Select) Johnny Mills of VP-10 mans the grill, cooking up some tasty burgers for hungry guests and fellow chief petty officer selectees.

& glass at the Navy Exchange (NEX) Service Station, the Tijuana Flats Beach Run (Aug. 24), NEX CPO Night (Aug. 27 at 5 p.m.), chili cook-off (Aug. 29 at 11 a.m. at the NEX) and the Wounded Warrior Run (Aug. 7).

At the end of the training, when the chief selectees have earned their anchors, they will be pinned during a special ceremony and welcomed to the chiefs' mess Sept. 13.



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DoD announces new same-sex spouse benefits

From Department of Defense Public Affairs

The Department of Defense (DoD) announced its plan to extend benefits to same-sex spouses of uniformed service members and DoD civilian employees Aug. 14.

After a review of the department's benefit policies following the Supreme Court's ruling that Section Three of the Defense of Marriage Act is unconstitutional, and in consultation with the Department of Justice and other executive branch agencies, the Defense Department will make spousal and family benefits available no later than Sept. 3, 2013, regardless of sexual orientation, as long as service members provide a valid marriage certificate.

The Department of Defense remains committed to ensuring that all men and women who serve in the U.S. military, and their families, are treated fairly and equally as the law directs.

Entitlements such as TRICARE enrollment, basic allowance for housing (BAH) and family separation allowance are retroactive to the date of the Supreme Court's decision. Any claims to entitlements before that date will not be granted. For those members married after June 26, 2013, entitlements begin at the date of marriage.

We recognize that same-sex military couples who are not stationed in a jurisdiction that permits same-sex marriage would have to travel to another jurisdiction to marry. That is why the department will implement policies to allow military personnel in such a relationship non-chargeable leave for the purpose of traveling to a jurisdiction where such a marriage may occur. This will provide accelerated access to the full range of benefits offered to married military couples throughout the department, and help level the playing field between opposite-sex and same-sex couples seeking to be married.

For civilian benefits administered government-wide to federal employees, the Department of Defense will follow the Office of Personnel Management and the Department of Labor's guidance to ensure that the same benefits currently available to heterosexual spouses are also available to legally married same-sex spouses.

FRCSE Employees Recognized



Photos by Victor Pitts

Surrounded by the engine repair team, Fleet Readiness Center Southeast Commanding Officer Capt. John Kemna (center left), presents Don Dunlap (center right), Crinkley Engine Facility director, with the 2012 NAVAIR Commander's National Award at the facility Aug. 12. The team earned the award in the Logistics and Industrial Operations category that recognizes technical, business and leadership excellence. The award recognized the team's extraordinary achievement from Jan. 1 to Dec. 31, 2012, in surging capabilities to provide F414 engine modules to support fleet requirements with a remarkable 53 percent increase in engine module throughput.



Fleet Readiness Center Southeast (FRCSE) Engine Mechanic Kevin Rutherford (left) accepts a command coin from FRCSE Commanding Officer Capt. John Kemna following an award presentation at the Crinkley Engine Facility Aug. 12. Kemna recognized Rutherford, the F414 HPC cell champion, for his contributions to improving engine module throughput to the fleet in 2012.

Chapel Center Calendar

Sunday Services

- 8:15 a.m. - Protestant Liturgical Worship
- 10 a.m. - Catholic Mass (Mass will be at 9:15 a.m. July 14)
- 9:45 a.m. - Protestant Sunday School
- 11 a.m. - Protestant Worship
- 11:15 a.m. - Catholic CCD
- Daily Catholic Mass**
- 11:35 a.m. (except Friday)

Weekly Bible Study

- Wednesdays, 7 p.m. at Chapel Complex Building 749
 - Thursdays at 7 p.m. in the barracks
- The chapel is located at the corner of Birmingham Avenue & Mustin Road. Call 542-3051 for more information.*

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Not only will your business benefit while the families are stationed here, many military families retire to the area, with NAS Jacksonville being one of the most sought-after assignments in the U.S. Navy.

To advertise, or to find out more information, please call **904.359.4168.**

Jaguars tickets available at USO

From the USO

The Greater Jax Area USO has opened ticket sales for the pre-season Jacksonville Jaguars vs. Philadelphia Eagles game Aug. 24 at 7:30 p.m. to all active duty, retirees, veterans with ID cards, National Guard, Reservists, DoD civilians and their families.

Tickets are available at the NAS Jax and NS Mayport USO for \$15 each, cash transactions only.

Regular season tickets are available the following days and times:

Date of Game	Opponent	Time	Sale Begins
Sept. 8	Kansas City	1 p.m.	Aug. 26
Sept. 29	Indianapolis	1 p.m.	Sept. 16
Oct. 20	San Diego	1 p.m.	Oct. 7
Nov. 17	Arizona	1 p.m.	Nov. 4
Dec. 5	Houston	8:25 p.m.	Nov. 25
Dec. 15	Buffalo	1 p.m.	Dec. 2
Dec. 22	Tennessee	1 p.m.	Dec. 9

Guidelines:

- Price is \$15 per ticket (cash only) - All active duty including Florida National Guard and Reservists on current active duty orders and dependents are eligible to purchase/use these tickets.

- Military personnel with authorized dependents may buy a maximum of four tickets if member and dependents equals four. If you have less than four you may only purchase total for family. Spouses may purchase tickets for military personnel, but dependent children are not authorized to represent the service member/spouse to purchase tickets. Larger families desiring to purchase in excess of four tickets must be approved by the USO director.

- Single service members may purchase a maximum of two tickets, one for their use and one for a guest. No exceptions.

- For deployable commands, a request for a "block of game day tickets" may be requested by CO/XO/CMC only to the executive director. These blocks may be approved for commands either deploying or returning during the season. Requests, with justification, must be sent to Mike O'Brien at mobrien@usojax.com.

- Anyone caught purchasing excess tickets or reselling tickets will be prohibited from buying any more tickets for the entire season.

- No over the phone transactions, tickets are first come, first served. For more information, call 778-2821.



Photo courtesy of NEX

was mid-level managers and 14 managers from stores across the district attended. Before the training academy, managers attended retail store leadership training in June also held at NAS Jacksonville. This training focused on communication skills and management strategies successfully used by retail managers to maximize productivity. Please join the NEX Jax Team in congratulating the following local graduates: Tony Eugeni (Consumables Department manager), Kim Hudson (Softlines Department manager), Brian Norman (LP manager), Robert Ream (Home Store manager), and Tony Valerio (Electronics Department manager).

NEX Holds Training Academy

The Navy Exchange (NEX) Southeast District hosted a pilot NEX Training Academy at NAS Jacksonville July 8-12. The NEX Training Academy was initiated to enhance the skill sets of NEX managers to help them grow within the organization. The target audience

December in August

By Holly Petraeus
Special Contributor

August is usually a time when military families are wrapping up duty station moves, squeezing in summer vacations, and getting the kids enrolled in school. It's not the time when people are thinking about December holiday wish lists.

But, believe it or not, the holiday shopping season will be upon us in just three short months. You may not be ready to see Halloween candy, let alone think about December holiday celebrations. But, preparing for your holiday spending now can help you avoid being seasonal debt. So, here are a few ways you can start your December in August.

Set reasonable expectations

Last year, it was reported that the average American expected to spend \$854 on gifts during the holiday season. While many people won't spend that much, any spending that strains your finances with post-holiday debt is bad for your financial future —period. Take the time now to talk with family and friends about realistic holiday spending limits. Consider less expensive gift options like homemade gifts. If you have a large family, maybe it's time to start a new tradition of picking one person out of a hat to buy a gift for, rather than everybody buying a gift for every single other person in the family.

Plan, budget, and save

Figuring out who's on your gift list, creating a holiday budget, and gradually setting money aside can help you avoid overspending, unwanted debt, and financial stress. You can find helpful budgeting tools on mymoney.gov. Also, check with your bank or credit union to see if they offer a Christmas club or holiday savings accounts that you can use to save for your holiday goals. Old-fashioned layaway is another option.

Keep the big picture in mind

It can be easy to forget that we spend a lot of money

on other things besides gifts during the holidays. Big holiday dinners, travel to see family and friends, and even increased electricity costs to run that massive holiday light display can drain your bank account. Make sure you plan for the cost of all of your extra holiday activities.

Look for ways to save

Doing things like catching early sales, comparison shopping, ordering from sites or stores that offer free shipping, shopping at discount stores, and buying items that offer rebates can help save you money on holiday purchases. Saving money for your shopping and saving money while you're shopping should be a dual goal.

Watch out for costly surprises

Make sure you fully understand the term and conditions if you're using gift cards or layaway plans. For instance, expiration dates, inactivity rules, and hidden fees on gift cards can eat away at their value if you're not careful. Take the same cautious approach with store credit cards that you're offered at check-out. They might save you a few bucks at the register today, but stick you with very high interest rates later.

Avoid holiday debt traps

Not all deals are a bargain, so don't get sucked in by holiday "super sales". If you rush to a store sale because you can get a \$3,000 TV for \$2,000, you've still spent \$2,000 on a TV. Was that really something you had planned to do? Also, don't be enticed by payday lenders who want to "help" you get your hands on holiday cash. Proper planning and saving long before the holiday can help you avoid a cycle of high-interest debt that can last for weeks or even months after the holidays are over.

Keep in mind that holiday spending is short-term spending. Once the unwrapping frenzy is over, how long does the excitement last? Saving your money for long-term goals like home ownership, college or a comfortable retirement may be the very best gift you can give yourself and your loved ones.



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Call 542-3493.

Free bowling for active duty
Thursday
11 a.m. - 1 p.m.

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

Thursday Color Pin Bowling 5-10 p.m.
\$2 games - shoes not included

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

Sunday Family Day
1-6 p.m., \$1.50 games
Shoe rental not included

80 Days of Summer
Going on now through Aug. 31
Youth bowlers 17 years and younger
receive one free game of bowling every
day until 5 p.m.



Photo by Morgan Kehnert

**New Exercise Room
At Fitness Source**

The old spin room at the Fitness Source has been converted to a new exercise room featuring the Synergy 360-S unit, a multi-purpose unit that includes kettle bells; two heavy bags (one 70 lb., one 100 lb.); three ripped trainers used for core strength and stability; three TRX straps used for suspension training; beast bands to assist in pull-ups; plyo-platforms; and ropes. The room will also be equipped with two rowers, mats, and a stability ball. The room is a great place to mix up a workout by implementing cross-training exercises.

Win prizes all summer long!

Fall and winter bowling leagues are
now forming!
Leagues begin in September.

Fitness & Aquatics

Call 542-2930

Outdoor pool hours
Lap Swim (no concessions, slide or
water park will be open)
Mon. - Fri. 6 - 8 am, 11 am - 1 pm, 4:30 -
7 pm.

Recreational swim Sat. & Sun 11 am - 6
pm

For more information call (904) 542-
3518

Dive-in Movie
Sept. 6, 7-10 p.m.

Featuring Epic
36" size restriction on floats

I.T.T. Events

Call 542-3318

E-mail them directly at jaxs_nas_
mwritt@navy.mil.

ITT is now selling tickets to the Daytona
500, Drive 4COPD 300, Budweiser
Duels, Spirit Unlimited and Rolex 24!
Please call ITT for pricing information
at (904) 542-3318 ext. 8 or email them
directly at jaxs_nas_mwritt@navy.mil.
Halloween Horror Nights Vendor Day
Oct 2, 10 a.m. - 2 p.m.

Prize drawing every 30 minutes

Jacksonville Jaguar Tickets on sale now
- \$70 section 147

Jacksonville Suns Baseball
\$5.50 - \$11.50

2013-14 Artist Series featuring Mama
Mia, Memphis, Celtic Thunder, War
Horse, Men are From Mars, Women are
from Venus, Million Dollar Quartet and
The D* Word is a Musical are on sale
now!

Thrasher Horne Center for the Arts
2013-14 season featuring Menopause,
River North Dance Chicago, Hungarian
State Folk Ensemble, Clay County
Christmas, Gospell, Driving Miss
Daisy, Bronx Wanderers, Celtic Fire and
Swan Lake are on sale now!

**The Vault Liberty
Recreation Center**

Trips, activities and costs may be
restricted to E1-E6 single or unaccom-
panied active duty members. Call 542-
1335 for information.

Fantasy Football Live Draft
Aug. 22 at 7 p.m.

Jags vs Eagles Shuttle
Aug. 21 at 6 p.m.

St. John's Town Center Shuttle
Aug. 31 at 3 p.m.

NAS Jax Golf Club

Golf course info: 542-3249
Mulligan's info: 542-2936
NAS Jax Club Championship
Sept. 14 & 15 at 8 a.m.

\$80, includes golf both days, lunch both
days, trophies for the division winners
and gift certificates for flight winners

Military Appreciation Days
\$18 per person, includes cart & green
fees
Sept. 10 & 24 for active duty
Aug. 22, Sept. 12 & 26 for retirees, DoD
personnel and their guests

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

Monday - Friday
Play 18 holes with cart for \$16 after 1:30
p.m.

Mulberry Cove Marina

Call 542-3260.

Free Kayak & Canoe Rental
Every Thursday for active duty

Free Stand-up Paddle Board Lessons
Every Thursday 11 a.m. - 1 p.m.

Skipper "B" Classes
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Sept. 21, 22, 28 & 29
Oct. 19, 20, 26 & 27

Auto Skills Center

Call 542-3227

22 work bays, wheel balancing, tool
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Youth Activities Center

Call 778-9772

Family Fitness Center hours are
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Movie Under the Stars
Aug. 23 at 8 p.m. featuring Monsters
University
Patriot's Grove

Before and After School Registration
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Fees based on household income.

Flying Club

Call 777-8549

Private Pilot Ground School
Oct. 7 - Nov. 20
\$500 per person

NAS Jax Sports

Fall Softball League forming

The league is open to active duty, selective
reservists, DoD and DoD contractors
assigned to a command aboard NAS
Jacksonville. The games will be played on
Tuesdays and Thursdays starting at 5:15
p.m. Any personnel wanting to join the
league, should contact the gym to get a
copy of the rules and required paperwork.

**7-on-7 Flag Football League
forming**

The league is open to active duty, selective
reservists, DoD and DoD contractors
assigned to a command aboard NAS
Jacksonville. The games will be played
Mondays and Wednesdays at 5:15 p.m.
Any personnel wanting to join the league,
should contact the gym to get a copy of the
rules and required paperwork.

**Captain's Cup Fall Kickball
League meeting - Aug. 28**

The league is open to active duty, selective
reservists, DoD and DoD contractors
assigned to a command aboard NAS
Jacksonville. Meet at Dewey's at noon to
discuss rules and to get required paperwork
to join the league. Commands whose
athletic officer or designated representative
attend the meeting receive five captain's
cup points.

**Fall Bowling League meeting -
Sept. 6**

The league is open to active duty, selective
reservists, and command DoD personnel
and DoD contractor personnel assigned
to a command at NAS Jacksonville. The
meeting will be held at 11:30 a.m. at NAS
Freedom Lanes. 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.

**Intramural Skeet Shooting
League meeting - Sept. 11**

The league is open to active duty, selective
reservists, and command DoD personnel
and DoD contractor personnel assigned
to a command at NAS Jacksonville. The
meeting will be held at Dewey's at noon.
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.

**Racquetball Tournament Sept.
16-20**

Open to active duty, selective reservists and
DoD civilian men and women assigned to a
command at NAS Jacksonville. Participants
earn participation points for their command
toward the captain's cup and will earn
additional points for finishing first, second
or third place. There are separate men
and women's divisions. Contact NAS Jax
Athletics to sign up by Sept. 10.

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

Standings

**As of Aug. 16
Intramural Summer Golf**

Teams	Wins	Losses
VP-10	8	0
NCTS	7	1
CNATTU Gold	5	3
CPRW-11 Tacmobile	5	3
PSD	5	3
VP-30	4	3
SERCC	3	5
CV-TSC	2	5
CBMU202	1	7
FACSFAC	1	7
VR-62	1	7
CNATTU Blue	0	8

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**MONDAY NIGHT
FOOTBALL KICK-OFF**

SEPT. 9 @ DEWEY'S
Philadelphia Eagles vs Washington Redskins
Game begins at 7:15 p.m.
Food served at 8 p.m.
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www.SEDANewHomes.com

Dive-In Movie Night

With more than 500 patrons in attendance, the Dive-In Movie featuring "Despicable Me" was a huge success at the base outdoor pool on Aug. 10. Vanessa Letcher, one of the patrons in attendance, said, "I am always amazed at the great family activities on base and this is the best one yet!"



Photo by Morgan Kehner

Heartworm disease in dogs and cats can be easily prevented

From the NAS Jax Veterinary Treatment Facility

Heartworm disease in dogs and cats is caused by a parasitic worm called *Dirofilaria immitis*. The adult worm lives in the pulmonary artery, the vessel that transports blood from the heart to the lungs. Mosquitoes are the vectors for heartworm disease, which means they are carriers of the organism and transmit the disease to dogs and cats. Other animals susceptible to developing heartworm disease include wolves, coyotes, foxes, and sea lions. Humans are a dead-end host, which means the organism is unable to survive and develop in our bodies.

When an animal is infected with adult male and female heartworms, they produce microfilariae ("baby larvae"), which circulate in the bloodstream. The mosquito ingests the microfilariae when it takes a bloodmeal from the infected animal. Over the next 10-14 days, the microfilariae will develop into an L3 larval stage. At this stage the L3 larvae are able to infect an animal when the mosquito takes its next meal.

The L3 larvae migrate through the body while developing through the larval stages until they become L5 larvae. At the L5 larval stage, the larvae preferentially migrate to the pulmonary artery to develop into an adult heartworm. It takes about six and a half months from initial infection to the presence of reproductively mature heartworms. An adult heartworm is approximately 1-foot long when it is living in the pulmonary artery!

Adult heartworms cause disease by irritating the pulmonary artery, leading to arterial plaque formation. These arterial plaques prevent normal blood flow by decreasing the diameter of the blood vessel. In addition, the worms themselves can cause obstruction of normal blood flow. When pulmonary hypertension (elevated blood pressure in the lungs) develops, the heart must work harder to pump blood through the blood vessels in the lungs.

The heart is eventually unable to keep up with the demand to pump blood throughout the body and a blood "traffic jam" occurs. More blood is returning to the heart compared to the amount that the heart is trying to pump through the lungs and out into the body. This is called right sided heart failure. When the heart can't keep up with the demands of the body, the animal will show signs of exercise intolerance, such as tiring easily, reluctance to play, and fainting when running or playing too much. The blood "traffic jam" also leads to fluid leaking out of the blood vessels and into other spaces, such as the spaces meant for air in the lungs. Fluid in the lungs will cause persistent coughing. All of these signs could be due to other conditions therefore a thorough physical exam and diagnostic testing is necessary to determine the problem.

Diagnosis of heartworm disease starts with a heartworm test. This test detects the presence of adult reproductive female heartworms in the body. Unfortunately, it is more difficult to diagnose heartworm disease in cats, which is why we don't regularly screen them. Additional testing may be necessary to determine if a cat is infected with adult heartworms. Radiographs (X-rays) and/or an echocardiogram are also performed to assess the severity of the disease.

Treatment for heartworm disease involves killing

the adult worms with an injectable medication given by a veterinarian. The dog must be hospitalized for treatment because the dead worms can cause life-threatening side effects. The microfilariae ("baby larvae") must also be cleared from the body with the appropriate treatment. This will prevent the development of new heartworms and break the cycle of transmission to other mosquitoes.

In general, cats are less susceptible to developing heartworm disease, but when they are infected the disease is more severe and the treatment options are limited. It is unlikely that an indoor cat will develop heartworm disease, which is why we don't strongly encourage owners to use preventatives for their cats. When a cat is infected with heartworm disease it is best to allow the worms to die off on their own. This is due to the fact that cats are extremely sensitive to the effects of dying worms and may have a better chance of surviving a gradual worm die-off over a period of one to two years. In the meantime, the cat is closely monitored and treated for any side effects.

Heartworm disease in dogs and cats is a horrible disease, which can be easily prevented. It is as simple as giving a treat or applying a topical spot-on once a month, along with a quick blood test given annually. It may seem expensive when purchasing the preventatives, but it is worth every penny. Many animals don't survive when they become infected with heartworm disease, and the treatment can cost thousands of dollars.

For further information on the wellness of your animals, call 542-3786.



Friday, September 6
7 - 10 p.m.
Movie begins at 8 p.m.
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American Red Cross

Supporting America's Heroes
American Red Cross Expands Services to Veterans

The Goal
Our goal is to provide emergency financial assistance and resources to veterans of Operation Enduring Freedom and Operation Iraqi Freedom that will help to support their transition into civilian life and stabilization into the community.

Emergency needs that may warrant financial assistance may include urgent medical and dental needs, rent assistance, utility payments and food; access to referral services; or other assistance depending on need.

This funding is made possible by the J. Wayne and Debra Barr Weaver Veteran Emergency and Transition Services Fund, through the Community Foundation.

Eligibility
Applicants for these funds must demonstrate financial hardship, and/or lack of other available resources due to participation in the Iraq or Afghanistan conflicts. Client applicants will be required to provide Florida ID/veteran ID and a copy of their DD-214 verifying their service to Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF). Eligible veterans include those of all military services, the Reserve components and National Guard.

Funding through this grant is available for eligible applicants residing in Baker, Clay, Duval, Nassau and St. Johns counties only.

For more information, please contact a Red Cross Military Services caseworker at 904-246-1395.

A HERO'S WELCOME

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MCPON

From Page 11

first class petty officers and chief petty officers find themselves re-hashing the same old information time and time again, they must look within themselves to determine where the updates need to take place and effectively make the change.

For those Sailors who saw their names on the list, what do you think CPO 365 has done to prepare them for their anchors?

I think that CPO 365 has provided professional and solid training that these future leaders need in order to be effective chiefs. CPO 365 Phase II is an opportunity for our first class petty officers to display to the CPO mess the skill-sets that they learned during Phase I.

Talk about the CPO 365 stand down. I received two letters alleging that inappropriate conduct is taking place during CPO 365 Phase II. Upon initial look, I think that we have a few CPO messes operating outside of CPO 365 Guidance. I directed all CPO messes to stop training from Aug.12 and resume Aug. 14. This gave commands and all CPO messes a chance to review CPO 365 Guidance and the Navy's policy on hazing.

We should never think that we are above the law. If we think that CPO selectee training cannot be shut down, we are wrong. If we want to be responsible for training our future chiefs, then we must do it in a professional manner. I want to re-emphasize I believe that the large majority of the mess is doing the right thing and for that I want to thank you. However, know that any formal complaints will be fully investigated.

What is the ultimate goal with CPO 365?

The ultimate goal of CPO 365 is to train our relief to the best of their ability. To have meaningful and practical training that reflects the times of our society and that will make our future leaders capable under pressure and able to successfully complete any mission they are called to do.

Our leaders are held accountable as they should, and being a chief petty officer isn't for the weak of heart nor lazy of mind and body. It requires us to be "all in, all the time." We are called

upon at all levels of our chain of command and again, a few short weeks isn't enough time to cram all of the wisdom within the CPO mess into a CPO selectee. It should be happening throughout the year.

What do you say to the negative feedback you've received about CPO 365?

Anytime you change something, there will be rumblings. Make no mistake about it. Some folks can think back to when we de-segregated the military, the nay-sayers said that was the end of the Navy as we knew it! Our Navy thrived. Remember when we put women on ships.

The nay-sayers hollered that was the end of the Navy! Women are now leading our Navy and have been become solidified members on the battlefield. It comes with the territory of being the Master Chief Petty Officer of the Navy. Not everyone will agree with your decisions.

Do you see any more changes to the program or to the final few weeks of the program for selectees? Are you content with setting guidelines and letting commands determine the final chapter in the process?

I have no intentions of making any significant changes to CPO 365 and want to provide every CPO mess an opportunity to become experts at what we currently have in place. I place a great deal of faith and confidence in each CPO mess to ensure the training that we are conducting rests within the guidelines provided.

In your opinion, is CPO 365 the best way to train the Navy's future leadership and why?

At this particular point of time in our history, I believe CPO 365 provides us with the best training opportunity. However, I am also confident that in time CPO 365 will also change because that's what we do, we constantly evolve. I'll be a retired MCPON years from now and there will be a new name, a new process and new way of doing business to train our chiefs. I'll trust that it was put in place because the times that our future Sailors will serve necessitate that.

CPO 365 is about our moment in history more than it is about my belief that this is the absolute right way to do it. I believe it's the right way to do it today, but I certainly can't speak for the future.

Community Calendar

Military Officers Association of America (MOAA) and the National Defense Industrial Association present **2013 Warrior-Family Symposium Sept. 12**, from 7:30 a.m. to 2:30 p.m. at the Ronald Reagan Building and International Trade Center in Washington, D.C. Contact pr@moaa.org for information.

Volunteers and teams are needed for **Children's Tumor Foundation NF Walk** Sept. 14 at 7:30 a.m. at Jacksonville Zoo and Gardens. For more information, call Trish at 619-5130. Register your team at WWW.NFWalk.org/jacksonville2013.

Second Indianhead Division Association Florida Division Reunion is Oct. 18-29 at Titusville, Fla. Call 561-742-5379 or email 2ida.mail@charter.net. **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.

Veterans of Foreign Wars Orange Park Post 5968 at 187 Arora Blvd meets monthly on the second Wednesday of the month at 7:30 p.m. For more information, call 276-5968.

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

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

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit www.aao9.com.

Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work three hours a day, one day per week. Call 542-2766 ext. 126 from 10 a.m. to 2 p.m. weekdays to volunteer. **Navy Jacksonville Yacht Club** is open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commadore@njyc.org.

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

COMPASS Spouse-to-Spouse Military Mentoring Program. Helping others help themselves. Call Melanie at 200-7751 or email: www.gocompass.org

Navy Wives Clubs of America Jax #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. **Navy Wives Clubs of America DID #300** meets the second Thursday of each month at 7 p.m. at Lakeshore Methodist Church, 2246 Blanding Blvd. Call 272-9489. **Fleet Reserve Association Branch 290** monthly meeting is the first Thursday at 8 p.m., 390 Mayport Rd., Atlantic Beach. Call 246-6855. **Orange Park Lions Club** meets the second and fourth Monday at 7 p.m. at 423 McIntosh Avenue, Orange Park, Fla. For more information, call 298-1967. **National Active and Retired Federal Employees Westside Jacksonville Chapter 1984** meets at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. Call 786-7083.

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

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

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

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FFSC offers life skills workshops throughout the year

From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues. All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration. The following is the schedule for 2013:

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

- Strategies for First-time Home Buyers (1-3:30 p.m.) - Sept. 4.
 - Strategies for Best Deals in Car Buying (9-10:30 a.m.) - Nov. 26.
 - PCS Sponsor Training (1:30-3 p.m.) - Oct. 10, Dec. 12.
 - PCS Smooth Move Workshop (1:30-4 p.m.) - Sept. 12, Nov. 14.
 - Military Spouse 101 Workshop - Sept. 14 (1-2:30 p.m.) Nov. 21 (5-6:30 p.m.)
 - What About the Kids (9-11 a.m.) - Sept. 9, Oct. 7, Nov. 4, Dec. 9.
 - Stress Management 101 Workshop (9-10:30 a.m.) - Sept. 10, Oct. 8, Nov. 5, Dec. 10.
 - Extended Stress Management Workshop (8 a.m.-noon) - Oct. 15 & 29.
 - Anger Management Workshop (8 a.m.-noon) - Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17.
 - Personal Anger Control Group - Oct. 8 - Nov. 12 (2-4 p.m.)
 - Individual Communication (11 a.m.-1 p.m.) - Sept. 10, Nov. 19.
 - Parenting with Love & Logic (1-3 p.m.) - Sept. 3, 10, 17, 24; Nov. 5, 12, 19, 26.
 - Active Parenting of Teens (1-4 p.m.) - Aug. 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.) - Sept. 16, Dec. 3.
 - Tiny Tots Play Group (10 a.m.-noon) - 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.) - Sept. 5, Nov. 7.
 - EFMP Command POC Training (1:30 p.m.-3 p.m.) - Oct. 3, Dec. 5.
- To register for any of the above workshops call 542-5745.



Children's Theatre

Photos by Shannon Leonard

Missoula Children's Theatre Director Walter Astorga, playing the part of Buddy Courts interviews Davina Crawford, playing the part of Curly Hare during the production of "Tortoise Versus the Hare" on Aug. 9 at the NAS Jax Youth Center.



Representatives from Missoula Children's Theatre came to the NAS Jax Youth Activities Center Aug. 5-9 to teach performing arts to children enrolled in summer camp. This year's production, "The Tortoise Versus the Hare" allowed the kids to audition, learn different parts of the play and learn choreography. With only four days of rehearsals to learn their lines, they performed for families and friends on Aug. 9.

Donating to Help Save a Life



Photo by Lt. Kevin Wendt

ETSN Cody Utsler, with NAS Jacksonville Air Operations, donates blood during a Florida-Georgia Blood Alliance Drive at Building 1 on Aug. 19. "I came to donate today because it's always supporting a good cause," Utsler commented.



Photo by Victor Pitts

David Valentine (left), a production controller, steadies his arm as Rhonda Sutton, a phlebotomist with the Florida-Georgia Blood Alliance, draws his blood during the Fleet Readiness Center Southeast (FRCSE) blood drive held at the facility Aug. 14. FRCSE is the largest military contributor to the blood bank headquartered in Jacksonville.



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