

CNRSE tours NAS Jax facilities

By **Kaylee LaRocque**
NAS Jax Public Affairs Specialist

Commander, Navy Region Southeast Rear Adm. Rick Williamson visited NAS Jacksonville for a familiarization tour of base facilities Sept. 19.

The admiral, escorted by NAS Jax Commanding Officer Capt. Roy Undersander, NAS Jax Executive Officer Capt. Howard Wanamaker, NAS Jax Public Works Officer Cmdr. Anant Patel and NAS Jax Command Master Chief (CMDM) Brad Shepherd began the tour at the water treatment plant where the group viewed the pumps and chlorination process that provides potable water to the station.

At the new MQ-4C Triton Unmanned Aerial System and P-8A Maintenance Training Facility, which is currently under construction, Patel conducted a walk-through of the spaces in the future schoolhouse.

The group also toured the NAS Jax flight line, air operations tower, Black Point



Photo by Kaylee LaRocque

Commander, Navy Region Southeast Rear Adm. Rick Williamson (left) and NAS Jax Commanding Officer Capt. Roy Undersander discuss the future of the new MQ-4C Triton Unmanned Aerial System and P-8A Maintenance Training Facility during the admiral's tour of the station on Sept. 19.

Interpretive Center, unaccompanied housing, Fleet and Family Support Center and several Morale, Welfare and Recreation facilities including the base gym, Fitness Source,

See **ADMIRAL**, Page 9

Australian ambassador reviews 'Romeo' acquisition progress

By **Clark Pierce**
Editor

The Honorable Kim Beazley, Australian ambassador to the United States, visited NAS Jacksonville Sept. 16 to get a first-hand look at the progress being made by Royal Australian Navy (RAN) 725 Squadron as it trains to operate and maintain the MH-60R "Romeo" helicopter.

"The MH-60 'Romeo' anti-submarine warfare helicopter is an important new capability for our defense force. I thought this is a good time to stop by and see the progress that our men and women of 725 Squadron are making - and I'm very impressed with what I've seen so far. It looks like the squadron will be well prepared for the delivery of their first two Romeo helicopters in December," said Beazley.

The pilots, aircrew and maintainers training is part of a foreign military sales agreement with the U.S. Navy for 24 MH-60R helicopters. The agreement



Photo by Clark Pierce

Australian Ambassador to the United States Kim Beazley talks with Sailors of RAN 125 Squadron assembled in NAS Jacksonville Hangar 1122. He expressed his thanks for their professionalism and for working so cooperatively with American Sailors on the MH-60R helicopter acquisition.

includes a comprehensive "total package" of training, technical and logistics support. The 725 Squadron is working with

HSM-40 at NS Mayport for pilot training, as well as training maintainers at their new home of Hangar 1122 aboard NAS Jacksonville.

"I'm told that our growing presence in northeast Florida is the largest concentration of Australian defense forces outside of Washington, D.C. For Australia, this is an exciting new pathway to the future by making sure that the defense materials we acquire fit into the interoperability that we seek with the U.S. armed services," explained Beazley. "It's very important to give our people a common training experience, both for operators and maintainers, in addition to communicating well with our American counterparts."

He added that the highly capable MH-60 Romeo will be patrolling oceans in a part of the world that has seen, "a massively growing submarine environment. As a result, our multi-mission

See **AMBASSADOR**, Page 9

WNY victims honored by Obama, Mabus, Greenert

By **MCSN Jennifer Lebron**
Defense Media Activity - Navy

Family, friends and co-workers of the 12 people killed in the Sept. 16 shooting at the Washington Navy Yard (WNY) gathered with President Barack Obama and other officials for a memorial ceremony at Marine Barracks Washington Sept. 22.

The memorial honored the service and sacrifice those killed in the incident:

- Michael Arnold, 59, of Lorton, Va.
- Martin Bodrog, 54, of Annandale, Va.
- Arthur Daniels, 51, of Southeast, Washington, D.C.
- Sylvia Frasier, 53 Waldorf, Md.
- Kathy Gaarde, 62, of Woodbridge, Va.
- John Roger Johnson, 73, of Derwood, Md.
- Mary Francis Knight, 51, of Reston, Va.
- Frank Kohler, 50, of Tall Timbers, Md.
- Kenneth Bernard Proctor, 46, of Waldorf, Md.

- Vishnu Shalchendra Pandit, 61, of North Potomac, Md.
- Gerald L. Read, 58, of Alexandria, Va.
- Richard Michael Ridgell, 52, of Westminster, Md.

The president joined Secretary of Defense Chuck Hagel, Secretary of the Navy Ray Mabus and Chief of Naval Operations Adm. Jonathan Greenert on stage to speak and reflect on the tragedy that unfolded nearly a week earlier.

"You and your family, this Navy family, are still in the early hour of your grief," said Obama.

"And, I am here today to say that there is nothing routine about this tragedy, nothing routine about your loss. Your loved ones will not be forgotten. They will endure in the hearts of the American people and the hearts of the Navy that they helped to keep strong, and the hearts of their co-workers and friends and their neighbors."

Vice Adm. William Hilarides,

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Photo by MC2 Stuart Phillips

President Barack Obama delivers remarks during a memorial service on Sept. 22 at the Marine Barracks for the victims of the Washington Navy Yard shooting.

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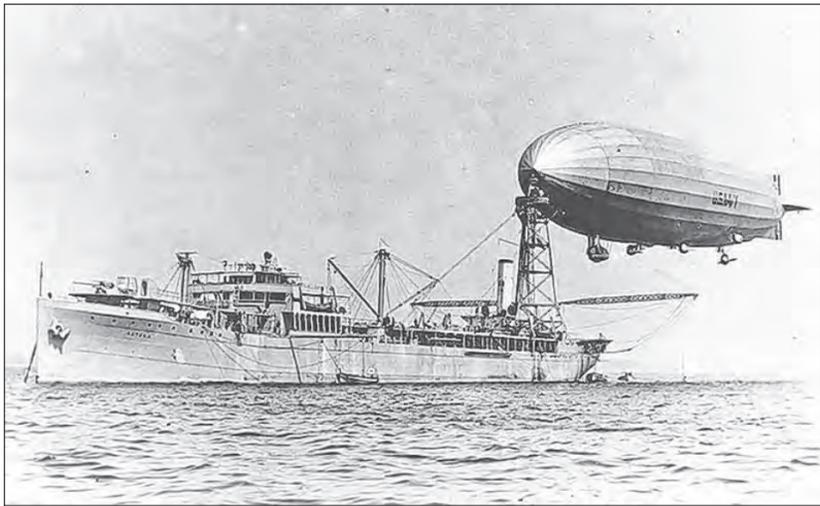


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U.S. Navy photos

The rigid airship USS Shenandoah (ZR-1) is moored to fleet oiler USS Patoka (AO-9) in 1924. The airship, was fabricated at the Naval Aircraft Factory in Philadelphia, Penn., and assembled at NAS Lakehurst, N.J., where she first flew in September 1923.



Wreckage of the USS Shenandoah (ZR-1) after section, soon after she crashed Sept. 3, 1925 in a violent storm in southeastern Ohio. The crash was the nation's most dramatic aviation disaster yet. Fourteen skilled crewmen were killed and a valuable Navy asset was lost.

This Week in Navy History

From Staff

Sept. 26

1781 - French fleet defeats British at Yorktown, Va.

1910 - First recorded reference to provision for aviation in Navy Department.

1931 - Keel laying at Newport News, Va. of USS Ranger (CV-4), first ship designed and constructed as an aircraft carrier.

1963 - First steam-eject launch of Polaris missile at sea off Cape Canaveral, Fla. from USS Observation Island (EAG-154).

Sept. 27

1941 - Launch of first Liberty ship, SS Patrick Henry, in Baltimore, Md.

1942 - Armed Guard on SS Stephen Hopkins engages German auxiliary cruiser Stier and supply ship Tannenfels. Stephen Hopkins and Stier both sink.

1944 - Special Air Task Force (STAG-1) commences operations with drones, controlled by TBM aircraft, against Japanese in Southwestern Pacific.

1950 - First Marine Division captures Seoul, South Korea.

Sept. 28

1822 - Sloop-of-war Peacock captures five pirate vessels.

1850 - Congress outlaws flogging on U.S. Navy ships.

1923 - Navy aircraft take first and second places in international Schneider Cup Race.

1944 - Marines occupy islands in Palau under cover of naval aircraft and gunfire support.

1964 - First deployment of Polaris A-3 missile on board USS Daniel Webster (SSBN 626) from Charleston, S.C.

Sept. 29

1946 - Lockheed P2V Neptune, "Truculent Turtle," leaves Perth, Australia on long distance, non-stop, non-refueling flight that ends October 1.

1959 - USS Kearsarge (CVS-33) with Helicopter Squadron 6 and other 7th Fleet units begin six days of disaster relief to Nagoya, Japan, after Typhoon Vera.

Sept. 30

1944 - USS Nautilus (SS-168) lands supplies and evacuates some people from Panay, Philippine Islands.

1946 - U.S. Government announces that U.S. Navy units would be perma-

nently stationed in the Mediterranean to carry out American policy and diplomacy.

1954 - Commissioning at Groton, Conn., of USS Nautilus (SSN-571), the world's first nuclear-powered vessel.

1958 - Marines leave Lebanon.

1959 - Last flight of airships assigned to the Naval Air Reserve at Lakehurst, N.J.

1968 - Battleship New Jersey arrives off Vietnam.

Oct. 1

1800 - U.S. schooner Experiment captures French schooner Diana.

1874 - Supply Corps purser, Lt. J. Q. Barton, given leave to enter service of new Japanese Navy to organize a Pay Department and instruct Japanese about accounts. He served until 1877 when he again became a purser in the U.S. Navy.

1880 - John Phillip Sousa becomes leader of Marine Corps Band.

1928 - First class at school for enlisted Navy and Marine Corps radio intercept operators (The "On the roof gang")

1937 - Patrol aviation transferred to Aircraft Scouting Force, a reestablished type command. With the change, five patrol wings were established as separate administrative command over

their squadrons.

1946 - "Truculent Turtle" lands at Columbus, Ohio, breaking world record for distance without refueling - a flight of 11,235 miles.

1949 - Military Sea Transportation Service activated.

1955 - Commissioning of USS Forrestal (CVA-59), first of post-war supercarriers.

1979 - President Jimmy Carter awards the Congressional Space Medal of Honor to former naval aviators Neil Armstrong, Ret. Capt. Charles Conrad Jr., Ret. USMC Col. John Glenn and Ret. Rear Adm. Alan Shepard, Jr.

1980 - USS Cochrane (DDG-21) rescues 104 Vietnamese refugees 620 miles east of Saigon.

1990 - USS Independence (CV-62) enters Persian Gulf (first carrier in Persian Gulf since 1974).

Oct. 2

1799 - Establishment of Washington Navy Yard.

1939 - Foreign ministers of countries of the Western Hemisphere agree to establish a neutrality zone around the Atlantic and Pacific coasts of North and South America to be enforced by the U. S. Navy.

Military spouse's view of Syria

By Sarah Smiley
Special Contributor

From the Homefront

When things like the situation in Syria pop up, people always want to know how military families feel. Do you agree with the president? They ask. Are you prepared for your husband to possibly deploy? Are you worried?

What's surprising to military families, however, is that any of this should be, well, a surprise.

It's kind of like asking a doctor if she is nervous about the increase in heart disease in America. While the doctor isn't happy about more frequent heart disease, she also wouldn't be sitting on her duff otherwise.

She tends to patients in either case. Her whole career, she has thought about heart disease, even if the media and the public are just now recognizing the problem. That's because it's her job.

It's the same way for the military. But I will answer each question anyway.

Do you agree with the president and his plan for Syria?

While military families have their own varied political beliefs (yes, there are liberals in the military), when it comes to matters of military action, we are skilled at having divided attention.

Personally, the civilian part of me thinks our government blundered the whole thing in Syria. We are the parent who threatened Time Out then turned a blind eye while the child continues to misbehave. Worse, we've made a media spectacle of ships' movements and tactics. Leaders from wars past are surely turning over in their graves.

But from a military-spouse point-of-view, none of this really matters.

When your spouse is assigned a job,

no one asks if you agree or disagree with the mission. There is no "opt out." Trust me, I would have used it at times if there were! Just as the doctor still cares for someone who's wrecked their body with cigarettes, cholesterol and obesity, the military still serves even when they disagree. The unofficial motto is, We're defending democracy, not practicing it.

In the end, my husband took an oath, and it doesn't matter if I agree or disagree. To believe that it matters only invites frustration and helplessness. So I don't go there.

Are you prepared for your husband to deploy?

Military families are always ready for their loved ones to deploy. Deployments didn't begin on September 11, 2001. I've been a military dependent since the day I was born, which was in the middle of my Navy dad's first deployment. Twenty-two years later, he had accumulated 11 years of sea duty. He had been deployed half my life, and all of it was during relative peace.

Having said that, deployments definitely changed after 9/11. While my dad was always predictably gone for six months at a time, my husband, whose first deployment was in 2001, has never had a full, "normal" deployment. In fact, he was on what would be the last "normal" deployment when 9/11 happened. The aircraft carrier had made many port calls, the kind that used to make spouses green with envy — Spain, Portugal, Italy, Greece — and it was headed back to the U.S. when the World Trade Center was attacked. Homecoming was in less than a month. That morning, however, the aircraft carrier turned

around and went to the Persian Gulf. Homecoming was delayed indefinitely.

Every deployment since then has not been "routine." But service members still deploy. They still train and practice. And so something like Syria never comes as a shock or surprise.

Are you worried?

I was mostly worried when CNN and Fox News were reporting on ship locations and plans because I know that we have friends on those ships. But I was also worried for military friends when tsunamis hit overseas, and when the nuclear plant in Japan melted down.

In a very general way, our spouse's job doesn't become significantly more dangerous just because the U.S. is taking action. My husband's job has always had risks. For almost five years, he trained young Navy pilots in a single-engine airplane. No one asked me if I was worried then (Note: I was). And, indeed, most of our friends who have died in uniform died in training accidents.

The gunman who walked into the Navy Yard last week and killed 12 people makes this point disturbingly clear. Unlike in wars past, today it seems equally dangerous to be in the U.S. According to Dustin, that September morning in 2001 was the first time he was concerned for my safety here. There he was on an aircraft carrier in the middle of ocean, and the war was happening here at home.

And so, sadly, I think an increasingly relevant question in the future will be, Are the deployed service members worried about leaving behind their loved ones?

CFPB watching for Military Lending Act violations in its exams of payday lenders

From the Consumer Financial Protection Bureau

Today, the Consumer Financial Protection Bureau (CFPB) released guidelines to its examiners on how to identify consumer harm and risks related to Military Lending Act (MLA) violations when supervising payday lenders. The CFPB is committed to ensuring that payday lenders comply with the Act, which provides greater protections for military families, including capping annual percentage rates at 36 percent.

The new guidelines are included in an updated exam manual that the CFPB released today for the short-term, small-dollar lending industry.

"Protecting service members is a priority for the CFPB," said CFPB Director Richard Cordray.

"We will use the authority Congress gave us to enforce the Military Lending Act and to safeguard our men and women in uniform from illegal payday loans."

Payday loans are typically designed as a way to bridge a cash shortage between pay or benefits checks. Such loans are generally for small-dollar amounts and borrowers must repay them quickly.

The Dodd-Frank Wall Street Reform and Consumer Protection Act specifically tasked the CFPB with supervising payday lenders for the first time at the federal level. The CFPB began that work in January 2012.

In 2006, the Department of Defense issued a report concluding that predatory lending practices by payday lenders and other creditors near military bases were a

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'Red Lancers' complete missions, fly from Colombia during UNITAS

From VP-10

The VP-10 "Red Lancers" completed three missions with partner nation forces during UNITAS 2013, Sept. 8-15.

The Red Lancers, based at NAS Jacksonville and assigned to U.S. 4th Fleet for UNITAS, also flew a P-3C Orion maritime patrol and reconnaissance aircraft out of Barranquilla for the first time in recent history.

UNITAS, an annual multinational maritime exercise sponsored by U.S. Southern Command and hosted by the Colombian navy this year, included naval forces from Brazil, Canada, Colombia, Dominican Republic, Honduras, Peru, Chile, the United Kingdom and the United States, as well as observers from Belize, Ecuador, El Salvador, Germany, Jamaica, Panama and Mexico.

VP-10 members flew in a coordinated operations environment for a total of 15 hours of anti-surface and anti-submarine warfare.

They coordinated anti-submarine missions with Canadian SH-3 Sea King helicopters and tracked a Peruvian submarine, among other targets.

"Prosecutions of target objectives were 'textbook,'" said Lt. Jamie Tilden, the weapons tactics officer with Patrol and Reconnaissance Wing 11, which has oversight of VP-10 and six other squadrons at NAS Jacksonville.

Tilden described the anti-surface and anti-submarine operations as some of the best he has seen.

"Proving that our tactics and techniques work in a real time environment is a thrilling and rewarding experience," said Lt. Matthew Stubbs, a maintenance administration officer with VP-10.

In addition to meeting prac-



Photos by AWO2 Travis Robinson

AO3 Scott Uebel, AT2 Lyasia Duncan and AO1 Michael Atkinson of VP-10 prepare to unload expended buoys from a P-3C Orion maritime patrol and reconnaissance aircraft and reset it for another mission on Sept. 11. The "Red Lancers" of VP-10 completed three missions with partner nation forces during UNITAS 2013, which concluded on Sept. 15, and flew a P-3C Orion maritime patrol and reconnaissance aircraft out of Barranquilla, Colombia for the first time in recent history.



U.S. Navy photo

BAP Pisagua, a Peruvian submarine, was among the targets tracked by pilots and crews from VP-10 during UNITAS 2013, an annual multinational maritime exercise sponsored by U.S. Southern Command and hosted by the Colombian navy this year. Based at NAS Jacksonville, VP-10 detaches to locations worldwide to build multi-lateral security cooperation and to promote tactical interoperability.



Members of the VP-10 "Red Lancers" gather with members of the Colombian air force during UNITAS 2013, an annual multinational maritime exercise sponsored by U.S. Southern Command and hosted by the Colombian navy this year. At center is Col. David Barrero of the Colombian air force, the airfield commander for Comando Aero Combato No. 3, which supported the Red Lancers at the Barranquilla Airfield in Colombia.

tical exercise objective, the Red Lancers were able to improve their understanding of how the Colombian air force and navy work, and to share their experiences with others.

VP-10's operations out of Barranquilla were supported by Comando Aero Combato No. 3 of the Colombian air

force.

During the exercise, two Colombian officers rode along with the Red Lancers on anti-submarine events to experience what it is like to be down low in an aircraft as nimble as the P-3.

Meanwhile, VP-10's maintainers were given tours of the

flight line and hangar spaces at Barranquilla, interacting with their foreign counterparts and examining the engines and weaponry of the Colombians' A-37 Dragonfly, a light attack jet, and A-29 Super Tucano, a turboprop aircraft designed for light attack, close-air support and reconnaissance missions.



AWV1 Matthew Wells of VP-10 starts his post-flight check of a P-3C Orion maritime patrol and reconnaissance aircraft following a UNITAS 2013 mission.

VP-10 detaches to locations worldwide to build multilateral security cooperation and to promote tactical interoperability.

U.S. Naval Forces Southern Command and U.S. 4th Fleet employ maritime forces in cooperative maritime security operations to maintain access, enhance interoperability, and build enduring partnerships that foster regional security in the U.S. Southern Command area of responsibility.

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'Tridents' join ASW exercise with RAAF 92 Wing

By Lt. Dan Baker
VP-26 Public Affairs

VP-26 Combat Aircrew Eight (CAC-8) and their team of maintenance professionals recently returned from a detachment representing Commander, Task Group (CTG) 72.2 at Royal Australian Air Force (RAAF) Base Pearce near Perth, Australia. The 11-day exercise included coordinated anti-submarine warfare training and operations to enhance interoperability between Australian and U.S. P-3 aircrews.

Departing Kadena Air Base on the Japanese island of Okinawa, the detachment traveled via P-3C Orion and C-130 Hercules to Darwin, Australia. After a brief stop for fuel, they proceeded to RAAF Pearce on Australia's west coast, where they were warmly welcomed by the RAAF 10 and 11 Squadrons of the RAAF 92 Wing.

In preparation for flight operations, the crew attended a day of orientation briefs to familiarize themselves with local operating and flight planning procedures. The aircrew also discussed safety and contingencies for operational flights. Pilots, tactical coordinators (TACCOs), and navigators conducted mission planning and discussed aircraft ASW turnover procedures with the Aussies. Concurrently, maintenance personnel unloaded tools, support equipment and replacement parts, establishing an expeditionary maintenance control detachment.

During the first flight of the detachment, CAC-8 was able to locate and track the target Royal Australian Navy (RAN) Collins-class submarine. In spite of the initial success, hazardous weather forced the crew to return to base. Fortunately, weather improved before the next event, enabling the crew to execute the remainder of their scheduled sorties. During those sorties, the Australian and American aircrews worked together to gain and maintain submarine contact.

Aircrews focused on the interoperability of communications and data-link systems. Although both nations fly the same basic aircraft, equipment and configuration differences between the USN P-3C and the RAAF AP-3C often create challenges during coordinated operations.

"These flights have been an outstanding opportunity to strengthen our multinational ASW interoperability," said detachment Officer in Charge, Lt. Cmdr. Patrick Acker, "They allowed us to exchange operational expertise and compare best practices."

After all flights were completed, the participants conducted a "hot wash" to review successes and items for improvement and to record lessons learned for future exercise planners and participants. Following the hot wash, a social was held where gifts and comments from leadership were exchanged to mark the successful completion of the exercise.

This exercise marked the third detachment to Australia for CTG 72.2 since VP-26 Commanding Officer Cmdr. Mark Sohaney assumed command of Task Groups 72.2 and 72.4 in June.

"It is critical that we continue to strengthen our relationships with partners in the region and hone our ASW skills. This detachment was a great opportunity to do both, and our aircrew and maintainers knocked this one out of the park!" stated Sohaney.



CAC-8 starts engines for a late night coordinated anti-submarine warfare sortie with an RAAF AP-3C. Aircraft 291, a VP-69 P-3C stenciled with the squadron motto, "Totem Tenacity," performed admirably throughout the 11-day exercise for CTG 72.2.



Lt. Patrick Laurin (right) discusses exercise operations and options with RAAF Squadron Leader Brian Morris to ensure safe and effective combined anti-submarine warfare sorties.

Photos courtesy of VP-26



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One of the two 40-ft. NAS Jax search and rescue (SAR) vessels conducts a "man overboard" drill in the St. Johns River near the Buckman Bridge. Maintaining the craft in top condition is vital to the boathouse's SAR mission and other water safety exercises.



EN1(SW) Jordan Waits begins disassembly of the starboard engine's lower unit that contains the impeller for the cooling system.



EM2(SW) Jeffrey Adkins raises the engine compartment hatch of one of the station's search and rescue (SAR) boats where maintainers installed new batteries and upgraded the electrical distribution system.



EN2(SW) Jamil Punch and EN1(SW) Jordan Waits clean and inspect the outboard engines lower units. Each unit will have the water pump impeller replaced.

Maintenance days at NAS Jax 'Boathouse'



At the station's one remaining World War II-era seaplane ramp, EN2(SW) Jamil Punch directs coxswain EM2(SW) Nathaniel Tantype onto the boat trailer.

From Staff

Sailors assigned to NAS Jacksonville Port Operations recently broke out their manuals, diagnostic equipment and toolboxes to ensure their river patrol and SAR (search and rescue) vessels are maintained in top operational condition.

The "Boathouse," as it is known, is located on the St. Johns River seawall near NAS Jax Hangar 1122 and the air operations control tower.

Boathouse Work Center Supervisor EN1(SW) Chad Burnett explained that primary missions of the boat division are SAR training and oil spill response (OSR).

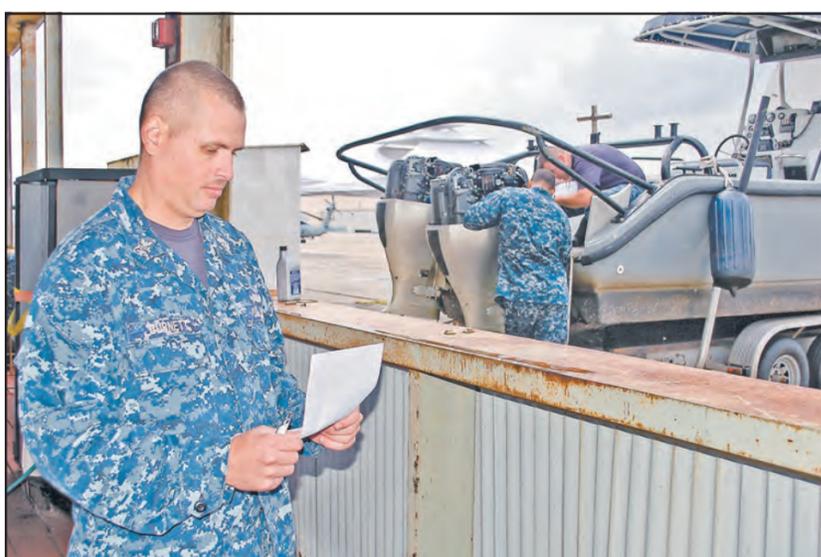
"SAR training is supported by our two 40-ft., twin-diesel rescue craft. They are part of man-overboard drills in the river, as well as SAR jump proficiency exercises for aviation rescue swimmers assigned to HSM squadrons at NAS Jax and NS Mayport," said Burnett.

Maintenance on the SAR boat included installation of a new electrical distribution system for enhanced performance of the battery chargers. They also checked and adjusted the steering system pressure and angle indicator that displays the position of the boat's rudder to the helmsman.

Boathouse Work Center Supervisor EM2(SW) Jeffrey Adkins is a certified OSR leader. "One of our patrol boats is also dedicated to pollution response. We work with the base OSR contractor to support the deployment of containment booms and skimming systems when needed."

"For today's maintenance, we'll be working on the lower units of the patrol boat outboard engines - inspecting, cleaning, lubricating - as well as changing out all of the water pump impellers. We're also replacing an alternator that was not operating up to specifications."

All three boats were back in service by the end of the day.



Boat Division Leading Petty Officer Chad Burnett checks the parts list for the day's corrective maintenance on the station's patrol boats.



(From left) EM2 Nathaniel Tantype and EM2 Jeffrey Adkin remove the port engine's alternator that was not generating enough voltage to recharge the battery.



This single-engine, center-console patrol boat is waiting for some new parts. In addition to police work, the craft is also used by the oil spill response team to protect the St. Johns River from environmental mishaps.



To keep downtime to a minimum, some maintenance activities at the Boathouse become all hands events.



With the patrol boat trailer securely positioned adjacent to the Boathouse, EN2(SW) Antonio Strickland (left) and EM2(SW) Nathaniel Tantype begin the disassembly of the outboard engine's lower unit.



EM2(SW) Nathaniel Tantype performs a safety check on the Boathouse's twin-outboard patrol boat before driving it to the boat ramp and pulling it from the river for corrective maintenance on Sept. 18.



Work Center Supervisor EM2(SW) Jeffrey Adkins performs a quality check after maintenance was completed on the SAR boat steering system.

Photos by Clark Pierce



In an area near the NAS Jacksonville airfield control tower, EN2(SW) Jamil Punch hooks up the proper trailer for pulling the patrol boat from the St. Johns River.



A certified coxswain, EM2(SW) Nathaniel Tantype fires up the patrol boat's twin outboard engines. A 40-ft. SAR vessel is secured in the background.



Photo by Victor Pitts

FRCSE hosts guests

(From left) Rear Adm. Paul Sohl, commander, Fleet Readiness Centers, examines a missile rib, part of a missile launch assembly, as Sheet Metal Mechanic Bill Anlage discusses the structural condition of the part during a tour of Fleet Readiness Center Southeast (FRCSE) led by FRCSE Commanding Officer Capt. John Kemna, Sept. 16.

During a visit at Fleet Readiness Center Southeast on Sept. 12, Jax Chamber President and CEO Daniel Davis (left) views a Y590 former, a structural support component in the airframe of an F/A-18 Hornet, as Angello Evans, the director for industrial manufacturing, explains how machinists are fabricating the formers not available on the commercial market.



Photo by Marsha Childs

NAVY YARD

From Page 1

commander of Naval Sea Systems Command, gave the opening remarks at the ceremony.

"It has been an honor for all of us to serve with the 12 great Americans we mourn here today. They loved their country. They loved their Navy. They loved the fleet - the fleet they helped build and sustain" said Hilarides.

"These patriots designed and built our ships. They sustained and set the standards for our ships. They connected us to each other and to the fleet. And, they protected and sustained our headquarters. For that service we honor them. For that service we will never forget them."

In his remarks, Mabus noted the strong sense of family he has seen as he met with the victims and their families.

"We are a family, uniformed and civilian, we work together, serve together, overcome together. As a family we grieve together. Together we will assure that they, like those that have gone before them, will be remembered and honored as heroes," Mabus said.

"Because that is what they are, heroes. Ordinary people facing extraordinary circumstances. An ordinary Monday became a day of extraordinary horror, but also extraordinary heroism."

Those sentiments were echoed by Greenert who said the Navy lost part of its family. The Navy lost shipmates.

"These shipmates dedicated their careers to building and maintaining the finest Navy in the world. They worked alongside one another for a purpose greater than themselves," Greenert said.

"The nature of our Navy family is that we serve together and we depend on each other in times of need. We celebrate each other's successes and triumphs. And, we grieve together in times of sorrow."

In the wake of the shooting, the Navy responded with support for those affected by the shooting - mili-



Photo by MC2 Pedro Rodriguez

President Barack Obama and first lady Michelle Obama attend a memorial service Sept. 22 at the Marine Barracks in Washington, D.C. for the 12 victims of the Washington Navy Yard shooting.

tary, civilians, contractors and their families - by establishing Emergency Family Assistance Centers (EFAC).

The EFACs continue to provide services at Joint Base Anacostia-Bolling (JBAB) and WNY. Those needing information about the services offered by the EFACs should call 1-855-677-1755 for more information.

There has been an outpouring of support for the Navy and those affected by the shooting. The support is noted and appreciated by the men and women of the Naval Sea Systems Command (NAVSEA) which released the following statement Sept. 20.

"The employees and families of NAVSEA are grateful for the outpouring of help and support in recent days. We've received many inquiries from those wishing to offer support by making donations. Due to federal regulations, the Navy and NAVSEA cannot solicit or officially endorse non-federal organizations. Information on organizations offering support may be found at www.ourmilitary.mil."

Responding to an active shooter

From U.S. Dept. of Homeland Security

PROFILE of an active shooter:

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area, typically through the use of firearms.

CHARACTERISTICS of an active shooter situation:

- Victims are selected at random.
- The event is unpredictable and evolves quickly.
- Law enforcement is usually required to end an active shooter situation.

COPING with an active shooter situation:

- Be aware of your environment and any possible dangers.
- Take note of the two nearest exit in any facility you visit.
- If you are in an office, stay there and secure the door.
- Attempt to take down the active shooter only as a last resort.

HOW TO RESPOND to an active shooter in your vicinity:

- Hide in an area out of the shooter's view.
- Block entry to your hiding space and lock the doors.
- Silence your cell phone.
- When your life is in imminent danger - attempt to incapacitate the shooter.
- Show physical aggression and throw items at the shooter.

HOW TO RESPOND when law enforcement arrives:

- Remain calm, follow instructions.
- Put down any items in your hands.
- Raise hands and spread fingers.
- Keep hands visible at all times.
- Avoid quick movements toward officers.
- Avoid pointing or screaming.

CALL 911 ONLY WHEN IT IS SAFE TO DO SO.

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ADMIRAL

From Page 1

Child Development Center, Youth Activities Center and Liberty Center.

Following the tour, Williamson shared his vision for NAS Jax.

"NAS Jacksonville is a very large and complex station that operates very well," said Williamson. "I think that where we are right now within the Navy, particularly the CNIC (Commander, Navy Installations Command) world, with all the budget cuts and sequestration, we have to look at how we are best expending our resources and build better lines of communication."

"If there are opportunities to collaborate to meet certain requirements and share resources, then we have to do that. I think that's important not only to CNIC shore installations, but I believe it's also important to CNIC shore's ability to support the fleet with their operations," he continued.

"One of the most pleasant surprises for me to learn about has been the great energy conservation efforts in the southeast region. Not only here at NAS Jacksonville, but across the region. The bases are showing tremendous performance in saving energy by reducing fossil fuels and maintaining a culture of doing what's right, not only for our Navy, but our country and world," said Williamson. "I think we are on target across the region and I'd love to grow that visibility by sharing new energy conservation ideas throughout the bases," he added.

The admiral also commented on the future of NAS Jax.

"Jacksonville is a Navy town that's growing and I see continued expansion at NAS Jacksonville, however there is always the issue of capacity," he stated. "We need to look at the different platforms and opportunities that would allow us to share between NAS Jax and NS Mayport. I think we are well ahead in our vision. As these platforms roll out, I see us satisfying all the requirements for the fleet and doing an effective and efficient job of energy utilization, land use and environmental use. I see a bright future for Jacksonville."

According to Undersander, the visit was productive. "We provided Rear Adm. Williamson with familiarization of many of the key facilities that sup-



Photos by Kaylee LaRocque
NAS Jax Fitness Director Tanya Heningman explains some of the new renovations and equipment at the Fitness Source to Commander, Navy Region Southeast Rear Adm. Rick Williamson during his tour of the facility.



Commander, Navy Region Southeast Rear Adm. Rick Williamson, second from left, makes a point during a discussion with base and local leaders at a luncheon at Dewey's on Sept. 19.



NAS Jax Fleet and Family Support Center (FFSC) Work Life Specialist Rich Brown explains some of the programs the FFSC offers to military members and their families to Commander, Navy Region Southeast Rear Adm. Rick Williamson during his visit to the center.

port the fleet, fighters and families. The admiral gave us some insight into his goals and we look forward to helping make that a reality," said Undersander. "The NAS Jax team is committed to executing our mission in the most efficient way possible. It was a privilege to showcase our facilities and personnel."

As part of the visit, Williamson also met with key government and civic leaders for lunch at Dewey's.



Photos by Clark Pierce
Able Seaman Jeff Johnson describes to Australian Ambassador Kim Beazley how he troubleshoots electrical gripes in the communications system aboard the MH-60R aviation maintenance trainer at NAS Jacksonville on Sept. 16.

AMBASSADOR

From Page 1

Romeos will give us a more formidable capability to track contacts beneath the sea or on the surface."

As he showed off the Romeo's "glass cockpit" (all digital), 725 Squadron Executive Officer Lt. Cmdr. Todd Glynn informed the ambassador that by the end of 2014, the squadron will return home with seven Romeos to HMAS Albatross, Australia's sole naval air station.

Their training syllabus is patterned after the U.S. Navy's MH-60R NATOPS manual in order to deliver a comprehensive understanding of the rotary aircraft's systems.

NAS Jacksonville Commanding Officer Capt. Roy Undersander said, "It's an honor to have Ambassador Beazley visit our installation and



(From left) RAN 725 Squadron Commanding Officer Cmdr. David Frost and Chief Petty Officer Robert McLean discuss the enhanced weapons capability of the MH-60R helicopter with Australian Ambassador to the United States Kim Beazley during his visit to NAS Jacksonville Sept. 16.

observe firsthand this outstanding partnership between our navies. I'm confident that our Australian ally will meet every milestone of this exciting new program centered on the MH-60 Romeo. And we will be richer for having the opportunity to engage with our friends from the Southern Hemisphere."



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RAN Sailors meet with top enlisted leader

By Clark Pierce
Editor

Royal Australian Navy (RAN) Warrant Officer of the Navy (WO-N) Martin Holzberger visited NAS Jacksonville Sept. 20 to meet with Sailors of RAN 725 Squadron currently undergoing flight and maintenance training on the MH-60R Seahawk anti-submarine warfare helicopter.

The RAN training is part of a foreign military sales agreement with the U.S. Department of Defense for 24 MH-60R helicopters. The program includes a "total package" of training, technical and logistics support from the Center for Naval Aviation Technical Training Unit Jacksonville and Helicopter Maritime Strike Wing Atlantic.

"Everybody's enthusiastic about the new, incredibly capable Romeo platform, and rightly so. With more than 20 years in the RAN submarine force, I'm sure that Romeo is spurring the development of submarine countermeasures to its sophisticated detection technology," said Holzberger.

"You must appreciate that there's a healthy rivalry between submariners and aviators - as it should be - with one result being a common bond forged through technical and tactical savvy, as well as strict devotion to safety."

With 26 years of service in RAN and about 16 months on the job as WO-N, Holzberger said he was favorably impressed by this dynamic partnership between the two navies.

"Interoperability - the ability of forces from different nations to work effectively together to achieve a common goal - is greatly enhanced by the MH-60R program. It supports higher levels of anti-submarine warfare standardization, integration and cooperation to create more win-win opportunities among allies," said Holzberger.

"This has been a very productive day. The training facilities are incredible, especially the high-fidelity flight and maintenance simulator systems. Our 725 Squadron is earmarked to receive a number of simulators at our home base of HMAS Albatross in the near future.

He added, "A big part of my job is listening to the concerns of our Sailors and family members - and advocating on their behalf. Overwhelmingly, they are pleased to be training with the U.S. Navy in Jacksonville. They enjoy learning how things get done on a day-to-day basis in the 'Big Navy' - both inside and outside the gates. One of the intangible benefits of this program is the many lifelong friendships that are being built."

The squadron is scheduled to welcome its first pair of Romeos in December. By the end of 2014, RAN 725 Squadron will be flying seven HM-60R helicopters with kangaroos painted on the tails.



Photos by Clark Pierce

(Center) Royal Australian Navy (RAN) Warrant Officer of the Navy Martin Holzberger visits RAN Sailors training at NAS Jacksonville Sept. 20. He called on NAS Jax Commanding Officer Capt. Roy Undersander (right) and Command Master Chief CMDCM(AW/SW) Brad Shepherd to discuss RAN progress in its transition to the MH-60R helicopter.



(Left) RAN Chief Petty Officer Gordon Davis speaks with his Warrant Officer of the Navy Sept. 30 from a pilot's seat in the MH-60R electrical maintenance simulator located at NAS Jax.



(From left) RAN Leading Seaman Benjamin Elliott, WO-N Martin Holzberger, Leading Seaman/aircrewman Eammon O'Brien and Leading Seaman Tyron Garrett talk about anti-submarine warfare improvements in the MH-60R helicopter.



RAN Leading Seaman Tyron Garrett and RAN Warrant Officer of the Navy Martin Holzberger discuss features of the MH-60R all-digital pilot console during a tour of NAS Jax Hangar 1122.



RAN Warrant Officer of the Navy Martin Holzberger answers Sailors' concerns during an all hands call at the 725 Squadron's conference room in Hangar 1122 at NAS Jax.

Jacksonville 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.

Game Date	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

• All active duty including Florida National Guard and Reservists on current active duty orders and dependents are eligible to purchase/use these tickets.

• Military personnel with authorized dependents may buy a maximum of four tickets if member and dependents equals four. If you have less than four you may only purchase total for family. Spouses may purchase tickets for military personnel, but dependent

children are not authorized to represent the service member/spouse to purchase tickets. Larger families desiring to purchase in excess of four tickets must be approved by the USO director.

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

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

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

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

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CNO safety award

Rear Adm. Paul Sohl (left), commander, Fleet Readiness Centers, presents the 2012 Chief of Naval Operations Safety and Occupational Health Shore Safety Award for Medium Industrial Shore Activity to Fleet Readiness Center Southeast Commanding Officer Capt. John Kemna during a leadership meeting at FRCSE Sept. 17. The award recognizes the facility's risk management and mishap prevention accomplishments, while maintaining a superior state of operational readiness, according to the citation.



Photo by Victor Pitts



Photo by Marsha Childs

FRCSE recognition

Rear Adm. Mike Shoemaker (left), commander, Naval Air Force Atlantic, presents ASC Jeremiah Jones (center, left) with a command coin, along with AS3 Scott McQuarrie (center, right) and AS2 Lavelle Jones (right), as AFM Charles Lathrop (second left), looks on during a visit to Fleet Readiness Center Southeast (FRCSE) Aug. 28. The Sailors recently provided emergency support to USS George H.W. Bush (CVN 77) when the Liquid Oxygen (LOX) plants went down. For the first time ever, FRCSE Sailors arranged for the rapid transport of a LOX cart on a Sikorsky H-53 helicopter to ensure the oxygen breathing apparatuses were operable for pilots and aircrews deployed on the aircraft carrier.

NEX rewards students

From NEX Command

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Photos by MC2 Amanda Cabasos

New NAS Jax Fitness Assistant Daunté Owens demonstrates a core exercise to military spouses (from right), Christine Doss, Traci Ostrander, Dhanasha Brown, and Amy Huggins at the base Family Fitness Center on Sept. 19.



Owens assists military spouse Christine Doss with catching and tossing a medicine ball combined with push-ups during a circuit routine at the NAS Jax Family Fitness Center.

New fitness instructor enhances workout programs at NAS Jax Family Fitness Center

By MC2 Amanda Cabasos
NAS Jax Public Affairs

The NAS Jax Family Fitness Center is kicking fitness up a notch with the addition of new fitness instructor, Daunté Owens.

Owens said, "My expectations for my job are having the opportunity to work with different types of people. There are the Sailors and their spouses, there are individuals who are already in shape and just want to maintain their weight, and there are those who want to lose weight, etc. I want to help these people improve their fitness abilities. The expectation for myself is to help these patrons reach their personnel goals."

Navy Spouse Amy Huggins said, "I love the new fitness instructor. He is very encouraging, motivating, easy to work with and keeps you going."

Certified through the National Federation of Professional Trainers, Owens has worked as a personal trainer for three years. Prior to his current profes-



Daunté Owens guides military spouses (from right) Christine Doss, Traci Ostrander, Dhanasha Brown, and Amy Huggins in a 30-second plank exercise as part of a circuit routine he created located at the base Family Fitness Center.

sion, he played college football for Florida International University.

"I love to work out," said Owens. "After becoming a certified trainer and learning proper workout techniques, I wanted to instill this in other people. Influencing others to maintain a high level of fitness and training them in the proper exercise techniques is my goal

and I believe individuals will take what they learn and share it with someone else," he added.

Owens provides patrons with a variety of daily 30-minute circuit workouts that help emphasize all the body's muscle groups. He utilizes more than 100 various exercises, including, squats, bench knee lifts, dead lifts, push-ups, step-ups, triceps kick backs, lateral rais-



As military spouses (from right) Amy Huggins, Christine Doss and Melissa Fay participate in a 30-minute circuit routine at the NAS Jax Family Fitness Center, new Fitness Assistant Daunté Owens monitors the time for each exercise.

es, etc.

"I like my workouts to be quick and efficient," said Owens.

"I try to keep the intensity up to a certain pace where you are getting cardio and a full body workout in," he added.

Navy spouse Melissa Fay said, "The new fitness assistant is awesome. He pushes us far more than we would ourselves.

We get a better workout."

In the near future, Owens will be teaching classes at the base gym and fitness center, including power lifting, TRX, Command PT, and max core.

In addition, he intends to oversee the sports and fitness programs during summer camps at the Youth Activity Center.

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Ombudsmen celebrate 43rd birthday

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Fifty Navy ombudsmen from NAS Jacksonville tenant commands were honored during the NAS Jax Navy Family Ombudsman Program 43rd Anniversary Appreciation Luncheon at the River Cove Catering and Conference Center Sept. 18.

Commander, Navy Region Southeast Rear Adm. Rick Williamson was the guest speaker. The event kicked off with the national anthem performed by MU2 Laura Carey, of Navy Band Southeast, followed by the invocation by NAS Jax Command Chaplain (Cmdr.) Shannon Skidmore.

In his welcoming remarks, NAS Jacksonville Commanding Officer Capt. Roy Undersander said that recognizing the achievements of command ombudsmen is significant. "You are the unsung heroes who hold our Navy families together. You are a crucial part of the Navy team and I want to personally thank you for all that you do everyday," said Undersander.

After lunch, Undersander introduced Williamson who said he was honored to recognize ombudsmen for their contributions to military families.

"The Ombudsman Program is one of the most important programs of Navy commands. Going to sea can be a very dangerous job and I think that any commanding officer, executive officer or command master chief will tell you that if their Sailors are worried about their families back home, that danger increases," said Williamson. "I've been fortunate to work with some outstanding ombudsmen. They are great communicators and listeners. They bridge the gap between commands and families and are able to convince deploying Sailors that their families will be taken care of."

"Retention - they get that better than anyone else. If a Sailor is not happy or worried, that Sailor is in a dangerous position and they will go where they are needed - home to their family. If the ombudsman is there to help take care of those families; you have a Sailor for life," continued Williamson.

"I have moved 24 times in my 28-year naval career. Throughout these 28 years, I've seen the dynamics of the Navy family change. And the Ombudsman Program has changed right along with it by providing education to our Navy families and explaining that they are part of an organization that cares about them and their needs. The Navy family is not just spouses, it's parents, siblings and grandparents and we help them as well," said Williamson.

He concluded, "I want to say thank-you and please do not ever take what you do lightly because your commands and families need and appreciate you."

The event concluded as each ombudsman was presented a certificate of appreciation by Williamson and a goodie bags courtesy of Navy Wives Club of America Jacksonville No. 86 and the Navy Exchange.

"I think this is a really nice event and I'm glad to know that we are so appreciated," said VR-62 Ombudsman Marcie Heard. "I really enjoy my role as ombudsman and am here to support my command's families by providing needed resources and to lend a helping hand."

"It's nice to know how much we are



Photos by Kaylee LaRocque

Commander, Navy Region Southeast Rear Adm. Rick Williamson thanks a group of ombudsmen from NAS Jax tenant commands for their dedicated service to military families during the annual NAS Jax Navy Family Ombudsman Program 43rd Anniversary Appreciation Luncheon at the River Cove Catering and Conference Center on Sept. 18.



Commander, Navy Region Southeast Rear Adm. Rick Williamson (left) and NAS Jax Commanding Officer Capt. Roy Undersander present Fleet Logistics Center Jacksonville Ombudsman Samantha Marcelon with a certificate of appreciation during the annual NAS Jax Ombudsman Appreciation Luncheon.

appreciated. We handle a lot of different issues such as medical emergencies, helping families when the command is deployed and embracing new spouses coming to the command. It's so important to have someone who is familiar with Navy issues that you can ask for help if you need it especially when are spouses are deployed overseas," explained Tiffany Googin, VP-10's ombudsman for the past two years.

The Navy Family Ombudsman Program was created in 1970 by Chief of Naval Operations Adm. Elmo Zumwalt as a way to communicate between commands and the families of Sailors who served in them. Ombudsmen are appointed by commanding officers and trained to disseminate Navy information, help resolve family issues and provide resource referrals.

"This event is to honor all the ombudsmen who so diligently give their time, efforts and support to the troops. They are inspirational and a wealth of knowledge and resources. In a Navy families' time of need, ombudsmen are always there, ready to help, ready to serve. They are the 'shining stars' of the Navy," stated NAS Jax Fleet and Family Support Center Ombudsman Coordinator Wilhelmina Nash who organized the event.

NAS Jax Command Ombudsmen
Gi Teevan

- NAS Jax/Naval Engineering Command Southeast
Marite Hoffman
- Navy Medicine Education Training Command/Aviation Survival Training Center, Navy Drug Screening Lab and Navy Entomology Center of Excellence
Danielle Bryant
- Navy Recruiting District Jax
Nanci Kornegay
- Navy Recruiting District Jax
Kandi Debus
- Commander, Navy Region Southeast
Irene Morrow
- Navy Region Southeast Reserve Component Command
Michelle Sturgeon
- Southeast Regional Calibration Center
Christina Wagner
- Center for Naval Aviation Technical Training Unit Jax
Casey Horgan
- Fleet Area Control and Surveillance Facility Jax
Samantha Marcelon
- Fleet Logistics Center Jax
Christine Vock
- Fleet Readiness Center Southeast
Molly Croft
- Naval Hospital Jax
Angelina Rennells
- Commander, Patrol and Reconnaissance Wing Eleven

- Jordyn Gamber**
Commander, Helicopter Maritime Strike Wing, Atlantic Det. Jax
- Melissa Hype**
HS-11
- Mahalia Clemons**
HSM-70
- Tara Shorley**
HSM-70
- Jessica Fowler**
HSM-72
- Juanita Harris**
HSM-74
- Patricia Anderson**
HSM-74
- Yvonne Gorham**
Coastal Riverine Squadron 10
- Madelina Piper**
Coastal Riverine Squadron 10
- Yvonne Gorham**
Information Dominance Corps Reserve Command Southeast
- Derrick Wilson**
Information Dominance Corps Reserve Command Southeast
- Amy Merchant**
Naval Computer and Telecommunications Station Jax
- Maryann Eden**
Region Legal Service Office Southeast
- Debra Duke**
Naval Air Warfare Center Training Systems Division Orlando
- Nikki Celso**
Naval Mobile Construction Battalion 14
- Michelle Drennon**
Naval Ordnance Test Unit
- Melissa Slye**
Navy Operational Support Command Jax
- Selena Yearty**
VP-5
- Lindy Robinson**
VP-8
- Amy Purcell**
VP-8
- Leah Hazelgrove**
VP-10
- Tiffany Googin**
VP-10
- Sherri Boyd**
VP-10
- Ellen Berry**
VP-16
- Kristen Hager**
VP-16
- Christa Hanson**
VP-16
- Tanya Morris**
VP-26
- June Raghoo**
VP-26
- Aris Fisher**
VP-26
- Lauren Everly**
VP-30
- Rachel Drummond**
VP-30
- Kendra Jones**
VP-45
- Amy Scott**
VP-45
- Elvia McMahan**
VP-62
- Erica Pearson**
VR-58
- Marcie Heard**
VR-62

Master Chief Petty Officer of the Navy thanks Ombudsmen

Navy Ombudsmen:

Theresa and I would like to take time to say 'thank you' for your support and dedication that you provide to our Sailors, families and our great Navy.

For the past 43 years, Ombudsmen have been an irreplaceable resource for our Sailors, while serving as an information link between command leadership and command families.

As an Ombudsman, you work collaboratively with the command to maintain and sustain the morale and welfare of the command's service members, their families and single Sailors on active duty.

As we all know, family readiness is tied to mission readi-

ness and having a strong family support structure enables Sailors to excel at their jobs and the Navy to accomplish its missions. Your help successfully navigates the unique challenges of our lifestyle and know that the job you do is immeasurable!

Thank you, Ombudsmen, for your continued support and selfless dedication.

Very Respectfully,

MCPON Michael and Theresa Stevens

3rd Friday of the Month
5 - 8 p.m.
Rain or shine!
*Dewey's will be open for dinner & beverages

Oct. 18 - Balloon Artist
Nov. 15 - Karaoke with Tom Turner
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*Children's Holiday Bingo will start at 1830 and has a cost of \$10 per person and includes soft drinks, hot dog, dabble; bingo card and gift bag for each child.

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Photo by Jacob Sippel

Promotion ceremony

U.S. Senator Bill Nelson administers the enlistment oath to Capt. Mark Gould, orthopedic surgeon, during a promotion ceremony at Naval Hospital Jacksonville, while Gould's family looks on. Nelson, a former NASA space shuttle crew member, described Navy Medicine as "the best in the world" and noted the care the Navy provides to the U.S. Senate and House of Representatives.



Photos by MC2 Amanda Cabasos

Community clean up

NAS Jax Sailors and civilians (from left) Environmental Director Kevin Gartland, Command Chaplain (Cmdr.) Shannon Skidmore, Oil Spill Program Manager Frank Sigona, YN2(AW) Jeffrie Key and YNC Mark Leet participate in the International Coastal Clean-up at Tillie Fowler Nature Park on Sept. 20. The group removed air potato plants, an invasive plant species which is native to Asia and first introduced to Florida in 1905. Due to the plant's ability to displace the native species and disrupt natural processes such as fire and water flow, the air potato has been listed as one of Florida's most invasive plant species since 1993.



City of Jacksonville Jax Parks Naturalist Supervisor Jean Schubert shows NAS Jax Sailors what poison ivy looks like during a safety brief prior to the International Coastal Clean-up held at the park.



NAS Jax Executive Officer Capt. Howard Wanamaker participates in the International Coastal Clean-up by removing the invasive air potato plants. "I think it is important for the Sailors to be out here today. It gives them a sense of ownership and provides them the time to interact with the community by taking care of the environment," said Wanamaker. "They are also learning about the area they are sharing with the City of Jacksonville."

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Photo by Jacob Sippel

Naval Hospital (NH) Jacksonville Chaplain (Cmdr.) Steven Barstow, delivers the invocation and opening remarks at a memorial ceremony Sept. 20 in remembrance of HM2 Martin Bediako. A native of Accra, Republic of Ghana, Bediako joined the Navy in 2009 and was assigned to NH Jacksonville's inpatient pharmacy in 2010.

Hospital honors corpsman with memorial service

By Yan Kennon
NH Jacksonville Public Affairs Senior Writer

Friends, family and fellow shipmates gathered at Naval Hospital (NH) Jacksonville Sept. 20 to honor HM2 Martin Bediako with a memorial service. He died Aug. 6 from an apparent drowning at his apartment complex.

NH Jacksonville Chaplain (Lt.) Joseph Shubert began the service with the invocation.

He was followed by NH Jacksonville Commanding Officer Capt. Gayle Shaffer, who said the 36-year-old Bediako will always be remembered as a dedicated Sailor, friend, husband and father.

"Today we mourn the loss of Hospital Corpsman 2nd Class Bediako, a sailor who inspired all of us with his positive attitude and integrity, who moved us with his compassion, and lifted us with his smile," said Shaffer.

Bediako, a native of Accra, Republic of Ghana, earned his Bachelor of Arts degree from University of Legon in 2001, and in 2004, moved to America. He went on to earn his Master's degree in 2007 at Drake University in Iowa.

He enlisted in the Navy in 2009 and completed boot camp at Recruit Training Command (RTC) Great

Lakes, Ill. In 2010 Bediako completed Hospital Corpsman "A" School at RTC Great Lakes and Pharmacy Technician "C" School at Portsmouth, Va.

Bediako transferred to NH Jacksonville's inpatient pharmacy in 2010, where he proved himself as a top performer who sought out additional responsibilities at every opportunity. He was a member of the command soccer team, a devoted volunteer in his community and a mentor who always gave more than what was expected or required.

He was scheduled to attend field medical technician school, and upon completion, transfer to Japan for duty.

Several of Bediako's shipmates eulogized him, remembering him for who he was and the lasting impression he left on his shipmates, patients and family.

During the service, Shaffer posthumously awarded the Navy and Marine Corps Achievement Medal to Bediako for his service as inpatient pharmacy technician at NH Jacksonville, where he processed and delivered — on average — 10,000 medication orders each month to hospital wards and outpatient clinics.

Bediako is survived by his wife, Gunetha, and 2-year-old son, Gabriel.

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Dec. 20 - Children's Holiday Bingo

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Youth Bowling League: Every Mon. & Wed., 10:30 a.m. - noon
\$17 annually or \$8 per week. Includes shoes, awards will be given at the end of the season!

Rising Star's Youth League: Every Sat., 10:30 a.m. - 12:30 p.m. Pee Wee Division (6 years & under) 2 games, \$6 per week. Juniors Division (7 years & older) 3 games, \$8 per week.

Mondays: All you can bowl for \$5, 4-6 p.m.

Wednesdays: All you can bowl for \$5.95, 4-10 p.m.

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

Saturdays: Family Extreme Bowling \$8, 4 - 6 pm, Party Extreme \$10, 8 p.m. - midnight (up to 2 hours of play). Shoes included.

Monthly Handicap Single Tournament: Oct. 19, 1-4 p.m. \$20 per person, registra-

tion begins at noon.

Scratch Sweeper: Oct. 26, 1-4 p.m. \$30 entry fee, check in starts at noon.

Please note, the specials do not include shoes unless stated otherwise

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Outdoor pool hours

Open for lap swim only Mon-Fri 6-8 a.m.; 11 a.m. - 1 p.m.; 4:30-7 p.m. Sat and Sun 11 a.m.-2:30 p.m. During lap swim the concessions, waterpark and slide are closed. Outdoor pool closes for season Sept. 30.

The indoor swimming pool opens Oct. 1 for lap swim hours, Monday - Friday 6-8 a.m., 11 a.m. - 1 p.m. and 4:30-7 p.m.. Saturday and Sunday 11 a.m. - 2:30 p.m.

Learn to Swim Fall Sessions

At the Indoor Pool

Session 1 Oct. 14-24

Session 2 Oct. 28 - Nov. 7

\$40 military, \$45 DoD

Monster Dash 5K

Oct. 31 at 11:30 a.m.

Perimeter Rd./Antenna Farm

Pre-register by Oct. 18

Fourth Annual Zumba Party

Oct. 23, 11 a.m. - 1 p.m.

Fitness Center Outdoor Pavilion

Barktoberfest

Oct. 26, 9 a.m.

Vet Treatment Facility Bldg. 537

Free 2-mile walk/run with the dogs!

I.T.I. Events

Call 542-3318

E-mail them directly at jaxs_nas_mwritt@navy.mil. Jacksonville Zoo Spooktacular \$9.

Universal Halloween Horror Nights:

Sunday - Thursday \$42.25, Friday \$53,

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Halloween Horror Nights visits ITT on

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Pandemic Haunted Attractions - San Jose Blvd. in Mandarin, tickets on sale at ITT!

Haunting of School House 4 - \$18

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Jacksonville Jaguars: Section 147 Bud

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The Artist Series - Broadway in Jax 2013 -

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- Mamma Mia!: Oct. 19, 2013, 8 pm,

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- Celtic Thunder: Nov. 10, 2013, 7 pm, \$80.

- Men Are From Mars, Women Are From

Venus: Jan. 17 & 18, 2014, \$51.

- War Horse: Feb. 22, 2014, 8 pm, \$68.50.

- Memphis: Mar. 22, 2014, 8 pm, \$65.

- Million Dollar Quartet: Apr. 26, 2014, 8

pm, \$65.

- The D* Word: Oct. 4 - Oct. 25, 2014, \$43.75 - \$46.

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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.

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.

Celebrity Chef's at the

Galley

Food Network's Dinners

Drive Ins and Dives

Oct. 1, 11a.m. - 1 p.m.

NAS Jax Golf Club

Golf course info: 542-3249

Mulligan's info: 542-2936

Military Appreciation

Days

\$18 per person, includes

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Oct. 8 & 22 for active duty

Oct. 10 & 24 for retirees, DoD personnel and guests

Monday & Tuesday

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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

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

Auto Skills Center

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Photo by Bill Bonser

VP-10 team members gather after defeating VP-8, 50-49 in the 2013 Intramural Summer Basketball Championship game on Sept. 11. (Front row, from left) Samuel McQueen, Ken Reed, Chantel Nezbeth, Craig Black and Mike Morrison. (Back row, from left) James Johnston (XO), Andrew Radcliffe, Austin Lanteigne and Melvin Foster.

VP-10 basketball champs

By Bill Bonser

NAS Jax Sports Coordinator

The 2013 Intramural Summer Basketball League began in August when the gym opened back up after the seven-month renovation project. There were 19 teams competing in a double elimination tournament with 41 games played. The tournament came down to VP-10 against VP-8. VP-10 was undefeated and VP-8 had one loss so VP-8 had to defeat VP-10 twice in order to win the base championship.

In the first game between VP-10 and VP-8, VP-10 was without their big man Melvin Foster and point guard Raul Gomez. This proved to be a major difference because VP-8 destroyed VP-10, 61-40. Since this was VP-10's first loss, the two teams had to play again the following day to determine the base champion. VP-8 was playing their fourth game of the week because they won the greybeard basketball championship earlier in the week.

VP-10 did get Foster back for the final game, however, Gomez was still missing from the line-up due to an injury. VP-8 led the game at halftime, 22-18. The game remained close throughout the second half and came down to the wire. Foster came up big for VP-10 scoring a bucket in the last seconds and also got fouled while making the bucket. Foster made the free throw to give VP-10 a 50-49 lead with seconds remaining. Trillshun Bacon got off a last second shot and was fouled by VP-10's Foster.

Bacon was distracted by VP-10's Mike Morrison and instead of shooting the free throw, he rolled the ball back to the referee forfeiting his first free throw attempt. Bacon had one more free throw attempt to tie the game, however, he was not able to convert the free throw and time ran out.

VP-10 won the intramural summer basketball base championship by the score of 50-49. Foster led VP-10 with 20 points proving that he made the difference in the second game between VP-10 and VP-8 for the championship.

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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. Commanders 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. Commanders having their athletic officer or

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Take control: Increase suicide awareness

By Lt. Libby Peachey
NHJ Clinical Psychologist
and Suicide Prevention Coordinator

In recognition of Suicide Awareness Month, it's important to underscore the wide scope of suicide - which, according to the Centers for Disease Control, is the 10th leading cause of death in the United States.

Suicide is a complex behavioral response to stress, illness, isolation and substance abuse. A combination of individual, relational, community and societal factors contribute to the risk of suicide.

These can range from family and marital discord, financial issues, depression or other mental health concerns, suicidal ideation or prior suicide attempts, impulsive behaviors, substance abuse, lack of sleep or purposelessness in life.

Risk is also associated with changes in brain chemicals that are frequently brought about by alcohol and drug abuse.

Warning signs include thoughts or comments about suicide, substance abuse, lack of purpose, anxiety, feeling trapped or hopeless, withdrawal, anger, recklessness and mood changes.

Suicidal behavior is not specific to gender, race or age, according to the National Institute of Mental Health. Statistics show that women



attempt suicide two to three times more frequently than men, but that men fatally wound themselves at four times the rate of women.

The 45- to 54-year-old age group has the highest suicide rate of any other age group. Suicide is the second leading cause of death among 25- to 34-year olds and the third leading cause among 15- to 24-year olds.

In terms of ethnicity, suicide is twice as likely among non-Hispanic whites and American Indians as among Hispanics, African Americans and Asian Americans.

Effective treatments and interventions are available for depression, situational stressors and

other health problems that are risk factors for suicide. Please see your primary care manager (PCM), chaplain, or mental health provider to find out what options are available to you.

Naval Hospital (NH) Jacksonville's Mental Health Department offers a full range of adult services (including evaluation, medication, individual and group therapy) provided by psychiatrists, psychologists and social workers. Active duty personnel can contact Mental Health at 904-542-3473 or speak with their PCM for referral.

Retirees and family members may call Value Options at 800-700-8646 for care in the TRICARE network. Resources are also available at Veterans Crisis Line, which offers a hotline 800-273-TALK (8255), confidential online chat and text. Help is available 24/7.

For someone in immediate danger, go to the nearest emergency room or call 911. Remember to ACT (ASK-CARE-TREAT):

ASK if someone is depressed and if they are thinking about suicide.

Let them know you CARE.

Get them assistance (TREATment) as soon as possible.

Suicide prevention in the Navy is an all hands evolution, all the time. Silence kills. Speak out and save a life.



IT3 William Spencer

VP-5 'Mad Fox of the Week'

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

As VP-5 continues its busy schedule operating and maintaining the P8-A Poseidon, the squadron is highlighting one outstanding "Mad Fox" each week. This week's "Mad Fox of the Week" is IT3 William Spencer.

Spencer was born in New Bern, N.C. and currently resides in Jacksonville with his wife. Both of his grandfathers served in the military. His father's father, Gordon Spencer, enlisted in the Navy during World War II and served in the Philippines as a Seabee. His mother's father, Robert Rieske, enlisted in the Army and served in Operation Deep Freeze during the 1950's.

Spencer joined the Navy and entered boot camp in January 2012. After boot camp, he attended "A" School at Corry Station in Pensacola, Fla. He reported to VP-5 in October 2012.

As an information systems technician, Spencer is in charge of maintaining computers, their networks, and software that his fellow Mad Foxes use each day. He is in charge of setting up NMCI accounts and administering network permission. He is also tasked with delivering and disseminating all naval messages in and out of the command.

Spencer is currently working on upgrading all of the computers within the command. "Keeping up with the ever evolving nature of the Navy's IT community is always challenging," explained Spencer. "However, remembering my family and being able to provide for them and the chance to serve my country always puts any task into perspective."

Spencer's future goals are to earn his bachelor's degree in petroleum engineering. When he is not working at VP-5, he enjoys spending time with his wife, going to the movies, and taking their two dogs to the park. He also enjoys paintballing with friends and researching cars.

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

Celebrate October savings at your commissary

By Sallie Cauthers
DeCA Marketing and Mass Communication Specialist

October represents the unofficial start of the holiday season, and that's great for commissary customers who want to see store promotions, giveaways and more discounts beyond their usual 30 percent or more savings, said the Defense Commissary Agency's director of sales.

"Whether it is celebrating Oktoberfest with friends or Thanksgiving with family and a big, plump, roasted turkey, your commissary wants you to know we are here with extra savings and grand opportunities - all part of your commissary benefit," said Randy Chandler, DeCA sales director.

"In October, we also recognize Breast Cancer Awareness Month," he added. "Several of our industry partners are offering special in-store events that will

be easily recognizable: They'll be wrapped in pink ribbons!"

Throughout October, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for dates and times on the following promotions:

Commissary Rewards Card. There are more than 1 million Rewards Cards being used by commissary shoppers worldwide. The card lets authorized shoppers download digital coupons redeemable in your local commissary. For more information, visit <https://www.commissaries.com/rewards/index.cfm>.

"Nestlé Pure Life Pink Ribbon Pack - Let's Find

See COMMISSARY, Page 20

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Construction workers prepare the road surface for a layer of limestone prior to laying down asphalt.



Construction workers grade a swale along Roosevelt Blvd. that will capture surface runoff during thunder storms and other rain events.



NAS Jax Public Works Construction Manager Celio Cedeno checks progress of the retention pond excavation. When complete, the pond will cover 3 acres at a depth of 9 feet.

Warehouse district drainage and asphalt project on schedule

By Clark Pierce
Editor

Construction workers utilizing heavy equipment are taking advantage of good weather to keep a base road improvement project on schedule.

The project parallels Roosevelt Blvd. and includes improved parking, a new two-lane asphalt road, high-capacity storm drains and a 3-acre retention pond.

"For decades, this warehouse area of the base along U.S. Highway 17 (Roosevelt Blvd.) was prone to flooding during severe thunderstorms or tropical weather disturbances," said Celio Cedeno, the NAS Jax Public Works construction manager for the project.

"The station's Perimeter Road (also known as Patrol Road) was also badly deteriorated in the warehouse district and had become a potential hazard to runners who use Perimeter Road for aerobic exercise."

The job is split into two phases in order to prevent disruption of Navy PT (physical training) activities in the warehouse district along Perimeter Road.

When complete in early November, the site will have plenty of parking space for Sailors and civilians who use the area for walking, running or other exercise-related activities.

In phase one, the original corrugated steel storm water pipes were removed and replaced with larger reinforced



Photos by Clark Pierce

A new sidewalk separates the parking area (left) from the new two-lane Perimeter Road in the NAS Jax Warehouse District that parallels U.S. Highway 17.

concrete pipes with a higher capacity to effectively collect rainwater and direct it to a new retention pond south of the warehouse district.

"Due to the age of the original system, many of the pipes

were clogged or collapsed," said Cedeno.

"This project will improve access to the warehouses, as well as providing a safer area for Navy PT groups to form up of their runs."

'Greyhawks' wrap-up field carrier landing practice

From Staff

A training detachment from the "Greyhawks" of Carrier Airborne Early Warning Squadron (VAW) 120 concluded its field carrier landing practice (FCLP) at Outlying Landing Field (OLF) Whitehouse Sept. 26. The shore-based training supported by NAS Jacksonville was followed in short order by ship-board training on an underway aircraft carrier in the Atlantic.

VAW-120 is the Navy's fleet replacement squadron (FRS) for carrier airborne early warning squadrons flying the E-2C Hawkeye and fleet logistics support squadrons flying the C-2A Greyhound aircraft.

Lt. Cmdr. Chris Swanson led the detachment of instructor pilots, student pilots and landing signal officers (LSO).

"For students, FCLP represents the near completion of their FRS training syllabi," explained Swanson. "A major part of the training is 'ball flying' that involves the Improved Fresnel Lens Optical Landing System (IFLOLS) at OLF Whitehouse."

IFLOLS is a system consisting of 12 vertical light cells and 10 horizontal datum lights that a pilot can see from



File photo

Student pilots assigned to VAW-120 conduct field carrier landing practice (FCLP) in an E-2C Hawkeye at Outlying Landing Field Whitehouse in 2013. FCLP is an important step in preparing students to conduct ship-board carrier qualifications in the week following FCLP.

about 1.5 nautical miles out, giving them time to make the necessary final adjustments that will ensure their tail hook connects with the arresting gear on board the aircraft carrier's flight deck.

He added that their LSOs at



Student pilots with VAW-120 accelerate an E-2C Hawkeye to re-enter the landing pattern at Outlying Landing Field (OLF) Whitehouse. The airfield is ideal for conducting FCLPs because it offers an Improved Fresnel Lens Optical Landing System (IFLOLS). As the standard lighting system on U.S. aircraft carriers, IFLOLS provides pilots with visual information to confirm they are flying their aircraft on the proper glide slope.

Whitehouse are focused on one thing - accurate landings without mishaps. LSOs grade each touch-and-go landing (a 'bounce') at Whitehouse. After flight ops, each student pilot is debriefed by their LSO."

During their detachment to NAS Jacksonville, each student pilot averaged 200 or more bounces at OLF Whitehouse.

The FRS mission is to train pilots, naval flight officers and maintainers. Upon successful completion of their syllabi, they depart VAW-120 for assignment to one of the Navy's operational E-2 or C-2 squadrons based at Naval Station Norfolk, Va. or Naval Base Ventura County at Point Mugu, Calif.

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Essential information for utilizing DoD ID card services at PSD Jacksonville

From Personnel Support Detachment Jax

The ID Card Operation at PSD Jacksonville was converted to a contract operation in 2010 and is managed by the SERCO contractor at Building 789 aboard NAS Jacksonville. The ID Card Lab is staffed with seven workstations to support the ID card mission. The Defense Manpower Data Center (DMDC) has mandated various changes and procedures for ID card issuance over the past four years, and, as a result, these changes have caused unintended confusion and frustration for customers – especially since the process has changed dramatically from when many retirees served on active duty.

The following information includes: acceptable forms of identification, any expired ID is not a valid form of ID, situational ID card needs, how to make an appointment online to avoid excessive wait times, and numbers to call in advance to clarify what documents are needed prior to visiting the ID card facility.

Should you feel your visit to the ID Card Lab was unsatisfactory, speak with the ID card supervisor, PSD deputy director or director prior to leaving the facility – as our primary goal is to deliver top-notch customer service.

Valid forms of identification:

ID card verifying officials must authenticate customer identity by reviewing and scanning two matching forms of identification if over 21 years old, and one ID form that is original and unexpired for dependents under the age of 21, before issuing any DoD ID card. Scanning primary and secondary ID documents into their appropriate categories in RAPIDS is critical for identity validation and data storage.



Photo by AE3 Samantha Jones

Danny Adams, ID card site supervisor at PSD Jacksonville, assists PS3 Jonathan Lopez of VP-16 in getting a new ID card.

When ID cards are issued to customers, they are provided access to DoD facilities and applications. While this is a significant change from previous ID card processing that took place prior to 2010, it required by law to conform to these new rules. Thank you in advance for your understanding, as we all must do our part to prevent errors and minimize opportunities for misrepresentation or fraud.

The following is a list of acceptable primary and secondary ID forms of identification:

Primary forms of identification (must be unexpired):

- Driver's license or state-issued ID card
- US Passport Book or Passport Card
- Any ID card issued by a Federal, State or local government agency or entity – w/ photo
- Permanent Resident/Alien Registration Receipt Card (Form I-151, I-551)
- Unexpired foreign passport or foreign national ID's with photo
- Unexpired Temporary Resident Card (Form I-688), Employment Authorization Card (Form I-688A), or

Employment Authorization Document with photo (Form I-688B)

Secondary Form of Identification:

- An additional document listed under "Primary Documents"
- Original or certified copy of a birth certificate (certified copies are color copies, front and back of form – notarized by a notary).
- School ID card with a photograph
- Voter's registration card
- Certification of Birth Abroad issued by Department of State (Form FS-545 or Form DS-1350)
- Certificate of U.S. Citizenship (Form N-560, N-561)
- Certificate of U.S. Naturalization (Form N-550, N-570)
- Unexpired employment authorization document issued by DHS (e.g., Reentry Permit [Form I-327])
- U.S. Citizen ID Card (Form I-197)
- ID Cards for Resident Citizens in the United States (Form I-179)
- Social Security Card
- Note:** In the event a military, contractor, or civil service member requires a replacement CAC Card – they will be

asked to present the same two forms of ID, in addition to a Special Request Authorization (NAVPER 1336/3) – signed by an E-6 or above, or by direction. For contractors, and civil service employees – a memo signed by their employer will suffice.

In the event a second form of ID is completely unattainable (i.e. – traveling and wallet was stolen) a supervisor can override the second form of ID, but only in extremely rare situations.

Retired and dependent customers are required to present two identically (first, middle, and last names) matching forms of ID to receive their retired ID or dependent's card. For many retirees and dependents, this has become a source of contention, however, the new rules are binding and we regret any inconveniences when you are instructed to update your identification instruments to ensure ID's match prior to issuing a new card.

Any ID card that has already expired is no longer considered a valid form of ID (regardless if it is a Common Access Card (CAC), active, retired, dependent, or reserve ID card). This ruling is binding as well, per DMDC – so don't let your cards expire.

Change of last name for active/reserve military personnel:

Active or reserve personnel who get married and change their last name will be required to request the name change through their command. Once the name change is reflected on the member's LES via the Bureau of Naval Personnel, it will also be reflected in the DEERS Rapids ID System to allow a new ID with the new name to be issued. Check your LES for the name change to take effect and/or when you receive a letter from the Bureau

of Naval Personnel approving your request prior to coming to the ID Lab. Service members must still present two forms of matching ID that reflect the new last name change – along with their current CAC Card.

Change of last name for retirees:

Retirees who change their last name and require an ID, they must bring two forms of matching ID documents, per above, that reflect the new name change, along with a copy of the marriage certificate or divorce decree. If you "legally" change your name, ID Card personnel will also require the legal documents that reflect the name change at time of issuance.

Adding a dependent child into DEERS:

An original birth certificate or live birth document (signed and notarized) and a social security card are required. If the male sponsor is not married to mother of child, they must go to the Vital Statistics Office where the child was born and register in that state as the father of the child and bring in a "proof of paternity" document (signed and notarized) or results from a professional lab showing he is the father.

Adding adopted children into DEERS:

Adding an adopted child, from the U.S. or overseas, wards of the court, or foster children, please call the ID Office for detailed information at 542-1837.

Adding a spouse into DEERS:

If neither sponsor nor wife were married before, they will need all original documents – marriage license (sealed and notarized), birth certificates, social security cards, and a photo ID that is current (either a driver's license or passport

See PSD, Page 20

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Community Calendar

The **Mayor's Commission on the Status of Women** is hosting a Women Up Forum Oct. 10 from 5:30-8 p.m. in the Lynwood Roberts Room at the City Hall Atrium, 117 West Duval Street, Jacksonville. For more information and to RSVP, call 630-1618.

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," premiers 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.

SPORTS

From Page 16

designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

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

Standings

As of Sept. 20

Captain's Cup Singles Badminton

Team	Wins	Losses
TenChavez	5	1
Rajendran	3	1
Brown	4	2
Bonser	3	2
Drost	2	3
Smith	1	1
Barrezueta	1	2
Carreiro	1	2
Bradshaw	0	1
Hasanic	0	2

Intramural Spring Softball

Team	Wins	Losses
HSM-72	2	0
FRCSE Possums	1	0
VP-45 Thrash	1	0
CNRSE	1	1
FRCSE Angry Dolphins	1	1
NCTS	0	0
FRCSE 900	0	0
Naval Hospital Dirty Birdz	0	0
VP-30 Dirty 30	0	0
VP-45 Smash	0	0
CRS-10	0	1
VP-16 War Eagles	0	1
VR-62 Nomads	0	2

Intramural Volleyball

Team	Wins	Losses
TPU/PCF	2	0
NAVHOSP Super Smash All-Stars	1	0
CPRW-11 Tac Mobile	0	0
FRCSE 600	0	0
NAVFAC	0	0
NCTS	0	0
Air Ops	0	1
FRCSE	0	1
HSM-72	0	1
VP-16	0	1
VR-62	0	1

COMMISSARY

From Page 17

a Cure!" Nestlé Pure Life water is promoting Breast Cancer Awareness month with special Pink Ribbon packaging. With a goal of \$1 million, the company is donating a portion of its bottled water sales to be used to support breast cancer research.

Help Build a Cure! Purchase \$25 of Procter & Gamble products in one transaction and receive a pink tool set from Apollo Precision Tools by mail (a \$30 value). Visit www.FamilyUnitPG.com for more details and to print your mail-in offer form. Offer available Sept. 26 - Oct. 9. P&G is also offering more than \$72 in additional savings through your Commissary Rewards Card. Digital coupons are good through Oct. 25. Look for P&G's Pink Hot Buys in the October brandSAVER coupon booklet - more than \$97 in savings! Coupons good through Oct. 30.

"Crisco Cares." From Sept. 26 to Dec. 31, The J.M. Smucker

Company will offer low prices on Crisco's best-selling everyday items, along with many products featured in the commissary's Holiday Baking and Fall Club Pack promotions.

Oktoberfest! Continuing through mid-October, commissary customers will find in-store displays and coupons for imported items from Germany and other European countries. A full line of products will be available: chocolates, cookies, sauerkraut, mustard, red cabbage, pickles, noodles, coffee and more.

Thanksgiving holiday meal. Beginning Nov. 1 until supplies run out, Kraft Foods, General Mills, Rice A Roni, Heinz, P&G, Nabisco, Kellogg's, and Hefty/Reynolds Wrap will provide shoppers in the United States (including Alaska and Hawaii) with Thanksgiving holiday meal coupon booklets featuring more than \$43 in savings. The booklet includes preparation tips and holiday recipes. Check out their customized turkey websites at www.mymilitarysavings.com and <http://www.militarywivessaving.com/>. The U.S. booklets will be located in customized holders, and the overseas booklets will be handed out by store representatives. Supplies of these booklets worldwide will be limited.

ConAgra Foods: Hungry for Football Every Day Event. Beginning Sept. 26 through Oct. 23, customers should watch for the Hungry for Football store displays featuring recipe books with coupons. Also visit www.conagracommissarydeals.com for coupons and a list of all the items ConAgra has on sale.

"The fall season is a busy time for commissaries," Chandler said. "We're offering daily scan-down specials and club packs at great savings. Our fresh produce section has coupon bundles. And if you don't have your Commissary Rewards Card yet, go ahead and get it now at your commissary, because you don't want to miss out on any of the values commissary shopping brings."

PSD

From Page 19

will suffice.)

If married before they will need the divorce decree or death certificate, (and former spouse's Social Security number.)

If dependent to be added was a dependent child prior to marriage, they will need mother or father's (sponsor's) Social Security number so they can be removed from that file prior to adding them to the new file.

Removal of dependents from DEERS:

For members who wish to remove dependents from DEERS, such as divorce or death, the sponsor must bring in a signed divorce decree or death certificate for the ID Card Office to scan into the system and remove dependent from DEERS.

Dependents over the age of 21, who are enrolled in college or a higher learning "accredited" institution:

If you are applying for enrollment or and ID card for a full-time student over the age of 21, a completed DD Form 1172-2 is required, along with a written statement following block #21, "My child (name), remains dependent on me for at least 51 percent of his/her support and is attending an accredited institution of higher learning."

Benefits can continue until the child's 23rd birthday, provided that the child is:

Unmarried and between 21 and 23 years of age;

Enrolled full-time in an accredited institution of higher learning; and

Dependent on the sponsor

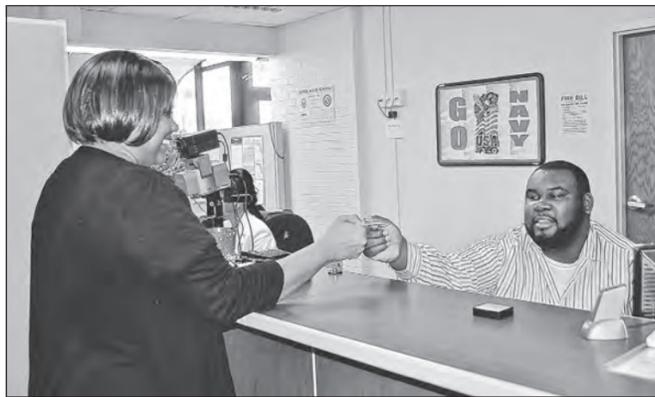


Photo by AE3 Samantha Jones

Verifying Official Roderick Campbell at PSD Jacksonville hands Laquita Sumlin, a newly hired Naval Hospital contractor, her first military ID card.

for over 50 percent of his or her support (or was at the time of the sponsor's death.)

Students remain eligible until age 23 or the date of graduation, whichever occurs first.

A letter on the institution's letterhead, issued by the Registrar's Office, must indicate that the child is a full-time student. The letter should also state the expected date of graduation.

Note: Most colleges and universities contract with third parties, such as the National Student Clearinghouse, to verify student enrollment. Such documentation shall be accepted in lieu of a letter from the registrar's office. There is a \$2.50 fee for this service.

If the student turns 21 during the summer break, then the student must show that they were enrolled full-time in the previous term, and enrolled in the next term after the break.

The DD 1172-2 form from RAPIDS Self-service cannot be used if extended benefits have not already been added to DEERS.

This policy is very important to understand, as many customers bring the letters to the ID Lab and desire a card to be issued prior to their dependent leaving for school, however, DMDC mandates the issuance date to be commensurate with the first day of classes or after the school's add/drop date.

For those students who were attending college in a full-time capacity during the prior school year and require a new ID card, the process is a bit different. Because they were already enrolled as a full-time student, they will require a similar college letter as stated above, with an additional statement in the letter that indicates they were enrolled in the prior school year as a full-time student, and that they will be enrolled in the upcoming fall semester as a full-time student, with expected graduation date. In this instance, an ID card will then be issued anytime after the end of the prior school year, normally between May and September. The difference here is that if you were

LOANS

From Page 2

threat to military personnel and their families.

In 2007, Congress passed the MLA to help address this problem and the Department of Defense issued rules to implement the law. In general, the law shields active-duty military personnel, active National Guard or Reserve personnel, and their dependents from lending practices that Congress determined should not be tolerated in lending to service members.

In 2012, Congress amended the law by, among other things, giving the CFPB the authority to enforce it.

Through its enforcement and supervisory work, the CFPB will be scrutinizing lenders to make sure that they are following the MLA requirements when they make short-term, small-dollar loans to service members and their dependents. Specifically, payday lenders must follow the requirements of the law for all closed-end loans of \$2,000 or less and with terms of 91 days or less. These requirements include:

- Annual percentage rate capped at 36 percent: Because most payday loans are for several hundred dollars and have finance charges of \$15 or \$20 for each \$100 borrowed, a typical two-week term can equate to an annual percentage rate (APR) ranging from 391 percent to 521 percent. Payday lenders must cap the APR - which incorporates all fees and costs associated with the loan - at 36 percent when lending to service members.

- No rolling over of loans: When consumers cannot pay back the loan at the time it is due, borrowers can often pay only the finance charges and renew the loan. This fee does not reduce the amount owed. If a payday loan is rolled over multiple times, it's possible to pay several hundred dollars in fees and still owe the original amount borrowed. Payday lenders are banned from rolling over loans for service members, unless the new transaction results in more favorable terms for the service member.

- No signing away of service member rights: The MLA prohibits lenders from making service members waive their rights under the Servicemembers Civil Relief Act or other state or federal laws that provide critical consumer protections. The MLA also prohibits lenders from requiring service members to waive their right to seek resolution of any legal claims in court.

- No requiring allotments to repay: Under the military allotment system <http://www.consumerfinance.gov/blog/what-you-should-know-about-military-allotments/>, military personnel can repay their loans by having payments directly deducted from their paycheck before their salary is deposited in their account.

When service members pay by allotment, they lose certain consumer protections as well as their flexibility to adjust their budget if a financial emergency comes up.

The MLA bans lenders from requiring military members to pay by the allotment system and gives service members control over how their income is spent.

a full-time student the prior school year, you can get your card immediately or over the summer, providing you present the details needed in the college letter as stated above, versus a new student who must wait until the actual start date of college.

Preparation of 1172 ID card applications online:

For military, civil service, and contractors who possess a CAC card, can now prepare an 1172 ID Card Application Online at https://www.dmdc.osd.mil/self_service for their dependents. You can use this service if you are a sponsor, have a CAC, and have access to a CAC-enabled personal computer. This is especially helpful for personnel who are deployed or have family members dispersed around the globe and cannot accompany the dependent at time of ID card issuance.

To do so, simply enter the data into the website, and any ID card facility can access the form to allow your "dependents" to receive an ID card without your presence. Again, while this satisfies the 1172-2 ID Card Application piece, your dependents will still be required to present two "matching" forms of ID, see above at time of issuance. This can be frustrating when the ID's don't match for our customers, so we strongly encourage members to check their ID documents to ensure that they match identically, or they will regrettably be turned away until they have identical documentation.

Hours of operation:

Hours of operation: 7:30 a.m. - 4 p.m., Monday through

Friday. The office is also open twice a month on "Drill Saturdays" - from 7:30 a.m. - 4 p.m. to coincide with reserve drill weekends. Please contact the ID Card Office to obtain the drill weekend dates at 542-8346/1837.

Note: While reserve personnel will have a priority for ID Card issuing (on Saturday's only), and there are no scheduled appointments used for Saturday services, feel free to use services if that is more convenient.

Best tips:

It is encouraged you to make an appointment at the ID Card Facility to avoid unnecessary wait times, at: <https://rapids.appointments.dmdc.osd.mil>. The site will also provide some frequently asked questions and document requirements for your perusal. Once an appointment is made, you will receive an email confirmation of the date and time - and upon arrival, simply notify the ID card reception desk of your scheduled appointment. Be sure to bring confirmation documentation with you. By using the pre-set appointment option, normal processing times average between 15-20 minutes.

Fridays and holiday periods are often the busiest times. If you don't have a scheduled appointment, wait times can be excessive. If you don't have an appointment and need an ID card, come early! DMDC has mandated that dependent ID cards can be renewed not earlier than 30 days prior to expiration and CAC Cards 90 days prior to expiration.

For more information, call 542-8346/1837.

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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 scbrnham52@yahoo.com or call (307) 258-4408 for more information. Text JAX15098072

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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_shand@yahoo.com

Business / Office Equipment

2 - HAPPY Embroidery Machines 12 needles w/stand & supplies. Exc. cond., \$14K. Original Cost \$40K. Will not sell separately. Great Business Opportunity. Call 904-762-5995

Collectibles

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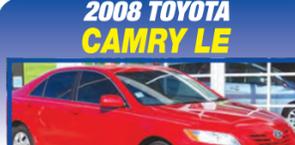
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<p>2006 PONTIAC VIBE BASE</p>  <p>6Z425370 RED • 87,930 Mi \$8,290</p>	<p>2005 TOYOTA HIGHLANDER V6</p>  <p>50050949 SILVER • 112,769 Mi \$8,699</p>	<p>2004 MAZDA B2300 BASE</p>  <p>4TM12885 CHAMPAGNE • 27,784 Mi \$8,990</p>	<p>2007 MAZDA MAZDA6 I SPORT VE</p>  <p>75M45354 GRAY • 81,221 Mi \$9,790</p>	<p>2004 TOYOTA 4RUNNER SR5</p>  <p>48012478 BLACK • 179,786 Mi \$9,990</p>
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<p>2012 TOYOTA YARIS LE</p>  <p>CD507908 SILVER • 11,708 Mi \$12,892</p>	<p>2010 MAZDA MAZDA6 I SPORT</p>  <p>A5M46542 SILVER • 34,558 Mi \$13,490</p>	<p>2012 VOLKSWAGEN JETTA 2.5L SE</p>  <p>CM387166 RED • 34,853 Mi \$14,395</p>	<p>2011 MAZDA MAZDA3 I TOURING</p>  <p>B1476872 SILVER • 17,806 Mi \$14,684</p>	<p>2011 HONDA CIVIC LX</p>  <p>BH517236 WHITE • 23,870 Mi \$14,792</p>
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