

Jax Air News

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Naval Air Station Jacksonville hosts CNIC

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Commander, Navy Installations Command Vice Adm. William French conducted a familiarization tour of Naval Air Station Jacksonville (NAS Jax) on Aug. 30, after also visiting Naval Station Mayport.

The admiral began the day by participating in an all-hands morning quarters at the Building 1 flagpole where he also presented several awards to NAS Jax Sailors.

"I am glad to be here with you today to learn what we can do at headquarters to allow you to do your job better in supporting the fleet," French told the Sailors and civilians. "I'm excited to see all the great things that are happening at NAS Jacksonville."

French also stressed the importance of spending time with families and friends during the holiday weekend but reminded the troops about safety concerns. "Labor Day is one of the busiest times on the highways and we want everyone to return here safely



Photo by Kaylee LaRocque

Commander, Navy Installations Command Vice Adm. William French, left, presents the Navy and Marine Corps Commendation Medal to MA1 Brian Gamble of the NAS Jax Security Department during all hands quarters Aug. 30. Gamble was recognized for managing seven Military Working Dog teams resulting in 100 percent recertification and being lauded as one of Southeast Region's best kennels.

after the long holiday weekend."

French then met with base leadership and department heads for a roundtable discussion about various issues concerning the mission and services of the sta-

tion.

"It's important for us to know your challenges out

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Photo by MC3 Preston Paglinawan

BM3 Shane Hempfield signals the pilot of an MH-60R Seahawk helicopter assigned to HSM-74 "Swamp Foxes" to launch from the flight deck of the guided-missile cruiser USS San Jacinto (CG 56) on Aug. 23. San Jacinto is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

Truman Carrier Strike Group assumes the watch at 5th Fleet HSM-74 assigned to Carrier Air Wing 3

By MC3 Chase Lacombe
USS Harry S. Truman Public Affairs

The Harry S. Truman Carrier Strike Group (HST CSG) relieved the Nimitz CSG in the Arabian Sea Aug. 26, assuming the duties as Commander, Task Force (CTF) 50.

CTF 50 is responsible for conducting maritime security operations, supporting theater security cooperation efforts in the region and providing support for Operation Enduring Freedom.

"We are now providing direct support to OEF in Afghanistan," said Rear Adm. Kevin Sweeney, commander, HST CSG.

"Every day, we will be supporting troops on the ground. Secondly, we are enhancing maritime security operations through our presence and interaction. Our ships throughout the region are conducting exercises and patrols with coalition navies. Ultimately, we are building trust and confidence in the region."

Cmdr. Jason Darish, Harry S. Truman's combat direction center offi-

cer, said HST CSG is ready to perform the mission. "Part of what we are doing is supporting the forces on the ground in Afghanistan with our air wing," said Darish.

"If there are Soldiers, Marines or NATO coalition forces on the ground who need our support, we will be there to assist their effort. As a CSG, we are also here to support counter-piracy efforts throughout the region."

HST CSG participated in several exercises during the year leading up to the deployment to prepare. The strike group deployed July 22. Darish said the training has thoroughly prepared the Sailors and Marines for any mission they may be tasked with while deployed.

"I think the work-ups and all the training we have accomplished has more than sufficiently prepared us to operate in this area of the world," said Darish.

"I feel the training did a great job to

See **HSM-74**, Page 8

Navy Exchange honors CPO selectees

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

The NAS Jacksonville Navy Exchange (NEX) closed its doors early to the general public Aug. 27 for the 13th annual Chief Petty Officer (CPO) Selectee NEX Night.

The night is a tradition to offer CPO Selectees and their families a night fun during the CPO 365 Phase II training schedule. The event also allows newly selected CPOs the opportunity to purchase their new khaki uniforms and accessories and to view a fashion show portraying how to properly wear their new uniforms.

"I think this is a great event because it's kind of an unspoken issue that you really don't learn about in leadership classes. Being a leader is about all different aspects including your appearance," said NAS Jax Commanding Officer Capt. Roy Undersander.

Undersander also addressed the spouses in the audience. "You should be extremely proud of your chief selectees - this is a big step in their careers. I know CPO 365 Phase II has been challenging but everything that we've done here is for a purpose to educate them. And, I want to stress that it really is a family event because spouses and children all make sacrifices in supporting their service members."

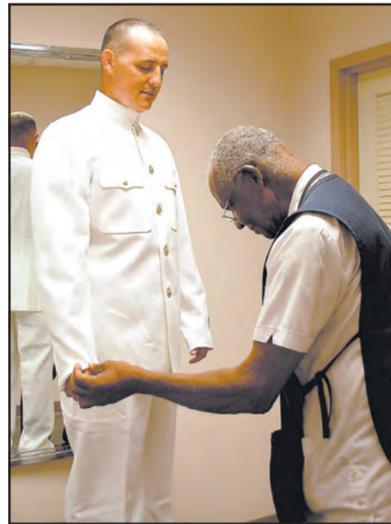
During the fashion show, several chiefs modeled the many different types of uniforms that the CPO selectees would soon be wearing as NEX associates modeled what type of clothing spouses could wear to such events

as the Khaki Ball.

After the show, guests were treated to snacks and cake in the NEX Food Court. The CPO selectees were also given gift bags filled with goodies from the NEX.

ITC (Sel) Shawntavia Keaton of Naval Computer and Telecommunications

Station Jax attended the event with her family. "I really think this was a nice event for the Navy Exchange to put on. The fashion show was a great way to show us the proper way to wear our new uniforms. I really enjoyed it."



Navy Exchange (NEX) Tailor Alva Clark checks the sleeve length of the choker white uniform of AOC (Sel) Charles Compton of HSM-70 during the annual NEX CPO Selectee Night on Aug. 27.

"I really didn't realize how many uniforms we actually had so it was good to learn how to wear them," added ETC (Sel) Justin Weakland of Mobile Tactical

See **NEX NIGHT**, Page 17

9/11 Remembrance

Sept. 11, 2013
5k Run - 7 a.m.
Colors & Prayer - 8 a.m.

Run & Ceremony will be held at the flagpole outside Naval Hospital Jacksonville's Child Street/Pharmacy Entrance

Everyone welcome!

No registration needed for 5k • PT gear authorized for colors and ceremony

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Williamson Relieves Scorby
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CPO Selects At Camp Blanding
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'NOMADS' HOME
VR-62 Back From PACOM
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From Staff

Sept. 5

1776 - Adoption of first uniforms for Navy officers.

1813- USS Enterprise captures HM brig Boxer off Portland, Maine.

1918 - The transport USS Mount Vernon is torpedoed by German submarine off France.

1923 - U.S. Asiatic Fleet arrives at Yokohama, Japan, to provide medical assistance and supplies after Kondo Plain earthquake.

1939 - President Franklin Roosevelt orders Navy to form a Neutrality Patrol to report the presence of foreign warships within 300 miles of eastern United States.

1946 - USS Franklin Delano Roosevelt (CVB-42) and four escorts visit Greece to underscore U.S. support for the Greek Government which faced a communist insurgency.

1990 - USS Acadia (AD-42) departs San Diego for first wartime deployment of male-female crew on combat vessel.

Sept. 6

1918 - Sailors fire first of five railroad artillery batteries at Tergnier, a German railhead in the Comeigne Forest. These 14" 50-caliber guns were originally designed for battleships.

1940 - First destroyers transferred to Great Britain at Halifax, Nova Scotia, under "Destroyers-for-Bases" agreement.

1944 - USS Independence (CVL-22) begins use of specially trained air group for night work. First time that a fully equipped night carrier operates with fast carrier task force.

1945 - American troops begin returning to U.S. when Task Force 11 leaves Tokyo Bay.

1953 - Exchange of prisoners of war from Korean War (Operations Big Switch) ends.

1997 - Commissioning of USS Hopper (DDG-70), named for Rear Adm. Grace Hopper, a pioneering computer scientist.

This Week in Navy History



Photo by Ron Williamson

New markers at NAS Jax Heritage Park

(From left) NAVFAC Southeast Facilities Manager Robert Slater watches as Ted Frampton and Phil Starling, of Frampton's Monument Company, position memorial blocks at the A-6 Intruder static display. Sporting a "Centennial of Navy Aviation" paint scheme, the aircraft honors fallen Navy aviators Capt. Scott Speicher, Capt. Michael Estocin, Cmdr. Guy Bordelon and Cmdr. Harry Ferrier.

Sept. 7

1775 - The colonial navy's first prize, the British supply ship, Unity, was captured by the Continental schooner Hannah.

1776 - David Bushnell attempts to destroy British ship of the line HMS Asia, in New York harbor with his submarine Turtle.

1942 - First air evacuation of casualties to hospital ships off shore occurs at Guadalcanal.

Sept. 8

1923 - In disaster at Point Honda, Calif., seven destroyers run aground due to faulty navigation.

1939 - President Franklin

Roosevelt proclaims limited national emergency and increases enlisted strength in the Navy and Marine Corps. He also authorizes the recall to active duty of officers, enlisted and nurses on the retired lists of the Navy and Marine Corps.

1954 - U.S. signs Manila Treaty forming SEATO.

1958 - Lt. R. H. Tabor, wearing a Navy developed pressure suit, completes 72-hour simulated flight at altitudes as high as 139,000 feet. It was another step in the development of the Navy spacesuit, which NASA accepted in 1959 for use by Mercury astronauts.

Sept. 9

1825 - USS Brandywine sails for France to carry the Marquis de Lafayette home after his year long visit to America.

1841 - First iron ship authorized by Congress.

1940 - Navy awards contracts for 210 ships, including 12 carriers and seven battleships.

1943 - Operation Avalanche, involving Western Naval Task Force under Vice Adm. Henry Hewitt, lands Allied forces at Salerno, Italy.

1944 - Fifth Fleet carrier aircraft begin air strikes on Japanese shipping and facilities at Mindanao, Philippines.

1945 - A "computer bug" is

first identified and named by Lt. Grace Murray Hopper while she was on Navy active duty in 1945. It was found in the Mark II Aiken Relay Calculator at Harvard University. The operators affixed the moth to the computer log, where it still resides, with the entry: "First actual case of bug being found." They "debugged" the computer, being first to introduce the term.

Sept. 10

1813 - In Battle of Lake Erie, Commodore Oliver Hazard Perry, flying his "Don't give up the ship" flag, defeats British squadron and says: "We have met the enemy and they are ours."

Sept. 11

1814 - In Battle of Lake Champlain, Commodore Thomas MacDonough defeats a British Squadron.

1939 - Bear (AG-29) is commissioned for Antarctic operations under command of Rear Adm. Richard Byrd, USN (Ret.).

1941 - President Franklin Roosevelt orders the Navy to "shoot on sight" vessels threatening U.S. shipping or ships under U.S. escort.

1942 - Pharmacist's Mate First Class Wheeler Lipes performs emergency appendectomy on Seaman First Class Darrell Rector, USNR, on board USS Seadragon on patrol in South China Sea.

1943 - Italian Navy surrenders to Allies.

2001 - American Flight 77, hijacked by terrorists, struck the Pentagon. Casualties include 33 sailors, six Department of the Navy civilians, and three Navy civilian contractors reported missing. Two commercial airliners also struck the World Trade Center in New York City, destroying both towers.

2002 - The "Don't Tread on Me" First Navy Jack is flown by Navy ships marking the first anniversary of the terrorists attacks on the Pentagon and World Trade Center.

That moment when you're too old to play

By Sarah Smiley
Special Contributor

My oldest son, Ford, is beginning seventh grade. He's technically been in "middle school" for a year now, but this summer was the first time I saw, with startling frequency, a glimpse of the changes ahead: my first baby is stuck in that painful space between a boy and a man.

For an example, let's look at Yoda's hut. Not the real Yoda's hut, but the fort made entirely from sticks on an island in the middle of the lake where my parents have a house in the summer.

For several years, Ford and his younger brothers called the fort "Yoda's Hut." They climbed in and out of it, reenacting scenes from Star Wars. I stood on the outside and took pictures in between looking at my watch to be sure we weren't late for dinner or so that we could leave the island before a brewing storm.

For me, Yoda's Hut was always just a pile of sticks and the island was a place to burn off the boys' energy. Whenever it was time to leave the island, it seemed like the boys were unreachable, lost in their imaginary play. They had no concept of time, schedules, weather, or even dinner.

This summer, when we went to see Yoda's Hut, Ford was at first excited, and then visibly deflated once we arrived. "It seems kind of small," he said. "Was it always that small?"

Owen, 10, picked up a stick and pretended it was a light saber. Ford stayed near me and asked for the time.

"Go play," I said. "Don't worry about the time." He didn't move. But when we eventually kayaked back to shore, I noticed how strong and capable he was in the water. I didn't stay next to him or watch over him in the same way I did Owen. When Ford disappeared for a moment behind a patch of trees, I didn't panic. And when we got back to the house, I expected Ford to help me lift the kayaks out of the water.

Another day, back at home, Ford was equally confused about how he should "play" in the backyard.

From the Homefront

Lindell, 6, was outside pretending to be something else, maybe Scooby Doo. Owen was chasing — and sometimes tormenting — Lindell.

Ford sat on the living room couch and looked bored.

"Go play," I said.

"Play what?" he asked.

"I don't know. Go find someone in the neighborhood."

Ford went outside for a while and came back frustrated and holding back tears.

"There's nothing to do," he said as he threw himself onto the couch.

All his friends were playing video games, and Ford didn't want to do that. But he also couldn't get into Lindell's or Owen's mindset outside.

"What should I do?" he asked, and though I tried to come up with ideas, I didn't say any of them out loud. I mean, what does an almost-13-year-old do these days?

I know our culture is partly to blame. Kids grow up so quickly. But a bigger piece of this is nature and biology. At some point (when the hormones kick in?) we all look at our childhood fort and think, "Was it always that small?" It's just painful to watch your first child go through it.

And if you, like me, also have multiple children, you know what happens next: the younger ones grow up even faster.

Around the same time that Ford realized Yoda's Hut was really just a pile of sticks, my uncle Alan came to visit. He told Lindell about his model trains, and Lindell said, "I always wish I had a toy train."

In fact, there is a whole laundry basket full of Thomas the Tank tracks and trains in our upstairs closet, but Lindell had never shown any interest in them. Lindell had never really watched Blue's Clues or Sesame Street either. He went right to SpongeBob and Star Wars.

See **HOMEFRONT**, Page 17

Hey, MoneyChic!

Money Chic Sez: Money matters can be the root of all evil. Financial insecurity can lead to problems at work, at home (leading to divorce), and with other family members outside of your household. Having more money will not necessarily solve your problems and it could make your situation worse. If having more money won't solve your money matters, what will? Knowing how to manage your money would have saved you from the hole you may be in now. *Business Insider* reports that many of the lottery winners who struck it rich when they won millions playing Powerball are now living paycheck to paycheck. A few were murdered by their spouses for blowing their share, some were robbed of their winnings, some were sued, and many are now divorced. Money makes your life better, right? Not when you have too much and don't know what to do with it. Money doesn't solve problems, knowing what to do with your money will. If you are in a bit of a pickle and are trying to stay afloat, here are some things to consider.

- Establishing a budget is a great way to help get you back on the right financial track. Be honest when putting together a budget, don't fudge the numbers to feel better. Review the paperwork for debt you may have so that you

are familiar with the terms of the loan, the interest rate, how long you will be paying, how much you will pay in total, and any penalties you may be paying.

- Know your numbers! When you get to your bottom line (what is leftover, if any, after all bills are paid) look back at your budget to see where cuts can be made to improve your situation. Take a look at the miscellaneous items you have purchase, were those a need or a want?

- If you are not sure where your money is going, keep track of all receipts for a month and review them to find out exactly what you spent. If you are negative for the month, consider getting a second job, a third job, or really cutting back on the "nice to have" but not necessary to live items (cable package, loaded cell phone, housecleaning service, lawn maintenance).

Money cannot buy your happiness if you have creditors calling you all hours of the day and your mailbox is full of final notices. If your financial issues are causing problems at work or at home, make an appointment with Navy-Marine Corps Relief Society by calling 542-2832 or stop by the office located outside the Yorktown Gate.

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



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Region Southeast holds change of command ceremony

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

Commander, Navy Region Southeast (CNRSE) held a change of command ceremony aboard Naval Air Station Jacksonville, Aug. 29.

During the ceremony, Rear Adm. Rick Williamson relieved Rear Adm. John C. "Jack" Scorby Jr., as the region's commander.

"I can now attest first hand that the flawless reputation this region enjoys around the fleet is extremely well deserved," Williamson said. "I am amazed not only at the quality of programs at our installations, but also the sheer magnitude of Sailors and families you serve throughout the region. I'm sure it will be an honor and a privilege to work with each of you over the next couple years."

Williamson is a Jacksonville native and a 1985 graduate of the United States Naval Academy, where he earned a bachelor's degree in computer science. He also holds a master's in business administration from the Naval Post Graduate School and is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as Commander, Navy Region Midwest.

Vice Adm. William D. French, commander, Naval Installations Command, was guest speaker.

"Rear Adm. Williamson is an outstanding naval officer with significant operational experi-



Rear Adm. Rick Williamson (right) accepts command of Navy Region Southeast from Rear Adm. John C. Scorby Jr. during the Aug. 29 change of command ceremony aboard Naval Air Station Jacksonville.

ence as a surface warfare officer," French said during his remarks. "I know he's excited to be back home in Jacksonville and ready for the great challenges and rewards that this region offers."

Scorby, who was awarded the Legion of Merit during the ceremony, had commanded CNRSE since August 2011. Under his leadership, installations throughout the region made significant reductions in energy costs through an active regional



Vice Adm. William D. French, commander, Naval Installations Command, was guest speaker at the Navy Region Southeast change of command ceremony on Aug. 29 for Rear Adm. John C. Scorby Jr. (left) and Rear Adm. Rick Williamson aboard NAS Jacksonville.

energy council that exceeded the fiscal year 2013 energy usage reduction goal of 24 percent.

He was also instrumental in the Navy's pursuit of compatible land-use strategies, which included the Navy's installation wind turbine impact analysis

study that developed a nationally supported legislative outreach effort and ensured safer air operation areas and mutual co-existence.

"At the end of the day, it's been one team, military and civilian, and you proved it day after day,"



Rear Adm. Rick Williamson, commander, Navy Region Southeast, said during the Navy Region Southeast change of command ceremony that he was glad to be stationed near the city where he grew up.



Jacksonville Mayor Alvin Brown spoke of his commitment to embellishing Jacksonville's reputation as one of America's most "military friendly" cities.

Scorby said.

"The personal award that I received today belongs to all of you and I will think of each and every one of you each time I pin it on."

Scorby will assume command of Navy Region Europe, Africa and Southwest Asia in October.



U.S. Congressman Ander Crenshaw spoke about the importance of the Navy to north Florida during the Navy Region Southeast change of command ceremony aboard Naval Air Station Jacksonville. During the ceremony, Rear Adm. Rick Williamson accepted command from Rear Adm. John C. Scorby Jr.



My service in Vietnam still serves my family today.

Roger Staubach, USAA member, veteran and former NFL quarterback

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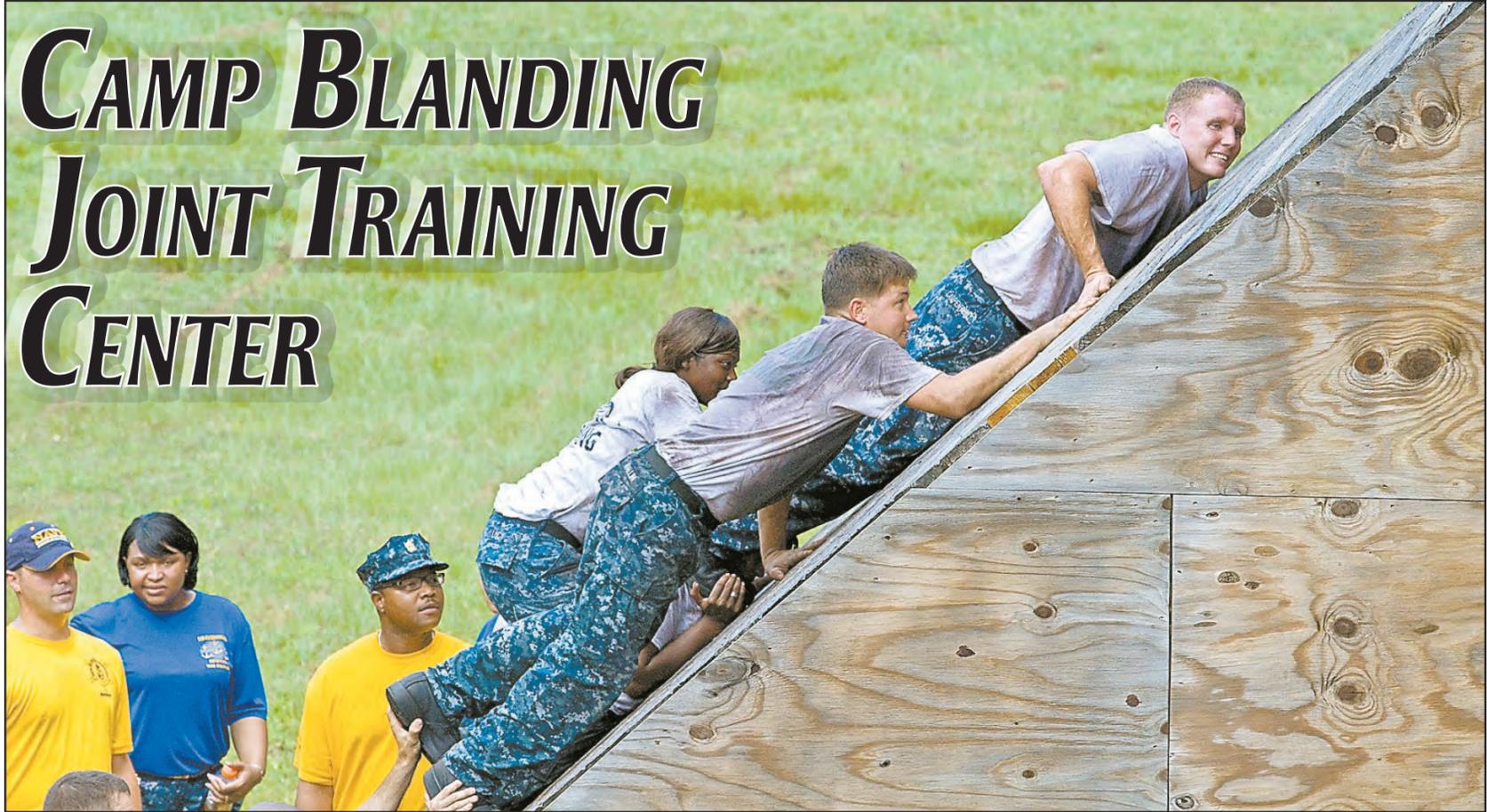
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CAMP BLANDING JOINT TRAINING CENTER



A group of CPO Selectees work as a team to form a human chain up a wall on the obstacle course.

Chief selectees conquer challenges on obstacle course

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

During the early morning hours of Aug. 23, the NAS Jacksonville and NS Mayport chief petty officer (CPO) selectees participated in a unique and invaluable training session at Camp Blanding.

The CPO selectees spent the day learning teambuilding skills as they faced numerous physical and mental challenges on the Camp Blanding Joint Training Center obstacle course. This consisted of crawling under "live wires" rescuing simulated injured warriors, climbing across cargo netting, scaling walls and crossing obstacles swinging from ropes.

"It was a great team building exercise for all of us. We were soaked when it started raining around lunchtime, but we pressed forward and got the job done. It was a lot of fun," said AWOC(Sel) Grant Hooks of Mobile Tactical Operations Center 5. "We learned how to come together to work as a group to solve problems. To work as a team, not as individuals to get past whatever the problem is in front of you and not try to solve it yourself."

Another highlight of the day was the rappelling tower where CPO selectees learned to trust their mentors and combat fears of jumping off the side of a building as genuine CPOs guided them down the ropes.

"We went through a lot of great teambuilding exercises. It was a bit challenging rappelling down the wall because I'm a little skittish of heights. It was fun and great learning how to work together as a team," stated BMC(Sel) Jose Arroyo of NAS Jax Port Operations.

Along with the physical demands, the CPO selectees were challenged to complete logistic and



LSC(Sel) Joselin Cruzdelossantos (front) and AWOC(Sel) Gregory Cunningham, back, of VP-30 crawl under wires through the dirt to finish another obstacle during CPO 365 Phase II training.



ACC(Sel) Tisha Herren of NAS Jax Air Operations tests her strength and agility climbing a rope wall during the training.

comprehensive scenarios designed to relate to the real-world challenges they would soon be facing as Navy chiefs. The exercises were designed to teach them to work together as a team, plan strategies and lead by example.

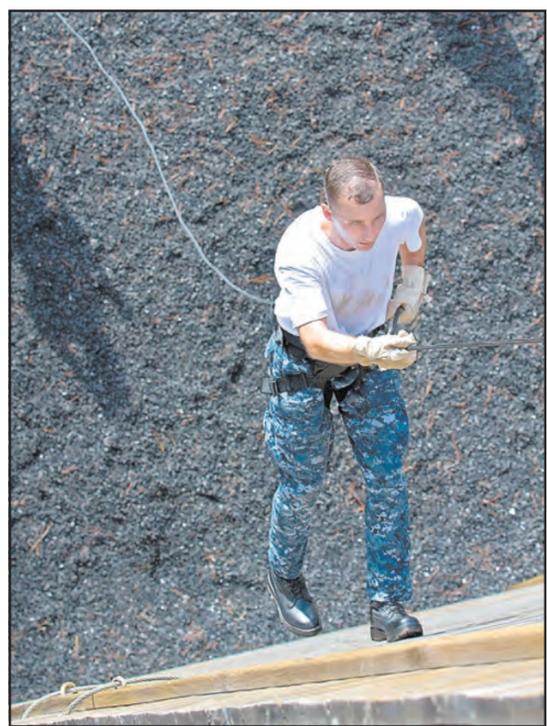
"You are only as strong as your weakest man. We worked together on challenging scenarios and had a great time despite of the rain," added HMC(Sel) Jason Francona



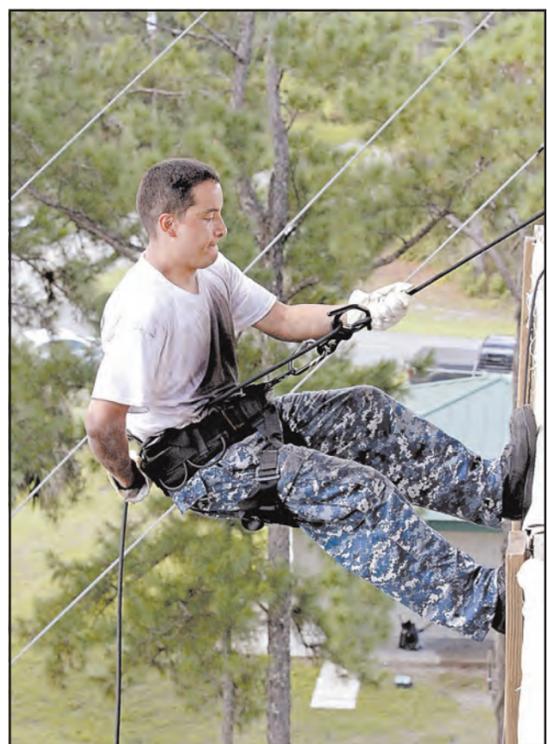
AEC(Sel) Joseph Krajewski and AMC(Sel) Joseph Brown, both of HSM-72, work as a team to get through the obstacle course at Camp Blanding.

of Navy Entomology Center of Excellence.

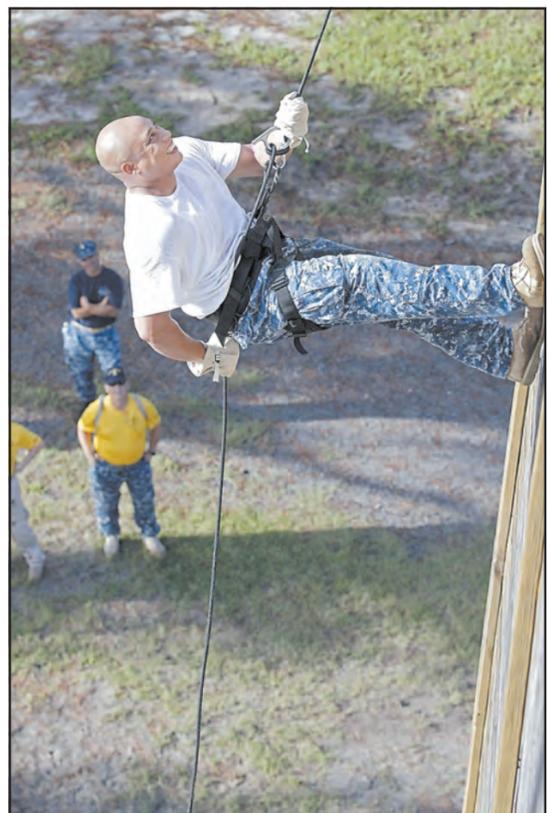
With numerous genuine chiefs to cheer them on and guide them through the process, the training session, although extremely tiring, gave the selectees a better understanding of their leadership skills and the importance of working together as a team.



YNC(Sel) Jeffrey Weaver of Navy Region Southeast carefully rappels down a wall during CPO 365 Phase II training at Camp Blanding on Aug. 23.



AMC(Sel) Rodriguez Camargo of VP-30 learns the skill of rappelling from high off the ground during the training.



CSC(Sel) Charles Brown of the NAS Jax Flight Line Café maneuvers his way down the rappelling wall at Camp Blanding during CPO 365 Phase II training.



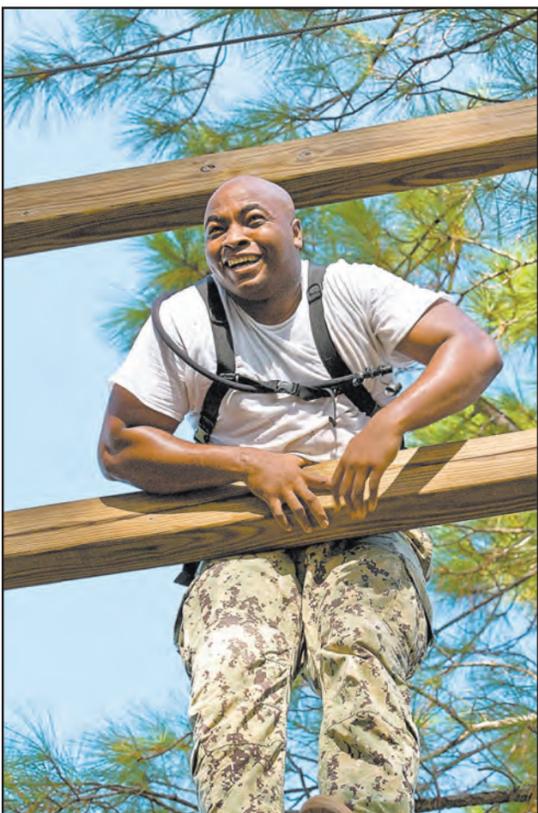
A group of chief selectees assist AEC(Sel) Joseph Krajewski of HSM-72 over a wall on the obstacle course as part of a team effort to finish the course.



OSC(Sel) Lashanda Mack of Transient Personnel Unit/Pre-Trial Confinement Facility Jax steadies herself as she climbs up the rope wall.



ACC(Sel) Eric English of the NAS Jax Air Operations Department, bottom, supports EMC(Sel) Jason Nazelrod of NAS Jax Port Operations in forming a human ladder to tackle the wall obstacle.



CEC(Sel) Cory Hinnant of Naval Computer and Telecommunications Station Jax climbs high to work his way through the obstacle course.



It's all about teamwork! AWOC(Sel) Gregory Cunningham (left) and AOC(Sel) Noah Correll (right) both of VP-30 help their teammate LSC(Sel) Joselin Cruzdelossantos over the obstacle course wall.

Photos by AWOCs
Craig Hert &
AWOC Gene Easton



ATC(Sel) Daniel Keck (front) and AWFC(Sel) Steven Warner of VP-30 make their way crawling under wire to complete a portion of the obstacle course at Camp Blanding.

OSC(Sel) James Vinocur of Mobile Tactical Operations Center 9 assists CEC(Sel) Cory Hinnant of Naval Computer and Telecommunications Station Jax make his way across a challenging obstacle.



A group of CPO Selectees work together to try to figure out one of the many taskings they were given as a teamwork project during the training.

Secretary Hagel's statement on new sexual assault prevention and response measures

By **Chuck Hagel**
Secretary of Defense

Eliminating sexual assault from the armed forces remains one of the Department of Defense'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.

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

In May, I directed a range of initiatives designed to strengthen our programs in the areas of commander accountability, command climate, victim advocacy, and safety.

Today (Aug. 15), I am directing immediate implementa-



Chuck Hagel
Secretary of Defense

tion of the following additional measures to improve victim support, strengthen pretrial investigations, enhance oversight, and make prevention and response efforts more consistent across the military services:

- Creating a legal advocacy program in each military service that will provide legal rep-

resentation to sexual assault victims throughout the judicial process;

- Ensuring that pretrial investigative hearings of sexual assault-related charges are conducted by judge advocates general (JAG) officers;
- Providing commanders with options to reassign or transfer a member who is accused of committing a sexual assault or related offense in order to eliminate continued contact while respecting the rights of both victims and the accused;

- 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;
- Directing DoD's inspector general to regularly evaluate closed sexual assault investigations;
- Standardizing prohibitions

on inappropriate behavior between recruiters and trainees and their recruits and trainees across the department, and;

- Developing and proposing changes to the Manual for Courts-Martial that would allow victims to give input during the sentencing phase of courts-martial.

All of these measures will provide victims additional rights, protections, and legal support, and help ensure that sexual assault-related investigations and judicial proceedings are conducted thoroughly and professionally.

In addition, the Department of Defense has established an independent panel, in accordance with the National Defense Authorization Act for Fiscal Year 2013, which is currently reviewing and assessing the systems used to investigate, prosecute, and adjudicate

crimes involving sexual assault and related offenses under the Uniform Code of Military Justice.

I have met with panel members and I will closely review their recommendations when complete.

Sexual assault is a stain on the honor of our men and women who honorably serve our country, as well as a threat to the discipline and the cohesion of our force. It must be stamped out.

I will continue to meet weekly with DoD's senior leadership team to personally review our efforts and ensure that directives and programs are being implemented effectively. We are all accountable to fix this problem, and we will fix it together. We will continue to work closely with the Congress and the White House on eliminating sexual assault in the military.

Orthopedic symposium

Lt. Cmdr. Leslie Manohar, Naval Hospital Jacksonville orthopedic surgeon, discusses common knee injuries during an Aug. 29 orthopedic symposium for primary care managers (PCM). She provided evidenced-based information on various orthopedic conditions, such as common musculoskeletal conditions. This results in an increased clinical efficiency and patient satisfaction, while reducing patient referrals to the TRICARE network.



Photo by Jacob Sippel

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Photos courtesy of NAS Jax Environmental Department

(From left) NAS Jax Environmental Director Kevin Gartland, greets symposium participants Felicia Boyd of Timucuan Trail Parks Foundation and Mike Fitzsimmons and Greg Strong, both of the Florida Department of Environmental Protection.

Environmental leaders meet at UNF

From Staff

More than 200 environmental professionals attended the annual Environmental Symposium sponsored by the City of Jacksonville and the University of North Florida Aug. 23 at the University Center.

The symposium theme was "Innovation, Conservation and Sustainability."

Greg Strong and Mike Fitzsimmons, of the Florida Department of Environmental Protection Northeast District), John Flowe, City of Jacksonville Environmental Services and NAS Jax Environmental Director Kevin Gartland manned the Northeast Florida Environmental Compliance Partnering Team display that explained the team's many successes.

Team presenters Gartland and John Barnard of JBA informed symposium attendees of how the team quickly resolves environmental challenges by working together to solve the regulatory, technical, financial and contractual issues associated with the Naval Air



Professional Engineer John Barnard, of John R. Barnard & Associates (JBA), discussed land use and construction management solutions developed for wastewater treatment projects aboard NAS Jacksonville during the Aug. 23 environmental symposium at University of North Florida.

Station's \$4.2M expansion of its wastewater reuse system to zero discharge in 2014.



Photo courtesy of Environmental

E-Recycle guidelines

The NAS Jax Environmental Department is finding greater quantities of electronic equipment discarded in dumpsters. This includes cell phones, televisions, fax machines, computer equipment and microwaves. These items contain heavy metals such as lead, cadmium and chromium that are harmful to our environment when sent to a landfill. They are also regulated by the Environmental Protection Agency and Florida Department of Environmental Protection. Stiff penalties can be levied if disposed of in dumpsters. All electronic equipment must be recycled through Defense Logistics Agency Disposition Services. For more information, call 542-3441.

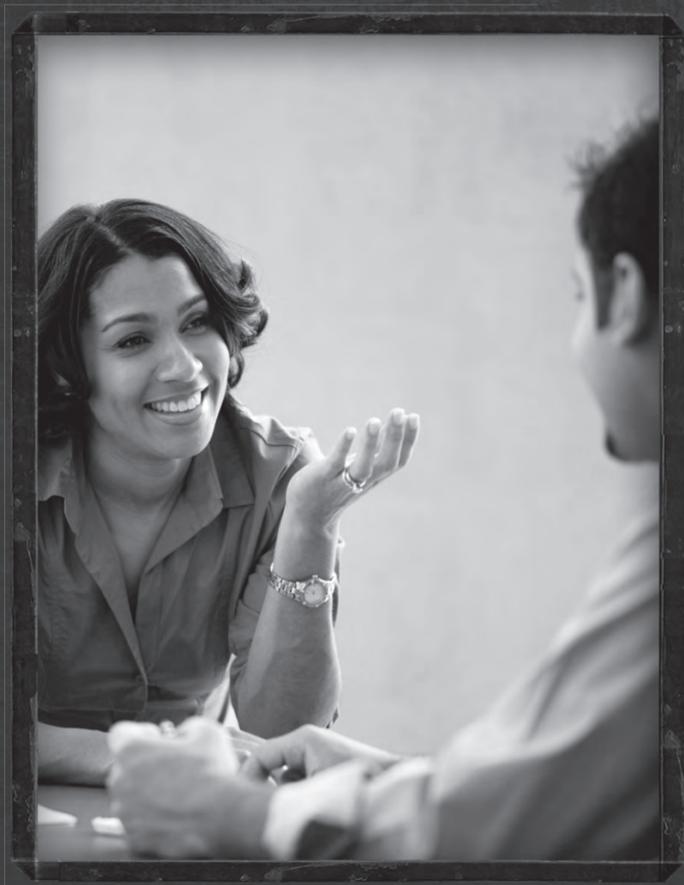
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Photos by Kaylee LaRocque

Vice Adm. William French, commander, Navy Installations Command, praises a group of chief petty officer selectees on their accomplishments during lunch at the NAS Jax Flight Line Café Aug. 30.



Photo by Lt. Kevin Wendt

Awardees from NAS Jax are recognized for their exceptional service and outstanding performance on Aug. 30. (From left) NAS Jax Commanding Officer Roy Undersander; MA2 Brittany Woods; AC2 Damien Davis; MA2 Keith Danalewich; MASN Stephan Moore; ACAN Alexis Ray; Vice Adm. William French, commander, Navy Installations Command; AC1 Daniel Tarrega; AC3 William Wilbanks; MA1 Brian Gamble; and Public Affairs Officer Miriam Gallet.

AE3 Jonathan Turner, assigned to the Swamp Foxes of HSM-74, performs maintenance on an MH-60R Sea Hawk helicopter on the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75).



Photo by MC2 Lyle H. Wilkie III

HSM-74

From Page 1

set us up for success during this deployment."

AC3(AW/SW) Steven Doyel, from Harry S. Truman's operations department, said he feels prepared to do his job and is ready to serve. "This is what we were trained to do," said Doyel. "We are as ready as ever to take the fight to the enemy. I feel the culmination of our training has prepared us to do our job. Being deployed out here is what a carrier strike group does, and it's what the Navy does."

Sweeney said the strike group is fully trained and prepared to accomplish the Navy's mission in 5th Fleet. "It's an environment where we'll continue to work with our coalition partners, train and operate throughout the region, and maintain presence to enhance security and stability," he said.

HST CSG consists of the aircraft carrier USS Harry S. Truman (CVN 75) along with embarked Carrier Air Wing (CVW) 3 and its squadrons: Strike Fighter Squadron (VFA) 32 "Swordsmen," VFA-37 "Ragin' Bulls," VFA-105 "Gunslingers," Marine Fighter Attack Squadron 312 "Checkerboards," Airborne Early Warning Squadron 126 "Seahawks," Electronic Attack Squadron 130 "Zappers," Helicopter Sea Combat Squadron 7 "Dusty Dogs," and Helicopter Maritime Strike Squadron 74 "Swamp Foxes," the embarked staffs of Carrier Strike Group 10 and 1st Combined Destroyer Squadron; guided-missile cruisers USS San Jacinto (CG 56) and USS Gettysburg (CG 64); and guided-missile destroyers USS Bulkeley (DDG 84) and USS Mason (DDG 87).



Commander, Navy Installations Command Vice Adm. William French, right, greets AWFAN Brett Parks of VP-30 at the NAS Jax Fitness Source Aug. 30. French spent the day touring the station to get a firsthand look at base facilities and operations.

CNIC

From Page 1

here in order to get an appreciation of how we prioritize issues and the impact our decisions have on you," French stated.

The admiral spent the morning visiting several Morale, Welfare and Recreation facilities including the newly renovated base gym, fitness center, childcare and youth centers, barracks, Transient Personnel Unit/Pre-Trial Confinement Facility and Air Operations.

French also joined a group of chief petty officer selectees from NAS Jax and tenant commands for lunch at the Flight Line Café where he praised them for their accomplishment.

"This is a great opportunity for you to make a difference on many levels and will give you more ability to impact those around you," said French. "I wish you all the best in your new roles as chief petty officers."

For HMC (Sel) Rebecca Green of Naval Hospital Jacksonville, it was an opportunity she had never experienced.

"This was the first time, I've ever had lunch with an admiral and I thought it was pretty awesome that he took the time to meet with us. It was nice to get a senior officer's insight on the chief's induction season and I'm just proud to be here today and proud to serve," she said.

According to NAS Jax Commanding Officer Capt. Roy Undersander the visit was extremely productive and successful. "CNIC putting eyes on NAS Jax and coming here to learn about the mission that we are executing and challenging issues we are facing will pay dividends in the future for the installation," said Undersander.

"I'm extremely proud of our Sailors and civilians and it was a privilege to showcase all that we achieve here day in and day out," he added.



Commander, Navy Installations Command Vice Adm. William French, center, meets with NAS Jacksonville department heads for a roundtable discussion about issues relating to the station.

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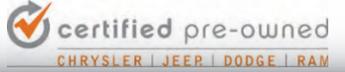
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Photo by Paige Gnann

(From left) Lt. Alexandra Bravoco, Naval Hospital (NH) Jacksonville Commanding Officer Gayle Shaffer and retired Rear Adm. Richard Vinci cut a cake celebrating the 101st anniversary of the Navy Dental Corps. Today more than 1,200 active-duty and reserve Dental Corps officers support the Navy and Marine Corps team and their families throughout the world. NH Jacksonville performs approximately 78,000 dental procedures annually at its hospital and five branch health clinics across Florida and Georgia.

Navy Dental Corps celebrates 101 years of service

By Yan Kennon
NH Jacksonville Senior Writer

Naval Hospital (NH) Jacksonville celebrated the 101st anniversary of the U.S. Navy Dental Corps during a golf tournament and cake cutting ceremony at Naval Station Mayport.

"Navy dentists are different than civilian dentists," said Capt. Gayle Shaffer, NH Jacksonville commanding officer and Navy dental officer. "Navy dentists operate in a variety of environments ranging from a typical military installation dental office, to U.S. Navy warships, to the sands of combat zones abroad. They are deployed through-

out the world working with uniformed service members, military dependents and even U.S. allies when conducting disaster response and humanitarian missions. For 101 years, our Dental Corps has served in times of peace and war to ensure dental readiness and act as advocates for oral health."

The Dental Corps originated on August 22, 1912, when then-President Taft signed into law the act passed by the 62th Congress, establishing the Navy Dental Corps.

Two months later, in October 1912, Emory Bryant and William Cogan were the first two dental officers to enter

active duty in the Navy. The number of Navy dentists continued to increase with 107 active duty dentists in 1921.

In 1923, the U.S. Naval Dental School opened as the Dental Department of the United States Naval Medical School, Washington, D.C. Its two-fold purpose was the post-graduate instruction of officers of the Navy Dental Corps and the training of hospital corpsmen to perform as dental assistants.

By June 1945, dental clinic ships were recommended by Commander, U.S. Pacific Fleet and on April 2, 1948 the dental technician rating was established.



Photos by Jacob Sippel

Lt. Tom Eldridge, a Naval Hospital (NH) Jacksonville dentist, performs a dental cleaning on Hospitalman Corissa McKenzie. Today more than 1,200 active-duty and reserve Dental Corps Officers support uniformed service members and their families throughout the world.



Lt. Darien Lazaro, a dentist assigned to Naval Branch Health Clinic Jacksonville, performs an oral surgery procedure on Army 1st Sgt. Curtis Whitfield.



Lt. Elizabeth Griffis, a dentist assigned to Naval Branch Health Clinic Jacksonville, performs a readiness examination on Aug. 8 on Army Staff Sgt. Matthew Waller.

Today, more than 1,200 active duty and reserve Dental Corps officers support the Navy and the Marine Corps team - and their families throughout the world. They maintain high operational readiness in support of all who deploy, focus heavily on disease prevention and were one of the first units to deploy self-con-

tained mobile treatment units - a practice common today at many fleet support areas. In addition, the Naval Postgraduate Dental School is recognized as one of the best in the world.

NH Jacksonville performs approximately 78,000 dental procedures annually at its hospital and branch health clinics.

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Photos by Kaylee LaRocque

Enlisted leader visits troops

Commander, Navy Installations Command Force Master Chief (FORCM)(SW/AW) Nancy Hollingsworth, along with NAS Jax Command Master Chief (CMDM)(AW/SW) Brad Shepherd discuss quality of life issues, sexual assault prevention training, job opportunities, manning concerns and education with a group of Sailors from the NAS Jax Air Operations Department on Aug. 28. Hollingsworth stressed the importance of tackling sexual assault issues within the Navy and asked the Sailors for ideas on how to deter sexual assault offenses. "We are trying to 'crack the code' on sexual assaults and figure out how to stop this from happening to our Sailors and family members. We continually conduct training on this subject but if anyone has other ideas, we are interested in hearing them. We have to figure out why this is happening so frequently and how to fix the problem," said Hollingsworth.



AC1(AW) Dax Bonnett of the NAS Jax Air Operations Department gives a brief overview on the daily operations of air traffic controllers to Commander, Navy Installations Command Force Master Chief (FORCM)(SW/AW) Nancy Hollingsworth during her visit to NAS Jax on Aug. 28. The master chief also met with NAS Jax and tenant command chief selectees and toured Morale, Welfare and Recreation facilities, the Flight Line Café, Barracks and Fleet and Family Support Center.

Clay County Veterans Services Office has relocated

From the Clay County Veterans Service Office

Part of Clay County's heritage is the county's strong ties to the military dating back to the early 1800s. Today, there are over 24,000 veterans who call Clay County home. These veterans represent service to our nation from World War II through the current conflicts as well as decades of service during peacetime.

The Clay County Veterans Service Office is staffed with a full time veter-

ans service officer and a part time veterans program assistant; both available and eager to assist veterans and/or family members with filing claims and/or other related needs. The office is now located on the second floor of the Clay County Administration Building at 477 Houston Street, Green Cove Springs, Fla. The office is open from 8 a.m. to 4:30 p.m., Monday through Friday. The former Veterans Service Office at 1565 CR 315 has been closed. To make an appointment, call (904) 269-6326.

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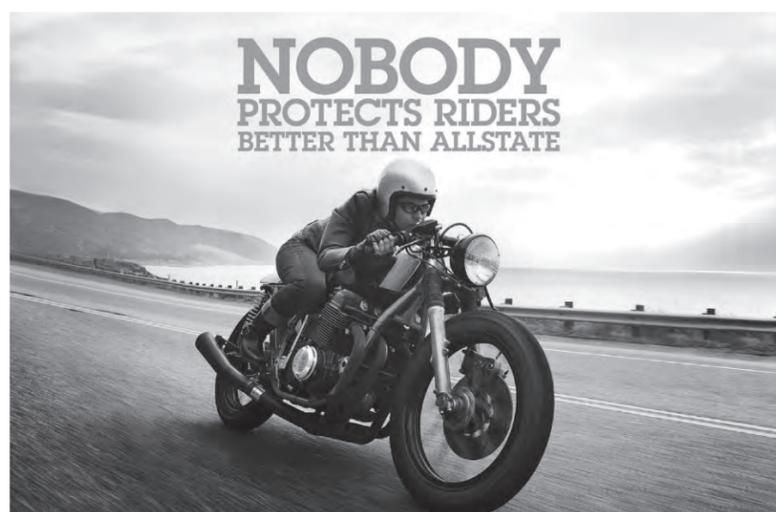
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\$2 games - shoes not included

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Fall and winter bowling leagues are
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Leagues begin in September.
Rising Stars Youth League Saturdays
beginning Sept. 7 at 10:30 a.m.

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Call 542-2930

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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 a.m. - 6
pm, Labor Day, Sept. 2 11 am. - 6 p.m.

The outdoor pool will close for recre-
ational swimming on Monday, Sept. 9.
The pool will remain open for lap swim
only Mon- Fri 6 - 8 a.m.; 11 a.m. - 1 p.m.;
4:30 - 7 p.m. Sat and Sun 11 a.m.-2:30
p.m. During lap swim the concessions,
water park and slide are closed.

Dive-in Movie
Friday, Sept. 6, 7 - 10 p.m.
Featuring Monsters University
36" size restriction on floats

I.T.T. Events
Call 542-3318

E-mail them directly at jaxs_nas_mwritt@navy.mil.

Jacksonville Zoo Spooktacular:
Available Sept. 1, \$9.

Universal Halloween Horror Nights:
Tickets coming soon! Stop by ITT to find
out more about dates & pricing.
Halloween Horror Nights visits ITT on
Oct. 2, 10 a.m. - 2 p.m. Stop by to win
great prizes!

TobyMac Tickets: Nov. 17, 7 pm at
Veterans Memorial Arena, \$26.

Waves of Honor Special: Seaworld
Orlando Adult \$46.50, Child \$42.25.
Busch Gardens Tampa Adult \$45, Child
\$40.50.

ITT Trip to the Yahala Country Bakery:
Sept. 28, 8 a.m. - 3 p.m., \$25.

29th Annual Mount Dora Craft Fair:
Oct. 26, 8 a.m. - 3 p.m., \$20.

*Orlando Magic vs. New Orleans Pelicans
Basketball:* Oct. 9, Veterans Memorial
Arena, section 102 at 7 pm, \$55.

Monster Jam: Club seating (includes pit
pass) \$42, regular seating (includes pit
pass) \$22.

LegoLand: Free tickets for Active Duty
member at the park. Tickets for family
members can be purchased at ITT: 1
day \$45.50, 1 day with waterpark \$52.50,
2 day \$51.25, 2 day with waterpark
\$54.25.

Jacksonville Jaguars: Section 147 Bud
Zone, \$70. Jags shuttle bus \$12.

*Thrasher Horne Center for the Arts 2013 -
2014 Season:* Tickets now available!
MOSH: \$7 - \$12.

*The Artist Series - Broadway in Jax 2013 -
2014 Season:* Tickets available now!
- Mamma Mia!: Oct. 19, 2013, 8 pm,
\$60.50.
- Celtic Thunder: Nov. 10, 2013, 7 pm,
\$80.
- Men Are From Mars, Women Are From
Venus: Jan. 17 & 18, 2014, \$51.
- War Horse: Feb. 22, 2014, 8 pm, \$68.50.
- Memphis: Mar. 22, 2014, 8 pm, \$65.
- Million Dollar Quartet: Apr. 26, 2014, 8
pm, \$65.
- The D* Word: Oct. 4 - Oct. 25, 2014,
\$43.75 - \$46.

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1335 for information.

Disc Golf Trip
Sept. 7 at 10 a.m.

Paintball Trip
Sept. 14 at 9 a.m.

Habijax Volunteer Opportunity
Sept. 21 at 7 a.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
Sept. 12 & 26 for retirees, DoD person-
nel 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
\$150 at the Mulberry Cove Marina
Sept. 21, 22, 28 & 29
Oct. 19, 20, 26 & 27

3rd Annual Riverfest
Sept. 28, 10:30 a.m. - 3 p.m.
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3 Sailors selected for All-Navy softball trials

By Clark Pierce
Editor

Three local Sailors are competing for available roster spots on the All-Navy Softball Team during trial camp being held at NAS Pensacola, Fla.

HM2(FMF) Bobby Brown, of Naval Hospital Jacksonville, is an outfielder who played on played on last year's All-Navy Softball Team.

"We finished third in the 2012 Armed Forces Championship - and I'm confident that we can up our play for this year. The team is already entered in the World Softball League North American Championships at Panama City Beach this month - which will be a great tune-up for the Armed Forces Championship."

NAS Jax MWR Sports Coordinator Bill Bonser explained, "NAS Jax sent in six packages and three were accepted. All-Navy Softball is an opportunity for Sailors with the right athletic skills to compete at the highest level in the



Photo by Clark Pierce

(From left) NAS Jax MWR Sports Coordinator Bill Bonser congratulates AT2 Michael Ttekac, HM2(FMF) Bobby Brown and MA3 Alycia Delgado Aug. 27 on being selected for the men's and women's All-Navy Softball teams.

armed forces. Once the roster spots are filled, the players will continue to practice, as well as compete in several tournaments leading up to the Armed Forces Championship, Sept. 14-20 at Fort Sill, Oklahoma."

AT2 Michael Tekac, of Fleet Readiness Center Southeast, is a pitcher who played on a number of MWR teams and in other

leagues.

"Joining an All-Navy Sports team is a prestigious TAD assignment and I'm grateful to my command for their support. A good softball pitcher is consistent, whether it's a day or night game. You've also got to field the middle, be a hitter, and above all - don't walk anybody. I'm also a multi-position

player - and that gives our coaches more flexibility when they make the lineup."

MA3 Alycia Delgado, of NAS Security Department, is an outfielder who grew up in a softball family.

"I love this game - been playing since I was 4 years old. Perhaps my best strength is hitting. Since they accepted my application package, I've been on the ball field practicing almost every day with Brown, Tekac and other top players. As an All-Navy rookie, I'm looking forward to trial camp and the tournaments."

Brown said he's proud to represent the Navy and his command.

"I'm always encouraging sports-minded Sailors to try out for their favorite sport. There are more than a dozen All-Navy sports teams that Sailors can try out for. It's a great program that encourages excellence and team unity."

According to Bonser, each athlete applying for an All-Navy team must submit an

official application package that includes their command's endorsement.

"Commander, Navy Installations Command (CNIC) is the worldwide driving force behind the 14 All-Navy sports teams.

"This program allows Sailors with exceptional athletic skills to compete above the intramural level. Annually, All-Navy teams compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

"The sports consist of men's and women's basketball, soccer, cross country, bowling, volleyball, golf, softball, triathlon and marathon. In addition, there is boxing, wrestling and rugby available for men.

"After receiving their invitation to trials camp, Sailors are put on no-cost TAD orders during their time with the team. CNIC picks up the tab for the selected Sailor, including flights, accommodations and meals," said Bonser.

Fall Softball League forming

Open to active duty, selective reservists, DoD and DoD contractors assigned to a command aboard NAS Jacksonville. The games play on Tuesdays and Thursdays starting at 5:15 p.m. Contact the gym for rules and required paperwork.

7-on-7 Flag Football League forming

Open to active duty, selective reservists, DoD and DoD contractors assigned to a command aboard NAS Jacksonville. The games play Mondays and Wednesdays at 5:15 p.m. Contact the gym for rules and required paperwork.

Fall Kickball League forming

Open to active duty, selective reservists, DoD and DoD contractors assigned to a command aboard NAS Jacksonville. The games play at lunchtime. Contact the gym for the rules and required paperwork.

NAS Jax Sports

Fall Bowling League meeting - Sept. 6

Open to active duty, selective reservists, and command DoD personnel and DoD contractor personnel assigned to a command at NAS Jacksonville. The meeting is at 11:30 a.m. at NAS Freedom Lanes. Commands whose athletic officer or designated representative attend the meeting will receive five captain's cup points. Attend the meeting for rules and required paperwork.

Intramural Skeet Shooting League meeting - Sept. 11

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.

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 bill.bonser@navy.mil.

Standings

As of Aug. 30
Captain's Cup
Singles Badminton

Team	Wins	Losses
Bonser	2	0
Rajendran	2	0
Tenchavez	2	0
Barrezueta	1	1
Carreiro	1	1
Brown	1	2
Drost	1	2
Arzuaga	0	1
Bradshaw	0	1
Ngo	0	2



Photos by Kaylee LaRocque



ITC(Sel) LaToya Brown of Naval Computer and Telecommunications Station Jacksonville serves a sample of homemade chili to AWOC(NAC/AW) Steven Smith of Commander, Patrol and Reconnaissance Wing Eleven who judged the annual CPO Selectee Chili Cookoff.



CPO selectees from Team USS Enterprise proudly display their Chili Cookoff pennant for winning first place for their delicious pots of chili during the annual event.

CPO selectees hold chili cookoff

PSC(Sel) Johnny Mills of VP-10 serves up some tasty family style chili to LSC Sandra Mock of Navy Region Southeast during the annual CPO Selectee Chili Cookoff at the Navy Exchange Food Court on Aug. 29.

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AWF3 Daniel Jacobson prepares weight and balance calculations prior to taking off on a Pacific Command high-priority logistics mission.



Photos courtesy of VR-62 Public Affairs

VR-62 "Nomads" crewmen walk to their C-130T Hercules at NAS Whidbey Island, Wash. prior to flying to NAF Atsugi, Japan. The flight took 11 hours and 50 minutes (un-refueled) during a recent detachment to U.S. Pacific Command.

'Nomads' aircraft home for a while

By AWFCs(NAC/AW/SCW) Mike Wendelin
VR-62 Public Affairs

Two C-130T Hercules aircraft assigned to the VR-62 "Nomads" recently returned to NAS Jacksonville from U.S. Pacific Command - their final detachment of FY13.

The Nomads flew 497 flight hours over 12 weeks and carried 571,000 pounds of high-priority cargo on 28 missions. This detachment was unique in that two Nomads C-130s were flown instead of the usual "Lone Nomad" single-ship operation.

This was due to participation in Exercise Talisman Saber, a joint exercise involving the U.S. and Australian Defense Forces. This exercise required extra logistics support and Team Nomad answered the call.

Talisman Saber is a biennial exercise between the US forces and Australian Defense Forces to maintain and improve readiness between the two countries.

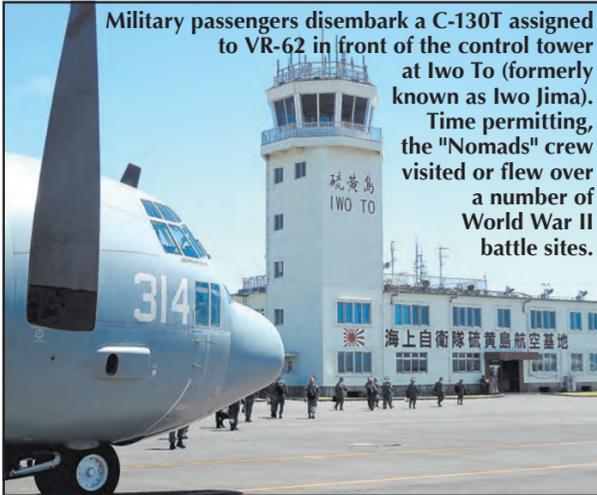
The main thrust was to improve interoperability, combined task force operations and combat readiness between the two countries.

The Nomads are on track to fly their second-busiest operations year since 2001. VR-62 Commanding Officer Cmdr. Tony Scarpino said that VR-62 Operations is forecasting that the squadron will top the 3,300 flight hours mark this fiscal year.

"That's a four-aircraft squadron, if anyone is keeping track," said Scarpino. "We cannot perform accomplishments like this without our exceptional maintainers and the rest of Team Nomad hitting on all cylinders. Team Nomad is doing an outstanding job," Scarpino said.

The Nomads will take a month off before returning to U.S. Pacific Command to kick off the FY14 detachment cycle in early October.

VR-62 is based at NAS Jacksonville and is one of five Navy Reserve C-130T squadrons serving the Navy's high-priority global logistics needs full time.



Military passengers disembark a C-130T assigned to VR-62 in front of the control tower at Iwo To (formerly known as Iwo Jima). Time permitting, the "Nomads" crew visited or flew over a number of World War II battle sites.



In Malaysia, AWF3 Daniel Jacobson directs the loading of a VR-62 C-130T while transporting a detachment from Naval Mobile Construction Battalion 5.

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Dangers of dietary supplements: Know what's right for you

By **Marrielle Mayshack**
NHJ Wellness Center Health Promotion Specialist

The use of dietary supplements has skyrocketed in recent years in an attempt to find a quick fix for ailments or to lose a little extra weight. According to Centers of Disease Control and Prevention (CDC), more than 50 percent of U.S. adults consume one or more dietary supplements daily.

A dietary supplement is defined as a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. When searching for supplements, consumers need to be aware that, unlike prescription medications, dietary supplements are not reviewed and approved by the Food and Drug Administration (FDA) based on their safety and effectiveness; however FDA does regulate product labeling.

Do to the largely non-existent monitoring of dietary supplements; manufacturers are able to advertise supplements without research evidence, rendering it unclear if the supplement works or if the suggested potency is safe for consumption.

Supplements can do more harm than good, so it is vital for consumers to know what the body is deficient in, or if the



Photo by Jacob Sippel

According to Centers of Disease Control and Prevention, more than one-half of U.S. adults consume one or more dietary supplements daily. Before considering dietary supplements, consult your primary care manager to better understand what your body may be deficient in and if the supplements could interact with medications currently being taken. For additional information about dietary supplements, contact Naval Hospital Jacksonville Wellness Center, located next to the Fitness Center, or call 904-542-5292.

supplements could interact with medications currently being taken. Always consult a health care provider when considering dietary supplements.

Ingredients that consumers should be aware of on supplement labels are bitter orange, aconite, chaparral, col-

oidal silver, coltsfoot, comfrey, country mallow, germanium, greater celandine, kava, lobelia and yohimbe. These ingredients have been linked to serious adverse effects—hazardous change in blood pressure, serious liver injury, kidney failure, heart attack and stroke—through clinical research or case studies.

Although the FDA does not regulate dietary supplements, there are organizations that strive to make formulas of supplements as safe as possible. The U.S. Pharmacopeial Convention (USP) is an organization that helps dietary supplement manufacturers have certain standards and guidelines when mass producing their products. Consumers should look for the USP brand on dietary supplement packaging, to ensure it has been formulated without any potential harmful substances.

The Office of Dietary Supplements (ODS) has released a mobile application, My Dietary Supplements (MyDS), to assist consumers with purchasing supplements. The application allows individuals to search and record consumption of various vitamins, minerals, herbs and other manufactured goods. It also provides access to science-based

dietary supplement facts and general information about ODS. MyDS can be downloaded from <https://myds.nih.gov> in English or Spanish, and is compatible with most mobile phone devices. MyDS will also work on desktop or laptop computers.

For additional information about dietary supplements, contact Naval Hospital (NH) Jacksonville Wellness Center, located next to the Fitness Center, or call 542-5292. For dietary supplement fact sheets, visit www.ods.od.nih.gov and enter "dietary supplement fact sheets" in the search bar. For additional information on USP, visit their Web site www.usp.org.

NH Jacksonville's priority since its founding in 1941 is to heal the nation's heroes and their families. The command is comprised of the Navy's third largest hospital and five branch health clinics across Florida and Georgia. Of its patient population — about 163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen and their families — more than 57,000 are enrolled with a primary care manager at one of its facilities. To find out more, visit the command Web site at www.med.navy.mil/sites/NavalHospitalJax.

VP-5 'Mad Fox of the Week': MC2(AW) Doug Wojciechowski

By **Lt. j.g. Taylor Brauns**
VP-5 Public Affairs Officer

As VP-5 continues its busy schedule operating and maintaining the P8-A Poseidon, the squadron salutes a "Mad Fox of the Week." This week's exemplary Sailor is MC2(AW) Doug Wojciechowski.

Born in Cherry Hill, N.J., Wojciechowski has three brothers and one sister. His father was a member of the Seabees and retired with the rank of Chief Warrant Officer 4 after 34 years of faithful service to his country.

Wojciechowski spent most of his childhood growing up in Virginia Beach, Va. and later moved to the Jacksonville area where he attended Clay High School in Green Cove Springs. While still in high school, he worked towards his associate's degree from St. John's River State College, which he earned before he graduated high school in 2011.

As a mass communication specialist, he is trained in mass media, journalism, photography, videography, graphic and web design, and print production.

Within the squadron, Wojciechowski is tasked with training and making sure all Mad Fox aircrew members are proficient with handheld cameras. He also helps to write the daily flight schedule and provides public affairs

support for all squadron events.

When asked what the most rewarding part of his job was, he said that without a doubt it was being able to photograph homecomings after deployment. "The ability to capture that much happiness is the best part," said Wojciechowski. "It's very rewarding to be part of that special moment for families."

His future goals in the Navy are to be accepted into an officer program and earn a commission. To help facilitate these goals, Wojciechowski attends Florida State University on his free time where he studies criminal justice.

When Wojciechowski is away from the squadron he spends his free time riding his Harley Davidson motorcycle and golfing on many of the scenic and challenging courses that Florida has to offer. He also helps coach a local football team at Oak Leaf Junior High School.

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



MC2(AW) Doug Wojciechowski



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NAVFAC Southeast celebrates 171-Year Navy heritage

By Naval Facilities Engineering Command Southeast Public Affairs

On Aug. 31, the Naval Facilities Engineering Command (NAVFAC) will mark 171 years of providing facilities engineering expertise to support the mission readiness of Navy and Marine Corps commanders.

The 13th Secretary of the Navy, Abel Upshur, officially established NAVFAC's predecessor, the Bureau of Naval Yards and Docks in 1842, to execute the design, construction and maintenance of Navy yards and a few other shore stations around the eastern seaboard of the United States.

Eventually the Bureau and its responsibilities would grow into the global enterprise known as NAVFAC, which was officially established in May 1966.

"I could not be more proud of our history and what our NAVFAC team, around the world, is accomplishing today for our supported commanders, the joint warfighter and their families," said NAVFAC Commander and Chief of Civil Engineers Rear Adm. Kate Gregory.

"We are fortunate to have an exemplary team of Civil Engineer Corps officers, Seabees and NAVFAC civilians, along with our contractor partners, who are on the job 24/7, building and maintaining sustainable facilities, delivering utilities and services, and providing Navy expeditionary combat force capabilities to Navy and Marine Corps commanders wherever and whenever needed."

With 16 commands located in the United States, Europe, Southwest Asia and the Far East, NAVFAC is the Navy systems command that delivers and maintains high-quality, sustainable facilities for the Navy and Marine Corps, acquires and manages capabilities for the Navy's expeditionary combat forces, and enables energy security and environmental stewardship around the globe.

NAVFAC's signature is visible on every Navy and Marine Corps installation. Nearly every

pier, runway, building, gymnasium, barracks, road, utility plant, and other facilities on shore has been constructed or acquired by NAVFAC.

NAVFAC Southeast supports 22 Navy, Marine Corps and U.S. Air Force installations from South Carolina to Texas and down to Guantanamo Bay, Cuba.

The command's team of planning, construction, facilities services, and acquisition subject matter experts executed more than \$2 billion throughout the southeast.

"I am proud to be a part of such an exceptional group," said NAVFAC Southeast Commanding Officer and Regional Engineer Capt. Christopher Kiwus.

"Our great heritage continues through our civilians, military members and contractors as they support the Sailors and Marines as they work and train to protect our nation."

NAVFAC's Public Works Departments respond to facilities service and emergency calls in a demanding 24/7 environment.

This critical work is a vital enabler for what takes place daily on bases around the world.

NAVFAC Southeast has established a Regional Call Center (RCC) in Jacksonville to serve installations in the southeast.

"The Regional Call Center is improving efficiency by regionalizing work reception into a single location," said NAVFAC Southeast Acting Public Works Business Line Coordinator Kevin Roye.

"Data integrity will also be improved with a new consistent approach and increased quality control throughout the region."

Delivering sustainable and cost-effective solutions is increasingly important in the austere fiscal environment our nation is facing.

Last year, in support of the Secretary of the Navy's ambitious energy goals to help achieve energy security and efficiency throughout the Navy, NAVFAC helped supported commanders in the Navy and Marine Corps reduce energy consumption by nearly 20

percent, and increase the Navy's total production or procurement of renewable energy to more than 1.5 million megawatt hours of electricity.

NAVFAC's Small Business program is second to none. NAVFAC continues to exceed all government-wide program goals and targets, with an average 48 percent of the total dollars awarded and more than 25,000 contracts going to small businesses.

"We have an amazing team that is committed to choose small businesses as the first option for our contracting requirements," said NAVFAC Southeast Small Business Manager Nelson Smith.

NAVFAC experts provide engineering reach-back support to war fighters, as well as response and recovery support for natural disasters like earthquakes.

In response to Hurricane Isaac in 2012, NAVFAC sent a Contingency Engineering Response Team (CERT) made up of 17 military and civilian personnel to Naval Station Gulfport and Naval Air Station-Joint Reserve Base New Orleans to help in recovery efforts.

This area is especially important because the southeastern United States is prone to hurricanes and other natural disasters.

"This dynamic team of professional architects, engineers, construction, and acquisition specialists is made up of an all volunteer team and are ready to deploy anywhere in the United States within 48 hours," explained NAVFAC Southeast Contingency Engineer Officer Cmdr. Kenneth Vargas.

These teams provide immediate critical damage assessment data, all this with the goal of getting the affected installation back to fully mission operational status as quickly as possible."

NAVFAC also provides supported commanders with environmental expertise, such as installation restoration, environmental compliance, and National Environmental Policy Act planning and coordination.

Feds Feed Families

AWV2 (NAC/NAW) James Laney, assigned to NAS Jax Chapel, loads up a government vehicle with donated food products in preparation of dropping items off at Second Harvest North Florida, a local food bank that distributes food to disadvantaged people.



Photos by MC2 Amanda Cabasos



AWV2(NAC/NAW) James Laney (right) and AT2 Kaajal Doshi, both assigned to NAS Jax Chapel, unload a box of donated food items Aug. 28. "I feel like I am helping out the community by picking up food and dropping it off at local food banks, rather than just promoting the event," said Doshi. "Participating in Feds Feed Families gives me a better perspective on what we have in comparison to those people in need."



AT2 Kaajal Doshi, assigned to the NAS Jax Chapel, loads a donated bag of food into a vehicle. Nearly 1,300 pounds of non-perishable food products were gathered and distributed to Second Harvest North Florida Aug. 28.



Photos by Kaylee LaRocque

NAS Jax Command Master Chief (CMDM)(AW/SW) Brad Shepherd commends the CPO selectees on their achievements and thanks the families for their support during the annual CPO Selectee Navy Exchange Night on Aug. 27.

NEX NIGHT

From Page 1

Operations Center 3.

According to NEX Soft Line Divisional Manager Claudette Cumberbatch, the NEX plans the event all year to ensure it's a success. "It truly is a pleasure to do this on an annual basis for our CPO selectees. They are the reason why we are here. They give so much for all us - their commitment, dedication and service is just phenomenal," said NEX Soft Line Divisional Manager Claudette Cumberbatch. "Our employees are thrilled to coordinate the event and participate as models. It's one of our favorite events."

NAS Jax Command Master Chief

(CMDM)(AW/SW) Brad Shepherd praised the new CPO selectees and their families for their success and contributions through CPO 365 Phase II. He also thanked the NEX employees for putting on the successful event each year.

"I hope you learned something tonight because I remember when I made chief and wasn't sure what I was supposed to wear and what my spouse should wear to certain events. It's definitely an important aspect of our heritage and success as chiefs," he said.

HOMEFRONT

From Page 2

And in just a few years, when Ford is driving, going to the movies with friends, and doing all those teenager things, I guess Yoda's Hut will seem uninteresting to my still-young Lindell. Which is sad, because

there is so much more time to be an adult.

When Ford was an infant, there were days I thought would never end. When he was a toddler, I begged for bedtime. Then he entered school and the pace changed. His

grade-school years went by in a hurry. But middle school feels even faster. And sometimes, I just wish I could slow it down, maybe stand outside the fort again and wait for my little boys to finish playing Star Wars.

Navy Lodge celebrates National Hospitality Week

From Navy Exchange Command

To celebrate Navy Lodge housekeeping, front desk and maintenance staffs for the tireless work they do on a daily basis to support our military families, Navy Lodge Jacksonville is participating in National Hospitality Week Sept. 23-27.

"The Navy Lodge staff is very excited to participate in National Hospitality Week," said Melanie Peters. "They do so much throughout the year to make sure our guests have a clean and comfortable stay at our Navy Lodge. This week allows our associates to show off their housekeeping and guest service skills and have fun at the same time."

Navy Lodges worldwide are planning several activities. According to Peters, the following events are planned at NAS Jacksonville - toilet paper basketball, lamp

shade decorating contest, bucket races and more.

It's difficult to leave home, whether for that military-mandated permanent change of station move or a hard-earned vacation. That is why it's important to pick a military lodging location that offers the many comforts of home.

Navy Lodges offer family suites and oversized guest rooms that feature a kitchenette complete with microwave and utensils, cable TV with premium channels and DVD player. Navy Lodges offer guests housekeeping service, vending machines, DVD rental service and laundry facilities as well as handicapped accessible rooms. Guests also have in-room coffee, breakfast in the lobby and newspaper as well as convenient on-base parking while staying at a Navy Lodge. Most Navy Lodges also accept cats and dogs up to 50 pounds.

To make a reservation

at a Navy Lodge, call 800-628-9466 (800-NAVY-INN), 24/7 or go online to www.navy-lodge.com.

VyStar Credit Union presents 238th Navy Birthday Ball

River Cove Conference Center (Officer's Club)
Naval Air Station Jacksonville
October 12, 2013

Guest Speaker Lt. Michael E. Thornton (Ret)
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Cocktail Hour 6 p.m.
Dinner and Formal Ceremony 7 p.m.
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\$10 for E1 - E6
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For additional information contact Steve David at (904) 885-5275
or Jay Haddock at (904) 307-3776

Meal Options: Beef Fillet, Chicken, Salmon with lemon butter sauce or Vegetarian

Complimentary photo & mementos

Attire
Military E-1 to O-3 - SDB with ribbons, mini or full medals
Military O-4 and above - Mess Dress Blue
Civilians - Business suit or formal attire

Child Care is available at the NAS JAX Child Development Center (CDC) from 5:30 p.m. -12:30 a.m. Flat rate of \$20 per child. Snacks will be provided. Contact the CDC for registration no later than Oct. 9. Shot record must be provided for all children. CDC: (904) 542-9075

Tickets on sale at the Navy and Marine Corps Relief Society: (904) 542-3515 Monday - Friday 9 a.m. - 2 p.m.
Seating will be assigned. (10 seats per table)
For seating contact Greg Keller at 495-4201 or gkeller0420@gmail.com
Blocked rooms available at NGS: 542-3138, Mention Navy Ball
Last date available - Sept. 28
Additional lodging available at the Navy Lodge: (904) 772-6000

THE NAVY BALL COMMITTEE AND VYSTAR ARE NON-FEDERAL ENTITIES OPERATED AND CONTROLLED BY INDIVIDUALS ACTING IN THEIR PRIVATE CAPACITIES. THEY ARE NOT A PART OF THE U.S. DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND HAVE NO GOVERNMENTAL STATUS.



Photos by MC2 Amanda Cabasos



(From left) BU2(SCW) Brandon Kinsey and CE2N Jess Culbertson of Construction Battalion Maintenance Unit 202 Detachment Jacksonville, apply mortar to a block column in preparation of installing a fence.

Seabees continue work on new park

(From left) UTCA Michael Gillis and BU2(SCW) Robert Newell of CBMU-202 Detachment Jacksonville, rinse out the mortar mixer in conclusion of their workday on Aug. 26. The new park at Langley Street and Saratoga Avenue is expected to be completed by early October.

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