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NAS Jax pins new chiefs



By Kaylee LaRocque
NAS Jax Public Affairs Specialist

NAS Jacksonville CPO 365 Phase II came to a close Sept. 13 with several pinning ceremonies for new chief petty officers (CPO) at Hangar 117, Naval Hospital Jacksonville, Fleet Readiness Center Southeast and VP-30.

Ninety-five new chiefs were pinned by their family members and sponsors at Hangar 117. The event began as VP-5 Command Master Chief (CMD) Terrence Mitchell welcomed the guests and presented the 2013 CPO selectees who proudly stood in formation singing "Anchors Aweigh."

After the playing of the national anthem, an invocation was delivered by NAS Jax Chaplain (Lt.) Andrew Hayler. Commander, Patrol and

Reconnaissance Wing Eleven Capt. Eric Wiese delivered the opening remarks, thanking the families for their support and stressed the importance of the role of a CPO.

"For us in the Navy, the anchor is a symbol of strength. Anchors are what keep ships from going adrift or running aground. Chiefs are what keep the Navy from drifting away from the ideals of the Navy: honor, courage and commitment. When I think of chiefs petty officers who mentored me, including my dad, I think about honor, courage and commitment," said Wiese.

Wiese told the new CPOs, "As long as you live, you can wake up every morning knowing you made a positive difference in the lives of the men and women you serve along-

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ATC Richard Wheeler is pinned with his chief petty officer (CPO) insignia by his 6-year-old son, Richard, during the CPO pinning ceremony at Hangar 117.

Photo by Kaylee LaRocque

HS-11 supports flight deck qualifications on USS Theodore Roosevelt (CVN 71)

By MCSN Kris Lindstrom
USS Theodore Roosevelt Public Affairs

The Helicopter Anti-submarine Squadron (HS) 11 "Dragonslayers," based at NAS Jacksonville, arrived on board aircraft carrier USS Theodore Roosevelt (CVN 71) Sept. 11.

The squadron is part of Carrier Air Wing One (CVW-1) and is the first squadron of the air wing to come aboard Theodore Roosevelt to support flight operations.

HS-11's capabilities include combat search and rescue (CSAR), special warfare, anti-submarine warfare, vertical replenishment, anti-ship missile defense and passenger and cargo transfer.

The Dragonslayers operate two variations of the Seahawk helicopter to



HS-11 "Dragonslayers" SH-60F and HH-60H Seahawk helicopters are currently deployed on board the aircraft carrier USS Theodore Roosevelt where Carrier Air Wing 1 is undergoing flight deck qualifications.

File photo

carry out their various missions - the SH-60F (Foxtrot) and HH-60H (Hotel) helicopters.

"The Foxtrot has a dipping sonar system that is used to find submarines and the Hotel can carry Hellfire missiles on it for force protection," said Lt. Daniel Foose, a pilot for the Dragonslayers.

With their helicopters now aboard the Big Stick, HS-11 will focus on flight

deck qualifications needed for CVW 1 to be fully operational.

"Each mission is different," said ADCS Charwin Carrington, acting command master chief of HS-11.

"We have to get all of our aircrew and aircraft on the same page as far as having our systems up at all times."

Carrington said that it takes everyone, from the lowest ranking airman to the commanding officer, for the

Dragonslayers to be operational.

"I'm excited to be aboard the [Theodore] Roosevelt," said Carrington. "I'm looking forward to the challenges ahead."

The Dragonslayers are just one squadron of the air wing to bring their aircraft aboard.

Other aircraft may include F/A-18 Super Hornets, F/A-18 Hornets, E-2C Hawkeyes and E/A-18G Growlers.

From Orion to Poseidon

The future of MPRF

By Lt. Cmdr. Gabe Mauldin
Commander Patrol and Reconnaissance Group (CPRG)/CPRG Pacific

The Maritime Patrol and Reconnaissance Force (MPRF) is transitioning into a new type/model/series (TMS) for the first time in 50 years.

To make this transition a success, the Naval Aviation Enterprise (NAE) and industry leaders are working to sustain the legacy P-3C and EP-3E while the P-8A TMS is being introduced to the fleet.

The last time the MPRF Community transitioned to a new TMS was in 1962 with the delivery of the first P-3A to

Patrol Squadron (VP) 8. As in the past, the key to a successful transition is constant communication and cooperation across all levels of the NAE and industry. The following highlights are evidence of the success of these efforts.

The fleet transition to the P-8A Poseidon is progressing well and on schedule. At NAS Jacksonville, Fla., the Fleet Replacement Squadron, VP-30, MPRF Weapons School and P-8A Fleet Introduction Team have been busy facilitating the transition of the first three fleet squadrons from P-3C to P-8A.

VP-16 "War Eagles" achieved Safe for Flight (SFF) in January 2013 and is progressing through the Inter-Deployment Readiness Cycle (IDRC) in preparation for the first P-8A deployment in December.

VP-5 "Mad Foxes" achieved SFF and began their IDRC in



Official Navy Photo

A P-3C Orion, left, and the new P-8A Poseidon, both attached to the VP-30 "Pro's Nest," fly in formation over NAS Jacksonville. The Poseidon is replacing the Orion as the preeminent land-based aircraft in the Navy's Maritime Patrol and Reconnaissance Force.

the beginning of August. VP-45 "Pelicans" just started transition upon returning from their final P-3 deployment in June.

Over the last year, Air Test and Evaluation Squadron (VX) 1 successfully completed P-8A Initial Operational Test and

Evaluation supported by mul-

iple detachments, exercises and real-world operations. As expected, the aircraft (based on the Boeing 737) has been extremely reliable. The mission systems have performed well and the aircrews are rapidly becoming more adept at flying and employing the aircraft

while the maintenance team is developing the skills required to repair and maintain this modern aircraft.

The supply chain is expanding to meet the demands of a new aircraft and the communi-

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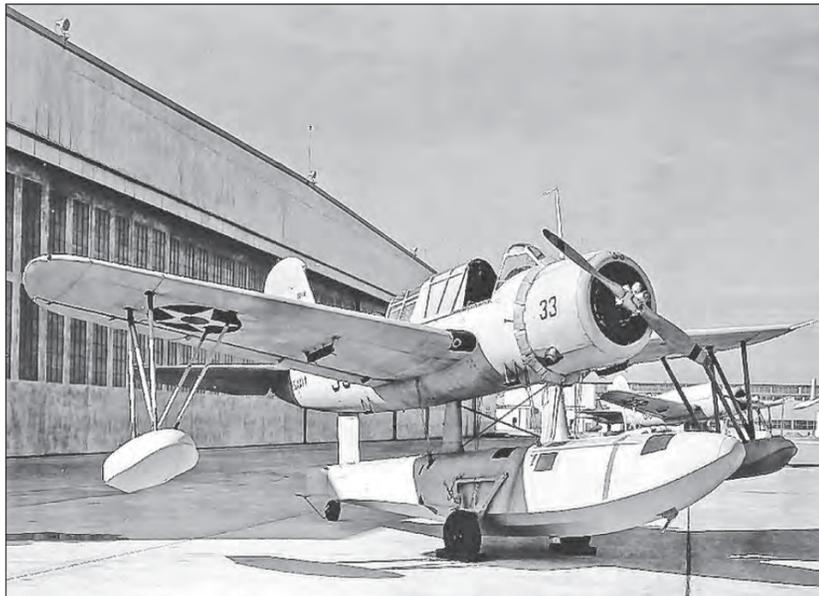


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U.S. Navy photos

This JRF-5 Grumman Goose amphibian was assigned to NAS Jacksonville in 1941 for air-sea rescue and utility transportation. It remained on the station throughout World War II. The Goose was also used for coastal patrol and aerial photography. With its tail-dragger landing gear configuration, and two Pratt & Whitney 450 hp engines, the Goose could carry eight pilots and crew.



A Vought OS2U-2 Kingfisher float plane sits on the NAS Jacksonville seaplane ramp June 7, 1942. This scout/observation aircraft was powered by a Pratt & Whitney R-985-50 Wasp engine. It was the main shipboard observation aircraft serving on cruisers and battleships during World War II.

This Week in Navy History

From Staff

Kalantiaw.

Sept. 19

1915 - SECNAV Josephus Daniels organizes the Naval Consulting Board to mobilize the scientific resources of U.S. for national defense.

1957 - Bathyscaph Trieste, in a dive sponsored by the Office of Naval Research in the Mediterranean, reaches record depth of two miles.

1992 - Joint Task Force Marianas stands down after providing assistance to Guam after Typhoon Omar.

Sept. 20

1911 - Navigational instruments first requested for naval aircraft.

1951 - In Operation Summit, the first combat helicopter landing in history, U.S. Marines were landed in Korea.

1981 - USS Mount Hood and Navy helicopters rescue 18 crew members of Philippine Navy frigate, Datu

Sept. 21

1858 - Sloop Niagara departs Charleston, S.C., for Liberia with African slaves rescued from slave ship.

1923 - Asiatic Fleet completes mission of aiding earthquake victims in Japan.

1939 - President Franklin Roosevelt asks Congress to repeal the arms embargo provision of the Neutrality Act.

1944 - Aircraft from 12 carriers commence two-day attack against Japanese ships and airfields on Luzon, Philippine Islands.

1984 - Mid East Force begins escort of U.S. flagged vessels in Persian Gulf.

Sept. 22

1776 - John Paul Jones in Providence sails into Canso Bay, Nova Scotia, and attacks British fishing fleet.

1943 - U.S. destroyers and landing craft land Australian troops at Finschhafen, New Guinea.

1989 - After Hurricane Hugo, Sailors and Marines provide assistance to Charleston, S.C., through 10 Oct.

Sept. 23

1779 - Captain John Paul Jones in Continental Navy frigate Bonhomme Richard captures HMS Serapis.

1931 - Lt. Alfred Pride pilots Navy's first rotary wing aircraft, XOP-1 autogiro, in landings and take-offs on board USS Langley while underway.

1944 - Naval Task Group lands Army troops on Ulithi Atoll, Caroline Islands.

1944 - USS West Virginia (BB-48) reaches Pearl Harbor and rejoins the Pacific Fleet, marking the end of the salvage and reconstruction of 18 ships damaged at Pearl Harbor on Dec. 7, 1941.

1947 - James Forrestal, former SECNAV, takes office as first Secretary of Defense.

1990 - Two Hospital ships (USNS

Mercy and USNS Comfort) steam together for first time in Arabian Gulf.

Sept. 24

1918 - Ensign David Ingalls, USNR, in a Sopwith Camel, shoots down his fifth enemy aircraft, becoming the first U.S. Navy ace while flying with the British Royal Air Force.

1944 - 5th Fleet carrier aircraft attack Japanese in Visayas, Philippines.

1960 - First nuclear powered aircraft carrier, USS Enterprise (CVAN-65), launched at Newport News, Va.

Sept. 25

1941 - In first successful U.S. Navy escort of convoys during World War II, Navy escort turn over HX-150 to British escorts at the Mid-Ocean Meeting Point. All ships reach port safely.

1957 - In project Stratoscope, Office of Naval Research obtains sharp photographs of sun's corona from first balloon-borne telescope camera.

Q&A about that failed flying attempt

By Sarah Smiley

Special Contributor

I hate to say that I'm glad "I'm not the only one," because it means that others have suffered from anxiety and phobias, too.

But reactions to last week's column about my failed attempt at flying in an airplane have made me feel somewhat normal. (Okay, maybe not "normal," but not alone either.)

Turns out there are a lot of fearful flyers out there. There's even people like me, people who think they can't get on a plane at all. Although, honestly, very few people self-reported leaving the airplane just before taxiing down the runway, as I did over Labor Day Weekend.

Some readers wanted more information — to make themselves feel better or to laugh at me, I don't know. I'll try to answer those questions below.

What did security think?

The security personnel at Reagan International Airport in Washington, D.C., were definitely startled, and perhaps on high alert, when I ran off the plane, but all of them were incredibly understanding as well. On the tarmac, when Dustin yelled over other planes' engines for me to get back on the plane, a baggage handler thought he was screaming at me. The man pulled me aside and asked, "Do you feel safe going with this man?"

"My husband?" I said. "Yes. I just don't feel safe in that airplane!"

Now the man had a clearer picture. I wasn't a hysterical wife; I was just hysterical in general.

"I see this at least once a week," he told me. "Really, it's going to be okay. When you go back to the terminal, there will be people waiting there to help you."

For a moment I wondered: Will they be people in white coats?

But, as it turned out, the man felt so sorry for us, he followed us back to the terminal himself to help us retrieve our luggage. We were too late. Both suitcases were already on their way back to Bangor. I hope they weren't scared.

How can you be afraid of flying if your husband is a pilot?

I don't have a good answer for this. Remember, my dad was an F-14 pilot, too. I've been around aviation my whole life. In fact, I love airplanes. I love to watch them land and take off. For one of our first dates, the one where I fell in love with Dustin, he took me to Gravelly Point, just across the water from

From the Homefront

Reagan International Airport, to watch jets screech seemingly just out of reach and land in front of us.

But I never wanted to get in those airplanes.

Maybe I've heard too much about flying. I've witnessed friends dying in training accidents while Dustin was in flight school. I've heard all the stories.

But then, a phobia is never really rational, is it? So even if everyone I knew was a pilot, it wouldn't have any effect.

How mad was Dustin?

To quote Dustin, me running off the airplane was the "worst thing" I've ever done to him. If that's the worst thing I've ever done to him, then I think I'm doing pretty well, don't you think? Still, he didn't talk to me for at least an hour in the rental car.

But Sarah, you would have been safer in the airplane than you were in the car.

But the car doesn't fly suspended in mid-air.

Have you tried any programs?

I like to follow pilot Patrick Smith's columns, and I've read his book "Cockpit Confidential." Seven years ago, when I backed out of a family wedding due to my fear, I even talked to Smith on the phone. By that point, unless it was Smith piloting the plane, I was still afraid.

I also frequent Capt. Tom Bunn's Fear of Flying Web site and online forum. These sites are helpful for making me feel less weird, less alone, but, again, unless Capt. Bunn is my pilot, it's like starting at square one when I get to the airport.

Is it turbulence, claustrophobia or a fear of crashing that scares you?

All of the above.

No, I take that back. Bunn and Smith have convinced me that turbulence can never hurt an airplane. Not really. And to be honest, I don't think I've ever experienced turbulence.

So, actually, my fear is mostly of the fear itself.

Trust me, you do not want to sit next to me on an airplane. I cry and hyperventilate. I rock in my seat and startle at every sound. It's miserable. And probably my biggest fear of all is not being able to do anything about it. I just have to sit there and feel the fear until the pilot lands the plane.

Actually, no; this is just what I tell myself.

I'm really afraid of crashing. Is anyone not?

Will you ever fly again?

With enough medication, I hope so.

Finances affect service members' readiness

By Terri Moon Cronk

American Forces Press Service

Financial readiness in service members' lives has a direct effect on mission readiness, the director of the Defense Department's office of family policy, children and youth said in a recent interview.

Noting that financial instability can affect many aspects of service members' lives, from relationships to concentration on the job, Barbara Thompson told American Forces Press Service and the Pentagon Channel that DoD provides education and tools people can use to build their financial flexibility.

"It's really important for our service members and their families to live within their means," she said, "and to do that, they have to have a budget, be disciplined and understand that having a debt load hurts their credit scores [and] their ability to afford [purchases]." Financial difficulties also can affect security clearances, she added.

Several resources are available to help service members and their families establish and maintain household budgets, in addition to learning how to save money, she said.

"We want to make sure people know [their finances] are under their control with support," Thompson said. Available resources include financial counselors at installation family centers who can help with reducing debt, managing credit card, and avoiding paying high interest rates, she added.

Another option is the Military OneSource website, which offers financial advice, and where users can set up 12 sessions with a financial counselor per financial issue on topics

such as establishing a budget and reducing debt. Counselors are available face-to-face or online, Thompson said. Credit unions and banks on installations also offer financial education through workshops and can help families work out budgets, she said.

Thompson also warned that service members should be aware of fraudulent practices such as predatory lending.

"People would get into them with very high interest rates, spending [significant amounts] of money just to pay off a predatory loan," she said. "So that's where our on-installation banks and credit unions came up with some short-term, low-interest loans."

Thompson also recommended the SaveAndInvest.org website as a resource for self-initiators. It offers tools and calculators to get started on establishing and maintaining a household budget, she said.

Handling credit wisely and keep spending under control are important aspects of personal financial readiness, Thompson said. "If we're living within our means, we're not running credit limit up on that credit card to purchase things that are may be 'wants' but not 'needs,'" she said. Paying off credit card debt every month avoids paying large amounts of interest, she noted.

Having at least \$500 in savings is another important aspect of budgeting, Thompson said, as emergency money that might be needed during a household move, or if a washing machine or car transmission fails.

"It's not . . . all about debt reduction," Thompson said. "The idea is that you come up with a spending plan of what's important to you, and [put away money] for savings."



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Photos by Kaylee LaRocque

Dr. Helen Jackson, president/CEO of the Women of Color Cultural Foundation presents a Sept. 11th commemoration plaque to Lt. Cmdr. Mike Chan of the NAS Jax Air Operations Department (left) and First Coast Navy Fire and Emergency Services Fire Chief Mark Brusoe during a Sept. 11th Commemoration Ceremony at Metropolitan Park in downtown Jacksonville.



Greater Jacksonville Area USO Director Mike O'Brien thanks the Jacksonville community for coming together to commemorate those who lost their lives on Sept. 11, 2001 and for remembering the troops serving overseas by donating 230 care boxes during the ceremony.

First responders recognized at 9/11 commemoration

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

First Coast Navy Fire and Emergency Services Fire Chief Mark Brusoe and Lt. Cmdr. Mike Chan of the NAS Jax Air Operations Department were recognized for their service to their country during a Sept. 11 commemoration ceremony at Metro Park in downtown Jacksonville.

"It is a honor for us to hold this ceremony to remember those who lost their lives on Sept. 11, 2001 and to recognize those who serve us every day - the first responders - police, firefighters and military members," said Dr. Helen Jackson, president/CEO of the Women of Color Cultural Foundation, who coordinated the event.

The ceremony began with the invocation, parading of the colors and musical selections by the Edward Waters College Choir and



Lt. Cmdr. Mike Chan of the NAS Jax Air Operations Department stresses the importance of remembering those who lost their lives during the terrorist attacks on Sept. 11, 2001.

Jacksonville Fire Rescue Department Pipes and Drums, as well as remarks by several local officials.

The keynote speaker was retired Navy Rear Adm. Vic Guillory, director, City of Jacksonville Military Affairs, Veterans & Disabled Services

Department.

"While the events of that horrific day, now 12 years past, will forever be etched in our minds, I'd like to share how that Tuesday morning, Sept. 11, 2001 influenced our nation and the values we hold most dearly," said Guillory.

"We saw first responders race into the confusion and chaos, health professionals working tirelessly and an overwhelming sense of patriotism grasp the American people. Young men and women enlisted in the services, citizens hung flags outside their homes, synagogues and churches were filled with people united in prayer for our nation. For a time, issues that seemed to divide our people just didn't seem important."

Guillory continued, "We are a stronger country, we are a more patriotic city and we are more informed citizens to our surroundings but let us never forget the day that changed our nation forever."

Jackson and Guillory then presented Sept. 11th commemoration plaques to Jacksonville

Sheriff John Rutherford, Jacksonville Fire and Rescue Director Chief Marty Senterfitt, Brusoe, Chan, Col. Al Dodd of the U.S. Army Corps of Engineers, Master Chief Kenneth Morris of the U.S. Coast Guard and Capt. Brandon Pruitt of the Florida Air National Guard.

"On behalf of the men and women serving at NAS Jacksonville, we thank you for this recognition today as we remember and pay tribute to all those who lost their lives Sept. 11, 2001 and honor the first responders of our city and nation," said Chan.

The event concluded with a presentation of 250 care packages to Greater Jacksonville Area USO Director Mike O'Brien that will be delivered to troops serving overseas.

"These care packages

will be sent out to those men and women in harm's way all over the world. Our mission at the USO is to lift the spirits of our military members who sacrifice so much for all of us - so thank you for supporting us so we can support them," said O'Brien.



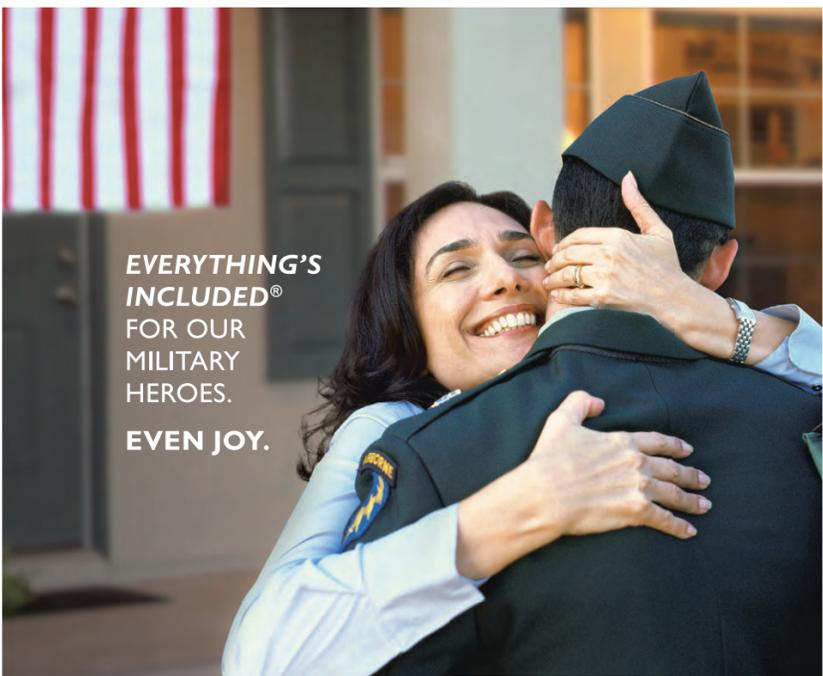
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NAS Jax CO's professional excellence policy

By Capt. Roy Undersander
NAS Jax Commanding Officer

This policy is designed to provide overarching guidance to NAS Jax Sailors and civilian personnel on how to conduct themselves to make the command and the individual as successful as possible. This policy is designed to replace many of the stovepipe policies that are normally published by a commanding officer.

The chief of naval operations (CNO) has put out a policy on many of the issues that are of concern to him; drug use, equal opportunity, safety and environmental stewardship to name a few. Those policies are important and I expect all personnel to be familiar with the various CNO policies that are published. Through a holistic approach this policy will address current issues of today as well as set personnel up for success to handle the issues of tomorrow. If you heed this one policy you can't go wrong.

What is professional excellence? Franklin Covey describes a "Great Organization" as one that possesses sustained superior performance, has engaged personnel, and makes a distinctive contribution. In order to have a "great command" we need to have effective Sailors and civilian work force. These are individuals who are focused and disciplined, trustworthy, possess good judgment, proactive in attitude and actions, work well with others, and are good communicators.

NAS Jax has set up an environment that promotes open communication without fear of reprisal, encourages and values input, and makes available the resources and tools for each individual (and hence command) to succeed in their endeavors. Departmental leadership will help facilitate that

success at all levels by providing training, standardization and operational risk management tools. Finally, when personnel provide constant and timely feedback, we will continue to improve ourselves and the Navy.

There is another aspect to professional excellence and being an effective Sailor or civilian employee that most corporations won't talk about. Effective NAS Jax personnel need to be good citizens in the community as well.

Our core values of honor, courage and commitment are the cornerstones that allow us to be trusted stewards of all assets given to us by the American public. There is no honor or trust when we stray from social norms and civil law. It can be just as damaging to our command goals as having an aviation mishap. DUIs, discrimination, sexual assault and family abuse are examples of these issues that not only affect the individual's life, but directly have an impact on the performance of this command as well. Therefore, apply the characteristics of an effective person, on and off duty. If you are the senior person present in a given situation be responsible. I will hold you accountable. Extend it to your families and you will be successful in every aspect of your life.

What does this boil down to?

1. Be an effective Sailor or civilian employee and a good citizen - be proactive and responsible.
2. The golden rule applies "Do unto others as you would have others do unto you."
3. Be a good steward: Don't look at the world as yours to take, but to take care of.

Professional excellence and service to the fleet are the hallmarks of the NAS Jax team. I'm counting on you to carry on that tradition.



Photos by MC2 Amanda Cabasos

Veteran thanked for service

(From left) Karen Westberry and Susan Norwood, daughters of retired Navy Chief Coy Westberry (center), AMC(Sel)(AW) Willington Camargo, AWVC(Sel)(NAC/AW) Joe Segreti, and AWVC(Sel)(NAC/AW) Corey Stevenson of VP-30, sing Happy Birthday to Chief Westberry on Sept. 9. "We are celebrating and honoring my father's birthday with several active duty members of the Navy," said Karen Westberry. "We are so deeply honored and grateful that they have come out to visit. I think my father recognizes that they are Sailors and have come out to visit him and it has helped him focus his thoughts. He is so very proud of his military service. I believe this gathering means more to him than the candles and cake. It made a big difference having these servicemembers attend his birthday celebration. I could see his eyes light up."



(From left) AWVC(Sel)(NAC/AW) Joe Segreti, AMC(Sel)(AW) Willington Camargo, and AWVC(Sel)(NAC/AW) Corey Stevenson, all assigned to VP-30, present a photo of NAS Jacksonville on behalf of the NAS Jax Commanding Officer Capt. Roy Undersander, to World War II/Korean War retired Navy Chief Coy Westberry for his 92th birthday at Northeast Florida Community Hospice on Sept. 9. "It was a profound honor today to meet Chief Westberry. I am grateful for the ground work he laid down for me as chief petty officer, and as an American, for his services to this country during World War II and the Korean War," said Stevenson. Westberry was thrilled to receive a visit from the chief selectees.

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Storm spotter class supports community safety

By Clark Pierce
Editor

Meteorologist Angela Enyedi of National Weather Service (NWS) Jacksonville presented a two-hour NWS Storm Spotter class Sept. 12 to a group of interested military and civilian personnel.

It was part of NAS Jacksonville's quest to become recognized as a "StormReady" community.

"To become StormReady, NAS Jacksonville has multiple ways to receive weather service warning information - as well as disseminate that information to residents and tenant commands. Today, we're providing local weather hazard training in the form of 'spotter talk' - which covers everything from severe thunderstorms and flash flooding to high winds and funnel clouds, explained Enyedi.

Attendees learned the differences between a severe thunderstorm watch or warning and a tornado watch or warning.

"We teach storm spotters to look at radar imagery and scan the sky to determine any imminent severe weather threat - and then take appropriate safety actions. Our goal is to empower people to recognize weather threats and communicate with our National



Photos by Clark Pierce

NAS Jax Disaster Preparedness Coordinator Ray Edmond discusses the "StormReady" forecast and warning program with National Weather Service Meteorologist Angela Enyedi before the storm spotter class on Sept. 12 at the base chapel.

Weather Service," said Enyedi.

She added that cloud-to-ground lightning kills an average of 30 - 50 people each year, so lightning safety is another important weather issue.

Ray Edmond, NAS Jax disaster preparedness coordinator, worked with Enyedi to organize the class.

"No community is storm proof, but StormReady can help communities save lives by teaching volunteers to recognize potentially destructive weather in their vicinity and report their informa-



Meteorologist Angela Enyedi, of the National Weather Service (NWS) Jacksonville, taught the "StormReady" storm spotter class to interested Sailors and civilians. NWS Jacksonville has forecast and warning responsibility for 29 counties in northeast Florida and southeast Georgia.

tion to the nearest NWS office."

"StormReady provides communities both inside and outside our gates to master the communication and safety skills needed to save lives and property - before and during a severe weather event. StormReady helps community leaders and emergency managers strengthen our local safety programs," said Edmond

He added, "StormReady certification also helps create an infrastructure and

communications system that can save lives and protect property. As a result, StormReady communities are usually better prepared when severe weather strikes."

NWS is part of the National Oceanic and Atmospheric Administration (NOAA), which falls under the Department of Commerce. All NWS forecast and warning information - including Doppler radar - is free and available via the Internet.

NAVFAC Southeast commendation medal presented

By Earl Bittner

NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. Christopher Kiwus presented the Navy and Marine Corps Commendation Medal (fourth award) to Lt. Cmdr. Shawn Rockwell, the newly assigned NAVFAC Southeast South Central Integrated Product Team (IPT) leader, in a brief ceremony Sept. 9.

Rockwell was recognized for meritorious service while serving as Public Works Officer for NAVFAC Europe Africa Southwest Asia at Public Works Department Souda Bay from June 2011 through July 2013.

Rockwell displayed exceptional leadership, initiative and resourceful-

ness in managing a full range of public works and engineering functions, according to the award citation.

"He managed an annual business volume of \$35 million despite significant staffing and resource shortfalls," said Kiwus during the award presentation. "He provided direct operational support to the warfighter with a superb commitment to mission accomplishment in a highly fluid and constantly shifting national security environment."

During Operation Unified Protector (the NATO operation enforcing United Nations Security Council resolutions 1970 and 1973 concerning the Libyan civil war, and other regional contingency operations following the Sept. 11, 2012 attacks on the U.S. Embassy in Benghazi, Libya) Rockwell success-

fully planned, designed and executed construction of \$110 million in military construction and special projects.

"It was one of the most rewarding assignments I've had in the Civil Engineering Corps," said Rockwell. "Supporting contingency operations, while at the same time, executing normal day-to-day business operations was very rewarding. The award truly defines our accomplishments as a team at Souda Bay. Plus, it was a beautiful place to work - the scenery, the culture and the people were fabulous."

The award's final citation read, "Rockwell's superlative performance, steadfast perseverance and outstanding devotion to duty reflect credit upon himself and upheld the highest traditions of the United States Naval service."



Photo by Susan Brink

Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. Christopher Kiwus (right) reviews accomplishments made by Lt. Cmdr. Shawn Rockwell after presenting him with the Navy and Marine Corps Commendation Medal (fourth award) Sept. 9 in front of fellow Civil Engineer Corps officers and leadership.

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CPO 365 Phase II

Final day of training



The chief petty officer selectees stand at attention at the NAS Jax Building 1 flagpole during morning colors as part of their 8-mile Pride Run.



ATC Douglas DeHaven of VP-5 fills up a coffee can with water for a chief selectee during a lesson on sharing taskings and to learn to not take on so many tasks at one time.

A day of challenges and camaraderie

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

For the 134 chief selectees from NAS Jax and tenant commands, Sept. 12 was a day of challenges and camaraderie and ultimately success as they completed their final day of CPO 365 Phase II before being frocked the next day.

The morning began with an 8-mile run around the station, stopping at various buildings to sing traditional Navy songs and let co-workers know they are were on the final countdown to becoming khaki leaders.

The selectees then headed to the Mulberry Cove Marina for a morning of challenging exercises to test their strength, endurance and teamwork skills.

"This final phase has been going really well. We have not had any injuries and I think every challenge we've given the CPO selectees has had cause and effect. The selectees are ready for their final night," said NAS Jax Command Master Chief (CMD/CM)(AW/SW) Brad Shepherd.

Before tackling the seven-station course, the selectees

were given a pep talk and safety brief.

"It's only going to get harder from here. You have Sailors to take care of. Everyone had issues because we are all human beings but we take care of one another because the Navy is one big family. As a chief's mess, you are the head of the family - that's your job so you need to have the tools to be able to do this," AWOC(S(NAC/AW) Patrick Biddinger of VP-16 told the selectees.

The training course, designed for teamwork and fun featured a rope exercise where they had to untangle themselves as a group, 10-ton truck pull, marching skills, an anchor chain pull, Navy history quiz station, coffee can tasking station and probably the most challenging but exciting station - the D-Day rescue.

Team after team of selectees jumped out of their Navy "ves-sel" into a simulated watery minefield while attempting to rescue a fallen shipmate.

As they were cheered on by genuine chiefs, they were bombed with water balloons and sprayed with a fire hose.



Chief petty officer selectees gather for evening colors at Naval Hospital Jacksonville on Sept. 12.

"I think this training was really awesome and I really enjoyed it. I actually got chills waiting for the door to drop out because I was so excited to be doing this. It's been a great training lesson for us," said

AWVC(Sel) James Everett of VP-30.

"It has been extremely challenging but it's really taught us the concept of teamwork," added PSC(Sel) Cynthia Rivera of Fleet Logistics Center Jacksonville.

The selectees also spent much of the night at the base antenna farm where they continued to hone their skills on the obstacle course as the genuine chiefs guided and cheered them on and guide them through the process.



A group of chief petty officer (CPO) selectees are led by genuine CPOs on an 8-mile Pride Run along the NAS Jax flightline and around the station on Sept. 12.



AWOCS(NAC/AW) Patrick Biddinger of VP-16 (right) stresses the importance of working together as a chief's mess and taking care of shipmates and junior Sailors during a pep talk before the chief selectees headed out for the final day of CPO 365 Phase II training on Sept. 12.



A team of chief selectees charge out of the simulated ship into the "sea" at the D-Day training station.



LNC(Sel) William Brunson of Navy Operational Support Command Jax leads a group of chief selectees and genuine chiefs as they team up to pull a 10-ton dump truck during the CPO 365 training on Sept. 12.



AWRC(NAC/AW/SW) Steve Comer of HSM-72 (left) directs a team of chief selectees as they practice their marching skills.

Photos by AWOCS Craig Hert and Kaylee LaRocque



A group of chief selectees participate in a team building exercise to overcome an obstacle during the training. The group had to roll the chain on the spool without touching the chain (a safety hazard) and compensate after losing members of their team for safety violations.



ATC(AW/SW) Shericka Mosley of HSM-72 quizzes ETC(Sel) Justin Weakland of Mobile Tactical Operations Center 3 a question about naval history at the bucket on the blanket station. The idea of the station was to ensure the selectees knew their naval history. Those not knowing the answers to Mosley's questions had to let go of the blanket forcing their team members to carry the load and not drop the bucket.



A team of chief selectees work together to untangle themselves at the rope circle station.



The team carefully maneuvers through a simulated minefield while attempting to rescue a fallen shipmate during the final day of CPO 365 Phase II training Sept. 12.



It's D-Day! A team of chief selectees maneuver through the watery battlefield as they simulate a war scene during training.



The chief selectees work as a team to cross the minefield during the training exercise at the D-Day station.

VP-30 wings Navy's newest naval flight officers

By Lt. William Ross
VP-30 PAO

Joint Interagency Task Force, National Capital Region Deputy Commander Cmdr. Jason Lamb and VP-30 Executive Officer Cmdr. David Gardella awarded naval flight officer (NFO) wings to 13 officers Sept. 6.

Those earning their NFO wings were: Ensign Erik Arstein, Ensign Michelle Austin, Ensign Mark Baden, Lt. j.g. John Bellezza, Ensign Mathew Bunting, Ensign Samuel Freeman, CWO2 Erik Gonzalez, Ensign Zachary Gorevin, Ensign Geoffrey Muller, Ensign Ethan Panal,

Ensign Sophie Rassel, Lt. j.g. Bradley Stinehart and Ensign Jarrod Wilson.

The recipients completed the Undergraduate Maritime Flight Officer (UMFO) syllabus at VP-30, earning their coveted wings of gold.

These newly winged aviators will now enroll in the CAT I Fleet Replacement Squadron (FRS) syllabus at VP-30.

Upon completion of the CAT I syllabus, they will report to operational maritime patrol and reconnaissance squadrons to begin their initial sea tours in either Kaneohe Bay, Hawaii; NAS Whidbey Island, Wash.; or NAS Jacksonville.

The NFO training pipeline

begins with Aviation Preflight Introduction (API) instruction in Pensacola, where all aviation officers undergo a classroom syllabus and are taught the basics of naval aviation which includes aerodynamics, meteorology and principles of navigation.

After completing API, all student NFOs report for primary training at VT-10, co-located at NAS Pensacola.

While assigned to VT-10 they transition from a classroom learning environment to initial airborne flight training in the T-6A Texan II.

Upon completion of primary flight training at NAS Pensacola, officers who are



Photo courtesy of VP-30

Members of Naval Flight Officer Class 1307 gather during their graduation ceremony Sept. 6. Front row, from left, Joint Interagency Task Force, National Capital Region Deputy Commander Cmdr. Jason Lamb; Ensign Michelle Austin; Ensign Geoffrey Muller; Ensign Ethan Panal; Ensign Sophie Rassel; CWO2 Erik Gonzalez and Lt. j.g. John Bellezza. Back row, from left, Ensign Erik Arstein; Ensign Mark Baden; Ensign Jarrod Wilson; Ensign Zachary Gorevin; Ensign Mathew Bunting; Lt. j.g. Stinehart; Ensign Samuel Freeman and VP-30 Executive Officer Cmdr. David Gardella.

selected for the P-3, EP-3 or P-8 training pipeline report to VP-30 for specific aircraft training.

VP-8 'Fighting Tiger' in the spotlight

By MC2 Clay Whaley
VP-8 Public Affairs

As VP-8 concludes a challenging Inter-Deployment Readiness Cycle, the squadron salutes IS3 Class Aaron Moorefield as VP-8 "Fighting Tiger" in the spotlight.

Moorefield returned Sept. 2 from a three-month Individual Augmentee deployment to 5th Fleet, supporting Commander, Task Group (CTG) 57.2 and VP-1.

Knowing the Tigers are in final preparation for a deployment to the same site, Moorefield jumped at the opportunity to fill a needed intelligence specialist position, and gained valuable

experience.

While deployed, Moorefield collected, processed and analyzed information from VP-1 missions.

He then disseminated the information to Fleet and Combat Commander (CC) staff, allowing Fleet and CCs to make decisions based on near real-time, fused, and actionable intelligence products.

Moorefield hails from Summerville, S.C. Motivated by continuing a family legacy of patriotic service, he enlisted in the Navy on June 29, 2011.

Following graduation from boot camp and Intelligence Specialist 'A' school, he joined the Fighting Tigers in March 2012.



IS3 Aaron Moorefield

VP-5 'Mad Fox' of the week

By Lt. j.g. Taylor Brauns

As VP-5 continues its busy schedule operating and maintaining the P-8A Poseidon, the squadron proudly salutes another outstanding "Mad Fox" - PR2(AW) Jose Castillo.

Castillo, who was born in Miami, is married with two children.

He joined the Navy in February 2009 and was first assigned to VAW-120 in Norfolk, Va. where he worked with E-2C Hawkeye and C-2 Greyhound aircrew. He joined VP-5 in October 2011 and deployed to Kadana, Japan in 2012 with his fellow Mad Foxes.

As an aircrew survival equipmentman, Castillo is in charge of maintaining and testing the survival gear that all aircrew are required to wear while in flight.

He is also charged with the upkeep of the anti-exposure suits, life rafts, and the survival equipment inside the life

rafts. Along with the requirements highlighted above that come with being a "rigger," Castillo's specialty within the squadron is designing custom graphics that are placed on the helmets of aircrew.

"Being able to interact with the aircrew and use their input to create an original graphic that they can wear on their helmets is definitely a rewarding part of job," explained Castillo. "It allows me to show to off my artistic abilities, and its gives the aircrew a sense of pride in showing off their custom Mad Fox helmet."

Castillo's short-term goals while in the Navy are to make first class petty officer and re-enlisting for six more years. His long-term goals are to make chief petty officer.

When he is not on duty, Castillo spends time with his family. He also enjoys going to the firing range to sharpen his marksmanship skills.



PR2 Jose Castillo

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CPO PINNING

From Page 1



Photo by MC2 Daniel Meshel

PSC Renalde Vitug salutes the sideboys after receiving his anchors during the Chief Petty Officer Pinning Ceremony at Hangar 117 Sept. 13.



ACC Andre Chester of NAS Jax Air Operations ensures EMC Jason Nazelrod's chief petty officer cover is on straight during the ceremony at Hangar 117.



NAS Jax Commanding Officer Capt. Roy Undersander, left, congratulates BMC Jose Arroyopaulin of the NAS Jax Boat House during the pinning ceremony.

Photos by Kaylee LaRocque



AWVC Corey Stevenson of VP-30 is pinned by his daughter, Chloe during the Chief Petty Officer Pinning Ceremony



Photo by Clark Pierce

New chief ADC Dustin Hinton, HS-11, salutes the sideboys on Sept. 13 at the VP-30 auditorium.

side. You must be faithful to the promise you're about to make as a chief petty officer. My last piece of advice is simple, be the kind of leader your Sailors or Marines deserve. We can ask no more of you and your Sailors deserve nothing less."

He then introduced guest speaker, NAS Jax CMDCM(AW/SW) Brad Shepherd who commended the CPO selectees on their accomplishments over the past six weeks of CPO 365 Phase II training.

"These chief selectees have been tested and it is an honor to be here to celebrate their accomplishments. Over the past six weeks, each selectee ran over 60 miles, did 1,172 push-ups, 660 sit-ups and they had a total weight loss of 603 pounds," declared Shepherd.

"This is a major milestone in your life, not just your careers," Shepherd told the selectees. "For years to come, generation after generation will always talk about the Navy chiefs in their families so embrace this time of your lives."

He went on to talk about several unknown heroes in history such as William Dawes and Samuel Prescott who rode with Paul Revere in 1775 to warn the patriots that the British were coming during the Revolutionary War and about a janitor at the Air Force Academy named William "Bill" Crawford, who was also a Medal of Honor recipient for heroism during WWII.

"Most people have never heard of these individuals because these are just a couple of the unspoken heroes of the past. Bill Crawford quietly went about his day cleaning up and no one ever really paid him any attention until a student discovered that he was a war hero and POW. He later taught cadets about leadership as he talked about his past," said Shepherd.

"One of his students wrote 10 unforgettable leadership lessons. Be cautious of labels; everyone deserves respect; courtesy makes a difference; take time to know your people; anyone can be a hero; leaders should be humble; life won't always hand you what you think you deserve; don't pursue glory; pursue excellence; no job is beneath a leader and life is a leadership laboratory,"



NAS Jax Command Master Chief (CMDCM)(AW/SW) Brad Shepherd reiterates the importance of the role of chief petty officer (CPO) and congratulates the CPO selectees on their accomplishment during the 2013 CPO Pinning Ceremony at Hangar 117.

he continued. "Remember, there are always heroes amongst us."

"I also want to tell our new chief selectees this: you are the backbone of the Navy. The Navy is on a fulcrum - if you move that fulcrum to the right, either officer or enlisted, you will focus on the community more. Your jobs as chiefs is to bring it back to center and keep things balanced and make sure everyone stays focused on the mission," said Shepherd.

"This is a dream come true. It's been a long day coming and we all worked hard for it. It's just amazing to be here. We learned throughout the process that we are a team and we all need to come together to make things work. I think that was the biggest thing that we've learned over the past six weeks. These truly are my brothers and sisters and I take that to heart with me. This is the best day ever!" said ITC Latoya Brown of Navy Computers and Telecommunications Station Jax.

"This is one of the greatest days of my life. It was a long time coming and now I look forward to the opportunity to lead Sailors and do what I've been chosen to do," added RPC Michael Hawthorne of Commander, Navy Region Southeast.

"I thought CPO 365 Phase II was challenging but in the end, everything was done for a purpose and we're all better off for it."

To close out the ceremony, the new chiefs were given a round of applause and then all current and former CPOs were asked to stand for the reading of the CPO Creed. A reception was held at Dewey's following the event.

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9/11 Remembrance Run

Photos by Jacob Sippel



Sailors assigned to Naval Hospital (NH) Jacksonville and NAS Jacksonville participate in a 9/11 Memorial 5K Run in remembrance of the lives lost during the terrorist attacks against the U.S. on Sept. 11, 2001. Military and civilian personnel, along with Department of Defense firefighters later assembled at NH Jacksonville for the raising of morning colors.

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.



A pace vehicle from NAS Jax Security Department leads Sailors assigned to Naval Hospital (NH) Jacksonville and NAS Jacksonville in a 9/11 Memorial 5K Run in remembrance of the lives lost during terrorist attacks against the U.S. on Sept. 11, 2001.

Naval Hospital (NH) Jacksonville Honor Guard raises the national ensign during morning colors at the 9/11 Remembrance Ceremony. Military and civilian personnel, plus, and Department of Defense firefighters assembled for this event in remembrance of the lives lost during terrorist attacks against the U.S. on Sept. 11, 2001.



Military and civilian personnel, plus, Department of Defense firefighters and paramedics pause for a moment of silence in remembrance of the lives lost during the terrorist attacks against the U.S. on Sept. 11, 2001.



Promotion ceremony

Naval Facilities Engineering Command (NAVFAC) Southeast Operations Officer Capt. Lore Aguayo (center) was excited to have her father (left) and her husband (at her right) pin on her new rank of Captain, Aug. 30, after she recited the oath to NAVFAC Southeast Commanding Officer Capt. Christopher Kiwus (far right). She thanked her father and husband for all of the sacrifices they have made during her career stating that she could not have accomplished so much without their support. Aguayo's family is from Tempe, Ariz.



Photo by NAVFAC Southeast



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Photo by MC1 Greg Johnson

Commander, Navy Region Southeast Rear Adm. Rick Williamson signs the proclamation in support of Navy Suicide Prevention Month and the Navy Family Ombudsman Program on Sept. 9. Ombudsman Appreciation Day was Sept. 14.

Proclamation signing emphasizes National Suicide Prevention Awareness Month

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

Rear Adm. Rick Williamson, commander, Navy Region Southeast, signed a suicide prevention awareness proclamation at NAS Jacksonville Sept. 9.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide awareness prevention throughout the Southeast Region.

"This proclamation brings to light an issue of paramount importance in our military today," Williamson said. "Each year, we lose shipmates, co-workers and family members to suicide and these losses can be prevented. It is our collective responsibility to remain alert to the warning signs and to be prepared to take action with those in our lives who might be at risk. An actively engaged force, including everyone in the Navy family, is key to the successful prevention of suicide."

The proclamation's theme highlights the importance of taking action as individuals and to recognize the impact of stressors in our day-to-day lives, as well how to develop protective factors against stress and suicide.

According to Dianne Parker, Navy Region Southeast assistant suicide prevention outreach coordinator, there is no better way to have a successful program than ensuring suicide prevention information and indicators are available to all personnel.

"Suicide continues to be a major issue for all hands," she said. "Our goal is to reduce the number of these tragedies through education and awareness campaigns, and we hope this proclamation will go a long way in those efforts."

One of the latest tools the Navy is using toward suicide prevention efforts is the NavyTHRIVE campaign, which encourages Sailors, commands, families and civilians to empower them-

selves by taking personal responsibility for their health, wellness and growth.

"The program is a new approach to resilience and it really emphasizes self-empowerment and growth," Parker said.

"The goal is not for Sailors to merely overcome adversity, but to come back from it stronger than they were before."

In addition to those efforts, the region implemented an aggressive suicide prevention coordinator (SPC) training program in September 2011 that utilizes Defense Connect Online. So far, it has resulted in more than 300 newly-qualified coordinators throughout the region and more than 1,700 worldwide.

Fleet and Family Support Center (FFSC) educational services and work and family life specialists assist command SPCs with training in the areas of stress management, conflict management, parent education, anger management and suicide prevention. So far this fiscal year, command SPCs and FFSC personnel have conducted more than 1,200 training sessions attended by more than 43,000 people.

"The program has been instrumental in raising awareness and getting the message out to leaders throughout the DoD. Leaders need to make Sailors understand that there is no shame in reaching out for help," Parker said.

Each year, hundreds of DoD personnel commit suicide and many of these cases could be prevented if friends and co-workers only knew what to look for and took action, she added.

"The bottom line is if you suspect that someone may be thinking about suicide, you need to act, care and treat," she said. "The key is to take action. The worst thing that you can possibly do is nothing."

For more information about NavyTHRIVE, visit <http://www.public.navy.mil/bupers-npc/support/21st-Century-Sailor/suicide-prevention/spmonth/Pages/default.aspx>.

Proclamation recognizes importance, anniversary of Navy ombudsmen program

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

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) at NAS Jacksonville Sept. 9.

The proclamation signing commemorated the 43rd anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

"For more than four decades, the Navy ombudsman program has been an invaluable resource in our efforts to support our warfighters and their families," Williamson said. "I would like to take this opportunity to say thank you to all of our ombudsmen throughout the region for their continued support. Our Sailors and their families would face a much more difficult task without you."

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy families.

Ombudsmen act as liaisons between commanding officers and the families of service members.

They typically provide a variety of resources, such as providing family members with official information and emergency assistance. Commander, Navy Installations Command reports that ombudsmen volunteer efforts save the Navy more than \$2 million annually.

According to Dianne Parker, Navy Region Southeast deployment support

program manager and ombudsman program coordinator, the proclamation is significant because it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"It's important to recognize the anniversary of the ombudsman program because our ombudsmen are a part of the command support team, they make sure families know what resources are available to them, and help them adjust to the military way of life," she said. "If it weren't for our Navy ombudsmen, our Sailors would carry a much heavier burden in the face of their military duties."

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/OmbudsmanProgram/index.htm.

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Das Auto.



Photo by MC2 Amanda Cabasos

Polishing historic bell

AWV3 Tyler Hoepker, assigned to the NAS Jax Quarterdeck, spends time cleaning and varnishing the bell outside NAS Jax headquarters Building 1 on Sept. 10. The bell and anchor were originally presented to NAS Cecil Field by the VA-45 "Blackbirds" in 1970. When NAS Cecil Field closed in 1999, the bell and anchor were moved to NAS Jax.

FFSC offers life skills workshops

From FFSC

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. FFSC workshops and classes are free to service members and their families. 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.) - 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.) - Sept. 23-27, Oct. 28-Nov. 1, Nov. 18-22, Dec. 16-20.
- Federal Employment Workshop (9 a.m.-noon) - Oct. 17, Nov. 27, Dec. 11. (Noon-3 p.m.) - July 2.
- Job Search & Interview Techniques

- Workshop (8-9:30 a.m.) - Oct. 15.
 - 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.) - Nov. 14.
 - Military Spouse 101 Workshop - Sept. 14 (1-2:30 p.m.) Nov. 21
- Nov. 25.
 - Resumes & Cover Letters Workshop (9:40 a.m.-noon) - 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.) -

See **FFSC**, Page 14



Photos by Jacob Sippel

Children vaccinated against flu

HN Christian Snyder, of Naval Hospital Jacksonville Maternal Infant Unit, sterilizes the skin of 11-month-old Cameron Kee on Sept. 10, prior to administering an annual influenza (flu) vaccination. It is recommended that everyone age six months and older get a flu vaccination. The hospital will announce when vaccine for adults is available.



HN Steven Scriveri, of Naval Hospital (NH) Jacksonville Maternal Infant Unit, administers the influenza (flu) nasal mist to 4-year old Bree Scott at NAS Jacksonville's child development center. The flu mist is an intranasal vaccine that is squirted into the nose rather than delivered as a shot. It can be given to healthy patients ages two to 49.



Scriveri prepares vaccination documentation for 14-month-old Florence Kwak prior to administering the influenza (flu) vaccination at NAS Jacksonville's Child Development Center. It is recommended that everyone age six months and older get the annual flu vaccination.

Dewey's FAMILY NIGHT

3rd Friday of the Month

Rain or shine!
*Dewey's will be open for dinner & beverages

Oct. 18 - Balloon Artist
Nov. 15 - Karaoke with Tom Turner
Dec. 20 - Children's Holiday Bingo

* Children's Holiday Bingo will start at 1830 and has a cost of \$10 per person and includes soft drinks, hot dog, dauber, bingo card and gift bag for each child.

For more information call (904) 542-3900 or www.facebook.com/nasjaxmwr

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First West Nile case reported in Duval County

By HM2 Kevin Justice

As of Sept. 3, the Centers of Disease Control and Prevention (CDC) confirmed 497 cases of West Nile Virus resulting in 20 deaths across 45 states and the District of Columbia. The Navy Entomology Center of Excellence (NECE) is stressing the importance of maintaining vigilance against the spread of West Nile virus (WNV) as September is historically considered the peak month for reported cases of WNV. of WNV.intaining vigilance against the spread of West Nil

"The keys to reducing the risk of human disease carried by mosquitoes, including WNV, are preparation, prevention and communication," said Capt. Eric Hoffman, NECE officer-in-charge. "Accurate information regarding disease threat and personal responsibility leads to an informed customer resulting in reduced risk."

"Our entomologists and preventative medicine technicians are consistently monitoring the distribution of human disease transmitted by blood feeding insects and other arthropods," said HM1 Paulo Torres of NECE. "We provide recommendations for prevention and control to Navy and Marine Corps facilities in the affected areas and if necessary, offer on-site assistance."

According to the CDC, the average individual will not develop symptoms of any kind when infected with WNV. However, one in five infected individuals will develop fever, headache, body aches, joint pains, vomiting, diarrhea, or rash and approximately 1 percent



Photo courtesy of NECE

HM1 Luis Santana checks standing water for West Nile virus carrying mosquitoes.

of infected people will further develop serious neurological illness resulting in swelling of the brain and surrounding tissue that could result in paralysis or death.

"One of the best ways to prevent WNV infection is to avoid contact with mosquitoes as much as possible," said Lt. Marcus McDonough, NECE department head. "Applying 25-30 percent DEET or picaradin on exposed skin and treating clothing with permethrin are two methods to prevent mosquito bites. Moreover, be sure to wear long sleeved light colored shirts and pants whenever outdoors or in places where mosquitoes may be present. Stay indoors at peak mosquito activity times such as dawn and dusk and be sure to check that screens on windows and doors are in good repair."

More information can be found at the NECE home page at: <http://www.med.navy.mil/sites/nmcphc/nece>

For questions concerning mosquitoes, ticks or other pests, please contact the Navy Entomology Center of Excellence by emailing: Fleetsupport-NECE@med.navy.mil.

FFSC

From Page 13

(5-6:30 p.m.)

- Stress Management 101 Workshop (9-10:30 a.m.) - Oct. 8, Nov. 5, Dec. 10.

- Extended Stress Management Workshop (8 a.m.-noon) - Oct. 15 & 29.

- Anger Management Workshop (8 a.m.-noon) - 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.) - Nov. 19.

- Parenting with Love & Logic (1-3 p.m.) - Sept. 24; Nov. 5, 12, 19, 26.

- Active Parenting of Teens (1-4 p.m.) - 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.) - Dec. 3.

- Tiny Tots Play Group (10 a.m.-noon) - Oct. 1, 15,

29; Nov. 12, 16; Dec. 10, 17.

Exceptional Family Member Program (EFMP) Orientation (1:30 p.m.-3 p.m.) - 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.

2013 Command Sports Challenge

10 Events

- 1500 Meter Relay
- Dodge Ball
- 3-on-3 Basketball
- Swim Relay
- Ultimate Frisbee
- Fitness Challenge
- 3-on-3 Sand Volleyball
- Bag Toss
- Tug-O-War
- CO/XO/CMC
- Canoe Race

**October 3 & 4
8 a.m. - 2 p.m.**

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<p>MANAGER'S SPECIAL</p> <p>2011 FORD FUSION AUTO, ALL THE TOYS YOU COULD WANT, SUPER LOW MILES, ONE OWNER NON SMOKER THAT WAS JUST TRADED FOR A NEW VEHICLE. EXCELLENT CONDITION. HURRY!!!</p> <p>\$14,988</p>	<p>AMG MODEL</p> <p>2005 MERCEDES C55 YES, THAT IS RIGHT, AMG C55 WITH ALL THE POWER AND ALL THE TOYS. WAIT TIL YOU SEE THIS ONE. CANT BEAT OUR PRICE ANYWHERE.</p> <p>\$14,988</p>	<p>YES, ONLY \$14,988</p> <p>2006 CHRYSLER 300C WOW, A HEMI ENGINE POWERED CHRYSLER 300 C. LOADED AND LUXURIOUS, SUPER LOW MILES. JUST TRADED IN FOR A NEW ONE. SAVE A TON AND ENJOY THE FINEST LUXURY CAR ON THE ROAD. STYLE GALORE.</p> <p>\$14,988</p>	<p>YES, ONLY \$15,988</p> <p>2006 MERCEDES E350 AUTO, FULLY LOADED E CLASS MERCEDES FOR ONLY \$15,988. THIS IS ONE OF THE BEST DEALS AROUND. A TRUE MUST SEE.</p> <p>\$15,988</p>	<p>LOW MILES</p> <p>2008 JEEP GRAND CHEROKEE AUTO, PW PL CRUISE TILT AND WAY MORE. LOW MILES AND A LOW PRICE TOO. IF YOU SEE IT, YOU'LL KNOW IT'S THE ONE.</p> <p>\$16,988</p>
<p>LOADED</p> <p>2011 DODGE JOURNEY DODGE'S NEWEST, FASTEST SELLING CROSSOVER VEHICLE. ALL THE TOYS, ALL THE UTILITY, AND IT LOOKS GREAT. SAVE THOUSANDS VS. NEW AND GET AN 8YR 100,000 MILE WARRANTY. HURRY WONT LAST.</p> <p>\$16,988</p>	<p>LIKE NEW</p> <p>2012 TOYOTA COROLLA AUTO, PW PL NON SMOKER WITH SUPER LOW MILES AND READY FOR A NEW HOME. SAVE BIG VS A NEW ONE EQUIPPED LIKE THIS.</p> <p>\$16,988</p>	<p>KING CAB</p> <p>2010 NISSAN TITAN KING CAB TITAN WITH LOTS OF OPTIONS, NOT A LOT OF MILES. TONS OF VALUE. AT A HEAVILY DISCOUNTED PRICE. TOUGH TO FIND ONE THIS NICE ANYWHERE. WE KNOW, WE LOOKED.</p> <p>\$19,988</p>	<p>20K MILES</p> <p>2011 HYUNDAI TUCSON CLEAN CAR FAX, ONE OWNER LOCAL TRADE IN. PLENTY OF WARRANTY LEFT ON THIS ONE. ONLY 20K MILES. LOOKS NEW, FEELS NEW, PRICED WELL BELOW A NEW ONE. THIS IS A MUST SEE.</p> <p>\$21,988</p>	<p>IMMACULATE CONDITION</p> <p>2008 MERCEDES-BENZ C300 AUTO, ALL THE BELLS AND WHISTLES. 48K MILES AND PRICED TO SELL IMMEDIATELY. THIS BEAUTIFUL C CLASS WILL NOT LAST LONG.</p> <p>\$21,988</p>
<p>LOADED/LUXURY</p> <p>2010 CADILLAC STS YES, 2010 MODEL, PRICED THOUSAND AND THOUSANDS OFF VS. A BRAND NEW ONE. ENJOY IT ALL IN THIS LIKE NEW CADDDY THAT IS PRICED SO FAR BELOW WHAT IT SHOULD BE. CHECK IT OUT.</p> <p>\$23,988</p>	<p>REDUCED</p> <p>2011 HONDA PILOT EXCELLENT CONDITION, SUPER LOW MILES, A PLEASURE TO DRIVE. LOTS OF TOYS, LOCAL TRADE IN, AND IT HAS BEEN REDUCED TO SELL IMMEDIATELY. NO GAMES.</p> <p>\$28,988</p>	<p>4X4 V8</p> <p>2011 TOYOTA TUNDRA DOUBLE CAB 4X4 AUTOMATIC V8 WITH LOW LOW MILES. ONE OWNER. JUST TRADED IN. CLEAN CAR FAX, ALL POWER OPTIONS, SIDE STEPS WHEELS AND A TOW PACKAGE. A WHOLE LOTTA TRUCK FOR THOUSANDS LESS THAN A BRAND NEW ONE.</p> <p>\$28,988</p>	<p>DIESEL</p> <p>2008 FORD F350 4X4 SUPER LOW MILES, DIESEL, 4X4 SUPERCAR WITH LOTS OF OPTIONS. FOR THESE MILES, THIS ENGINE, 4X4, THIS PRICE IS THOUSANDS BELOW VALUE. WONT LAST LONG FOR SURE.</p> <p>\$30,988</p>	<p>SAVE BIG \$\$\$ VS NEW</p> <p>2013 JEEP WRANGLER RUBICON AUTO, LEATHER, HARD TOP, RUBICON EDITION. GO ANYWHERE DO ANYTHING CAPABILITY. WONT LAST AT THIS PRICE.</p> <p>\$36,988</p>

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9-A & BAYMEADOWS

Reserve Component Command supports Special Olympics



Photos by MC2 Daniel Meshel

YN2 Ramon Lopez of Navy Region Southeast Reserve Component Command supports a group of children participating in the Duval County Special Olympics bowling tournament on Sept. 6 at Bowl America in Jacksonville. The Sailors volunteered their time to support the children during the tournament. Special Olympics strives to empower individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition.



PS1 Anthony Justiniano (back), YN1 Dawn Achane (left), and IT2 Rohn Gilliam of Navy Region Southeast Reserve Component Command collect bowling shoes during a volunteer event with Duval County Special Olympics.



(From back, left) PS1 Anthony Justiniano, YN1 Dawn Achane and YN2 Ramon Lopez of Navy Region Southeast Reserve Component Command gather with children participating in a Duval County Special Olympics bowling tournament.



Photo by Shannon Leonard

Football night at Dewey's

More than 100 patrons came out to Dewey's Sept. 9 for a Monday Night Football Kick-off Party. A party food buffet and exciting give-a-ways were sponsored by USAA.

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

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 veterans 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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Oct. 25 Second Tyme Around Band
Oct. 18 - Balloon Artist
Nov. 15 - Karaoke with Tom Turner
DirectTV NFL Sunday Ticket at Dewey's. Watch the exciting NFL action on one of Dewey's five big screens.

Freedom Lanes Bowling Center
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Free bowling-active duty Thursday
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Wednesday 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 12 -6 p.m., \$1.50 games
Shoe rental not included

Fall and winter leagues begin in Sept.

Fitness & Aquatics
Call 542-2930

Movie Under the Stars Outdoor Pool
Sept. 20 at 7:30 p.m.
"Despicable Me 2"

Outdoor pool closed for recreational swimming. 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.

Learn to Swim Indoor Pool
Session 1 Oct. 14 - 24
Session 2 Oct 28 - Nov 7
\$40 military, \$45 DoD

Command Sports Challenge Oct. 3 & 4
10 events. Sign-up at the base gym or e-mail bill.bonser@navy.mil

I.I.T. Events
Call 542-3318
E-mail them directly at jaxs_nas_mwritt@navy.mil.

Jacksonville Zoo Spooktacular \$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.

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 p.m., \$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.

The Vault Liberty Recreation Center

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

Habijax Volunteer Opportunity Sept. 21 at 7 a.m.

Barracks Bash Sept. 26, 4 p.m. - 8 p.m. Located in the field next to the barracks by the Gym.

Jaguars vs. Colts Shuttle Sept. 29 at 11 a.m.

NAS Jax Golf Club

Golf course info: 542-3249
Mulligan's info: 542-2936

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

Featuring music, food, free stand-up paddle board lessons, kayak lessons and more!

Auto Skills Center

Call 542-3227
22 work bays, wheel balancing, tool checkout, paint booth and welding! ASE certified mechanic onsite!

Youth Activities Center
Call 778-9772

Family Fitness Center hours are Monday - Friday, 9 a.m. - 1 p.m. Bring your child to work out with you!

Before and After School Registration going on now!
Fees based on household income.

Movie Under the Stars Outdoor Pool
Sept. 20 at 7:30 p.m. Featuring Despicable Me 2

Flying Club
Call 777-8549

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

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Life Insurance Coverage	Monthly Premium	
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\$600,000	\$27	N/A

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Wealth Management
Member Benefits



NAVSUP announces 2013 holiday mailing deadlines

From NAVSUP Office of Corporate Communications

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division has released mail-by dates for pre-Dec. 25 delivery of holiday cards, letters, and packages.

For mail addressed to:

APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966

- * Express Mail: Dec. 17
- * First-Class Mail (letters/cards and priority mail): Dec. 10
- * Parcel Airlift Mail: Dec. 3
- * Space Available Mail: Nov. 26
- * Parcel Post: Nov. 12

APO/FPO/DPO AE ZIP 093

- * Express mail Military Service: N/A
- * First-Class Mail (letters/cards and priority mail): Dec. 3
- * Parcel Airlift Mail: Dec. 3
- * Space Available Mail: Nov. 26
- * Parcel Post: Nov. 12

For mail addressed from all shore FPOs (except 093)

- * Express Mail Military Service: Dec. 17
- * First-Class Mail (letters/cards and priority mail): Dec. 10
- * Parcel Airlift Mail: Dec. 3
- * Space Available Mail: Nov. 26

All classes of mail addressed to FPO/APO addresses must use the nine-digit ZIP code to ensure delivery. Mail not addressed correctly will be returned to the sender as undeliverable.

Express Mail Military Service (EMMS) is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to see if this service is available.

Parcel Airlift Mail (PAL) is a service

that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration forms. Customers are advised that certain mail restrictions apply and some items cannot be mailed. Examples are: switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt as to what can or cannot be sent, contact your local civilian or military post office.

Customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

NEX rewards students with its A-OK Student Reward Program

From Navy Exchange Command

The Navy Exchange wants to help its customers finance their children's college education through its A-OK Student Reward Program.

All qualified students will participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August 2013.

Any eligible full-time student that has a B-grade point aver-

age equivalent or better, as determined by their school system, may enter the drawing.

Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry.

Each student may enter only once each grading period and must re-enter with each qualifying

report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

Since the program began in 1997, NEXCOM has awarded over \$611,000 in Series EE U.S. savings bonds and monetary awards with the help of its generous vendor partners.

ASSISTANCE TO VETERANS



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 Delores 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.



Jaguars tickets available at USO

From the USO

The Greater Jax Area USO has tickets available at the NAS Jax and NS Mayport USO for \$15 each, cash transactions only.

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.

chase 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.

Tickets are available the following days and times:

Date of Game	Opponent	Time	Sale Begins
Sept. 29	Indianapolis Colts	1 p.m.	Now
Oct. 20	San Diego Chargers	1 p.m.	Oct. 7
Nov. 17	Arizona Cardinals	1 p.m.	Nov. 4
Dec. 5	Houston Texans	8:25 p.m.	Nov. 25
Dec. 15	Buffalo Bills	1 p.m.	Dec. 2
Dec. 22	Tennessee Titans	1 p.m.	Dec. 9

Community Calendar

The **Out of the Darkness Community Walk** to benefit the American Foundation for Suicide Prevention is Oct. 12 at 8:30 a.m. Check in is 8 a.m. To register, go to www.afsp.org.

Aviation Boatswains Mates Association Jax Chapter Fall Jam & Campout is Oct. 10-13 at Grassy Pond Recreation Area, Lake Park, Ga. For reservations, call (229) 559-5840.

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

Documentary film, "Commitment to Honor," premieres Nov. 3 at 1 p.m. at Anastasia Baptist Church, 1650 A1A South on Anastasia Island. Presented by the Veterans Council of St. Johns County and produced by the Douglas Anderson School of the Arts in Jacksonville. Keynote speaker is retired Army Col. Mike Prendergast, executive director of the Florida Dept. of Veterans Affairs in Tallahassee.

Jacksonville Celtic Festival Nov. 16 from noon-10 p.m. at the oceanfront SeaWalk Pavilion in Jacksonville Beach. Scottish games and Kids Zone. Go to www.jaxcelticfest.com.

Aviation Boatswains 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.

Orange Park Veterans of Foreign Wars (VFW) Post 5968 and its Auxiliary located at 187 Arora Blvd. meets on the second Wednesday of the month at 7:30 p.m. VFW is a non-profit veterans service organization composed of combat veterans and eligible service members from the Active, Guard or Reserve forces. For information on events or membership, go to www.vfwpost5968.org or 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 commodore@njyc.org.

Disabled American Veterans Chapter 38 meets the second Tuesday of each month at 7 p.m. at 470 Madeira Dr..

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

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.

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)
U.S. Navy SEAL and
Congressional Medal of Honor Recipient

Cocktail Hour 6 p.m.
Dinner and Formal Ceremony 7 p.m.
Dancing and Prizes 9 p.m.

\$10 for E1 - E6
\$15 for E-7 - O-3 & Civilians
\$20 for O-4 & above

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 gkeller420@gmail.com
Blocked rooms available at NGIS: 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.

NAS Jax Sports

7-on-7 Flag Football League starting in October

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 to join the league. Rosters and entry forms are due by Sept. 13.

Fall Kickball League starting in October

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 at lunchtime. Any personnel wanting to join the league should contact the gym to get a copy of the rules and required paperwork to join the league. Rosters and entry forms are due by Sept. 13.

Intramural Skeet Shooting League starting in October

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 matches will be played at lunchtime. Any personnel wanting to join the league should contact the gym to get a copy of the rules and required paperwork to join the league. Rosters and entry forms are due by Sept. 25.

Command Sports Challenge – Oct. 3-4

The NAS Jacksonville Command Sports Challenge will be conducted on Oct. 3-4 from 8 a.m.-2 p.m. There will be 10 sports events: 1500-meter relay; dodgeball; 3-on-3 basketball; swim relay; ultimate Frisbee; 3-on-3 sand volleyball; bean bag toss; fitness challenge; tug-o-war; and CO/XO/CMC canoe race.

Men and Women's Doubles Tennis Tourney – Oct. 7, 5 p.m.

The tournament is open to active duty, selective reservists, and command DoD men and women working in a command at NAS Jacksonville. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing first, second or third place. There will be a separate men and women's division. The matches will be played at the Guy Ballou Tennis Complex. Call NAS Jax Athletics to sign up by Oct. 4.

Greybeard Basketball League meeting – Oct. 9

The league is open to active duty, DoD civilians, DoD contractors and selective reservists assigned to a command at NAS Jacksonville age 30 & up. The meeting will be held at 11:30 a.m. at Dewey's. 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 Basketball League meeting – Oct. 9

The league is open to active duty, DoD civilians, DoD contractors and selective reservists assigned to a command at NAS Jacksonville. The meeting will be held at noon at Dewey's. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

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

Standings

As of Sept. 13 Captain's Cup Singles Badminton

Team	Wins	Losses
TenChavez	4	0
Rajendran	2	1
Brown	3	2
Bonser	2	2
Drost	2	3
Carreiro	1	1
Barrezueta	1	2
Ngo	1	3
Arzuaga	0	1
Bradshaw	0	1

Hot Shots of the Week

From NAS Jacksonville Golf Club

Jim Mayo shot a hole-in-one on Sept. 11. He teed off on Blue No. 7, a 152-yard, par 3. Mayo hit a Titleist ball with an Adams 5 Hybrid club.
David Suchey had a hole-in-one on Sept. 14 on White No. 7, 111 yards, par 3. He hit a Master Fit pitching wedge with a Nike Mojo ball. This was Suchey's second hole-in-one on this hole.
Jerry Gleaton had a hole-in-one on Sept. 15 on White No. 5, 157 yard, par 3. He hit a Calloway 6 iron with a Srixon ball.

At the Youth Activities Gymnasium

Family Fitness Center



Hour of Operation

9 a.m. - 1p.m. Monday - Friday**

** Certified Fitness Trainer onsite

Located in Youth Activities Center close to base housing in Bldg. 2069 on Mustin Road

Meet the Fitness Assistant!

Daunte Owens is the Fitness Trainer at the Family Fitness Center! If you need help with your current fitness routine or don't know where to start ask him to set you up with a program!!

Bring Your Child to Workout with You!

Children 5 and up are welcome to workout.

For more information call 542-3518 or 771-8468

Open to all authorized Patrons.



Find us on Facebook

Fisc Kings Bay



NAVY TRI-BASE JOB FAIR

September 25, 2013

9:00 a.m.-2:00 p.m.

Morocco Shrine Center

3800 St. Johns Bluff Road S.

Jacksonville, FL 32224-2620

- Bring Copies of your resume and come dressed for SUCCESS!
- National and local companies will be hiring!

For more information contact:

NSB Kings Bay, GA, Fleet and Family Support Center at (912) 573-4513

NS Mayport, FL, Fleet and Family Support Center at (904) 270-6600

NAS Jacksonville, FL, Fleet and Family Support Center (904) 542-2766

- Separating, retiring and retired service members.
- Military Spouses and family members with ID cards.
- Involuntarily separated service members and their family members with Transition Assistance (TA) cards.
- Separated service members up to 90 days after separation date.

8 NEW HOMES REMAINING

TWINLEAF AT BARTRAM PARK

Visit today for a tour of remaining homes.



Pulte homes are Life Tested™, which means they're built with ideas that come from our own homeowners. But Life Tested™ goes beyond floor plans and finishes. We also choose communities the way you would choose them:

- Minutes from Work and Play
- Convenient to Nearby Medical Facilities Including Baptist South
- Community Pool and Fitness Center
- Gated Community

LOW MAINTENANCE HOMES AVAILABLE



Twinleaf at Bartram Park

From the mid-\$100s

6933 Woody Vine Drive • Jacksonville, FL 32258

888-249-3293 • pulte.com/bartrampark

From I-95: Take Exit 335 onto Old St. Augustine Rd. Head West approximately .5 miles. Turn left onto Bartram Park Blvd. Travel approximately 2 miles South on Bartram Park Blvd. Bartram Park sales office will be on your left. Follow model signs to the sales office.



National Preparedness Month is time to be StormReady

From CNIC Ready Navy Program

To be recognized as "StormReady" or "TsunamiReady," communities must meet certain guidelines established by the National Weather Service in partnership with federal, state and local emergency management officials.

While the emergency management teams at every Navy installation have emergency plans and protocol in place, those that have earned the official StormReady and TsunamiReady designation have gone one step further in their efforts to save lives and property in the face of natural disasters.

"The safety and emergency preparedness of Navy personnel and families is a high priority for us," says Margie Lutz, commander, Navy Installations Command (CNIC) Emergency Management Program Manager.

"In partnering with the National Weather Service (NWS) and receiving the StormReady and TsunamiReady designation, we continue to strengthen our hazardous weather plans, monitoring and notification systems, as well as training and public awareness programs for a global Ready Navy community."

She cautions that the "buck doesn't stop there."

According to Lutz, with an average of 100,000 thunderstorms (10,000 of which are severe), 5,000 floods, 1,000 tornadoes, and an average of two potential deadly hurri-

canes making landfall, winter storms, etc., each and every member of the Navy community has a part to play in storm readiness.

The Navy's emergency preparedness program, Ready Navy, provides information and tools to guide individuals to prepare themselves and their families before, during, and after a disaster.

Take time during September's National Preparedness Month to prepare and familiarize yourself with the Ready Navy Web site, and ask your emergency manager if your installation is StormReady.

The following list of installations have earned StormReady and, where indicated, TsunamiReady designations:

- Joint Base Charleston
- Joint Base Pearl Harbor-Hickam (also TsunamiReady)
- Naval Air Station Corpus Christi
- Naval Air Station Fort Worth Joint Reserve Base
- Naval Air Station Key West
- Naval Air Station Kingsville
- Naval Air Station Lemoore
- Naval Air Station Meridian
- Naval Air Station Whiting Field (renewed)
- Naval Station Mayport (also TsunamiReady)
- Naval Weapons Station Earle NJ

For more information on how to prepare for any disaster, visit <http://www.ready.navy.mil>.

MPRF

From Page 1

ty is constantly learning to ensure that the P-8A is poised for success when it deploys this winter. While there have been many challenges as the P-8A executes test and fleet introduction simultaneously, the P-8A program continues to be a model of effective planning and execution.

The airframe and mission systems are a significant technological leap forward and provide commanders with a reliable platform hosting advanced technology sensors.

Legacy Platforms - As the P-3C and EP-3E continue toward the end of their life cycle, many challenges need to be overcome, including parts obsolescence, increased levels of support for legacy components, and a shortage of flight line assets. In 2007, MPRF "red stripe" events, that grounded aircraft due to "fatigue tracking metrics beyond acceptable limits," left the community with 49 mission aircraft to support the high operational demand across the globe and at home.

More than 50 percent of the P-3 fleet was out of reporting (OOR) due to the red stripe. Massive sustainment efforts have been made and we are beginning to see a real return on our investment as aircraft are returned to service.

In FY14, we plan on reducing the amount of our P-3C inventory OOR for depot-level sustainment events and technological modifications by more than 10 percent, and we plan to reach P-3's required number of Primary Aircraft Assigned by the end of FY15.

We expect to have sufficient ready-for-tasking assets to meet deployment and training requirements until platform sundown, but P-8A delivery must proceed as planned to ensure there is no gap in coverage for Global Force Management.

Our cost savings efforts have been effective and multiple

cost reduction initiatives have allowed the aging force to operate efficiently and effectively. Recently, initiatives to improve Engine Driven Compressor maintenance and place our APS-137 Receiver Exciter Processor and Transmitter under a Performance Based Logistics contract with Raytheon have helped reduce cost by 11 percent. With more than 50 years of faithful and dedicated service complete, the mighty P-3C Orion is prepared to finish its service to the Navy at full speed.

Manpower - One of the most complicated pieces of the MPRF transition is manpower. When the transition is completed, the MPRF community will consist of the P-8A Poseidon teamed with the MQ-4C Triton unmanned aircraft system. The P-8A/MQ-4C combination will be responsible for all the missions currently covered by VP, Fleet Air Reconnaissance Squadrons (VQ), and Patrol Squadron Special Projects Unit (VPU) today.

The MPRF transition is a unique manpower story and a challenge - the P-3C is being replaced by two new TMSs - but all manpower is being sourced from within the legacy community.

The restructuring has already begun with the consolidation of the VQ and VPU last year, and the continued transition of P-8A squadrons in Jacksonville.

Unmanned Patrol Squadron 19, the first MQ-4C squadron, is currently scheduled to begin its standup with an officer-in-charge in early FY14.

Conclusion - The MPRF Community has almost fully recovered from the 2007 red stripe and is quickly transitioning to the new P-8A Poseidon.

The successful turnaround since 2007 can be directly attributed to the NAE and industry leaders working towards a common goal of recovery and eventual transition to the next generation of maritime patrol aircraft, both manned and unmanned.



INTERNATIONAL
**Coastal
Cleanup**



Sept. 20, 9-11 a.m.

Tillie Fowler Nature Park Interpretive Center

NAS Jacksonville volunteers needed for the 2013 Florida Coastal Cleanup at the Tillie Fowler Nature Park across SR 17 from the main gate. Bags and gloves will be provided. Bring water, bug spray and sunscreen. This event is part of the 28th annual International Coastal Cleanup coordinated by the Ocean Conservancy and supported locally by Keep Jacksonville Beautiful.

For information, call Angela Glass at 542-2798.

Jacksonville Gem & Mineral Society

gem, mineral, jewelry, fossil, bead Show & Sale

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**September 20th, 21st & 22nd
Friday 1-6, Sat 10-6, Sun 10-5**

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Contact us at JGMS-Show@hotmail.com

\$3 each day or \$5 for all three days, JGMS is a not for Profit Organization.

Children Under 12 free with guardian

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CDL CLASS A DRIVERS with Tanker Endorsement needed in North Dakota. Good pay, \$27/hour or 18% of the gross. Housing paid. Must have at least 3 years verifiable experience. Email resume to **scbranham52@yahoo.com** or call (307) 258-4408 for more information. Text JAX15098072

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Appliances, buy, sell, trade & repair W/Ds, Refrigs., stove, \$85-up wrnty. Mon-Sun. 9-7. Delivery 904-695-1412

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Washer/dryer pair for sale. 3.5 cu. ft. Front Load Washer 6.7 cu. ft. Electric Steam Dryer Washer/Dryer Pair: \$1100. Contact Kevin, kevin_shond@yahoo.com

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HUGE COMMUNITY YARD Sale Oct 5th, 9-2pm. Kingsley & 17, Orange Park. Everyone Welcome! 673-6337

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20" GIRLS BIKE 7-teens \$45. Catic for \$25. 4 lights, 5 blades, white wicker boarder mirror 19"x11" \$50. 904-384-7809

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MOVING SALE! Table & 4 chairs, electric grill, sectional couch, patio rug 6.5'x9.5', coffee table, wall decor, bakers rack. 904-270-4904

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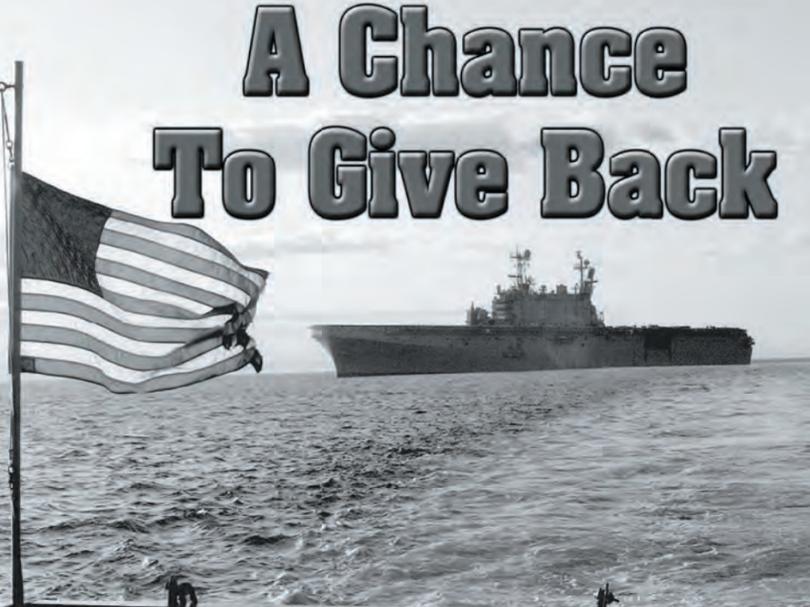
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7A149146
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39,278 Mi

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8A065184
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