

Jax Air News

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Photo by Clark Pierce

HSM-70 Executive Officer Cmdr. Jeremy Vaughn has a rare "quiet moment" in NAS Jax Hangar 1122 with the squadron's full complement of 11 MH-60R Seahawk helicopters. The squadron departed Feb. 10 to join Carrier Air Wing (CVW)-8 on board the aircraft carrier George H.W. Bush (CVN 77). The deployment is scheduled to last for more than nine months.

'Spartans' lift from NAS Jax for Carrier Strike Group 2

By Clark Pierce
Editor

The "Spartans" of HSM-70 will depart their home base of NAS Jacksonville Feb. 14 to join Carrier Air Wing (CVW)-8 on board the aircraft carrier USS George H.W. Bush (CVN 77) - as well as the three other ships that comprise Carrier Strike Group (CSG 2).

Of the squadron's 11 MH-60R Seahawk helicopters, five will operate from Bush and six will operate from three surface combatants attached to CSG 2: guided-missile cruiser USS Philippine Sea (CG 58); guided-missile destroyer Roosevelt (DDG 80); and guided-missile destroyer USS Truxton (DDG 103).

The squadron was previously scheduled to deploy with Bush in

July 2013 - but government sequester issues pushed the deployment back to this month.

In an interview at NAS Jacksonville Hangar 1122, HSM-70 Executive Officer Cmdr. Jeremy Vaughn said, "During that time, we reset our training plan to seven months, which included exercises at Atlantic Undersea Test and Evaluation Center in the Bahamas, followed by NAS Fallon, Nevada, for air wing warfare training. We also supported CSG 2's Composite Training Unit Exercise (COMPTUEX) and Joint Task Force Exercise."

He added that all the squadron's aircraft are up and fully mission capable for the scheduled 9-1/2 month deployment.

HSM-70 Commanding Officer Cmdr. Matt Schnappauf was

unavailable for an interview.

"Skipper Schnappauf and I can't say enough about our skilled maintainers. During COMPTUEX, we flew 26 percent of the air wing's sorties, which put a lot of hours on our helicopters. During the past couple of months, our maintainers put in a lot of hours to ensure all systems are ready to go for every Seahawk," said Vaughn.

"We also recently completed operational stress control (OSC) awareness training, which aims to teach Sailors how to recognize signs and symptoms of stress in themselves and others - and how to manage operational stress," said Vaughn. "The OSC instructors are very capable in bringing their message down to the deckplate level

See **SPARTANS**, Page 7



File photo

During a base-wide drill in March 2012, then acting First Coast Navy Fire & Emergency Services Fire Chief Mark Brusoe, left, and assistant James Gray man the incident command post that responded to a simulated explosion at NAS Jax Bachelor Enlisted Housing.

NAS Jax to join in Solid Curtain-Citadel Shield 2014

From Staff

From Feb. 17-28, NAS Jacksonville will participate in Solid Curtain-Citadel Shield 2014. This annual training exercise will be conducted on naval bases and installations throughout the continental United States.

The exercise is designed to enhance the training and readiness of naval security forces to respond to threats against installations and units - and is not a response to any specific threat - but is a regularly scheduled exercise.

According to NAS Jax Commanding Officer Capt. Roy Undersander, these annual training scenarios provide an important opportunity to test the air station's anti-terrorism/force protection (AT/FP) response.

"Solid Curtain-Citadel Shield 2014 will give us a significant learning opportunity because it will involve coordination of NAS Jax security and fire departments, along with various other tenant commands," Undersander explained. "Also, the base Emergency Operations Center will be activated, enabling us to see first hand the efficiency of our first responders and base-wide communication protocols."

Measures are in place to minimize disruptions to normal base operations, but there may be times when the exercise causes increased traffic near the installation, as well as delays in base access.

For more information about Exercise Solid Curtain-Citadel Shield 2014, contact the NAS Jacksonville Public Affairs Office at (904) 542-5588.



Photo by MC1 Greg Johnson

Commander, Navy Region Southeast (CNRSE) Rear Adm. Rick Williamson signs a proclamation recognizing Military Saves Week in front of members of the CNRSE Family Readiness Program. Military Saves Week runs from Feb. 24 through March 1 and is intended to encourage service members to build wealth and reduce debt.

Williamson signs 'Military Saves Week' proclamation

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

Rear Adm. Rick Williamson, commander, Navy Region Southeast, signed a proclamation in sup-

See **MILITARY SAVES**, Page 9



Photo by Clark Pierce

Some of the 104 members of First Coast Fire & Emergency Services (Consolidated NAS Jacksonville/NS Mayport) celebrate on Feb. 7 their selection as Commander Navy Region Southeast "Fire Department of the Year" (Large Category). It is the department's third win in the past four years.

Fire & Emergency Services recognized for regional excellence

From Staff

The First Coast Navy Fire & Emergency Services (F&ES), which is comprised of the NAS Jacksonville and NS Mayport Fire Departments, has been selected as Commander, Navy Region Southeast (CNRSE) Fire Department of the Year (Large Category) for the third time in the past four years.

On Feb. 5, Jim LaConte, program director of CNRSE F&ES announced the 2013 Navy F&ES award winners - recognized for outstanding performance by F&ES teams and individuals.

NAS Jacksonville and NS Mayport Fire Chief Mark

See **FIRE AWARD**, Page 8



File Photo

Rescue personnel from First Coast Navy Fire & Emergency Services at NAS Jax load an injured VP-30 aircrewman with a leg injury into an ambulance as part of Exercise Citadel Shield 2013.

INSIDE

VP-45
Keeping Jax Beautiful
Page 3



HELPING HEARTS
Naval Hospital Jax
Page 4

HS-11
Replenishing Roosevelt
Page 16

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U.S. Navy Photo

The F/A-18 Hornet is a twin engine, multi-mission tactical aircraft. The F/A-18A and C are single-seat aircraft. The F/A-18B and D are dual, tandem-seaters. The B model is used primarily for training, while the D model is used for attack, tactical air control, forward air control and reconnaissance squadrons. The latest models, the E and F "Super Hornets," were rolled out at McDonnell Douglas in September of 1995. The E is a single-seater and the F is a two-seater. Compared to the original A through D models, Super Hornet has longer range and increased survivability/lethality.



Photo by MC2 John Wagner Jr.

An EA-18G Growler assigned to the "Cougars" of VAQ-139 approaches the flight deck of the aircraft carrier USS Carl Vinson (CVN 70) in 2014. The EA-18G Growler is the fourth major variant of the F/A-18 family of aircraft that combines the proven F/A-18F Super Hornet platform with a sophisticated electronic warfare suite. The first Growler test aircraft went into production in October 2004 and made its first flight in August 2006.

This Week in Navy History

From Staff

Feb. 13

1854 - Adm. Perry anchors off Yokosuka, Japan to receive Emperor's reply to treaty proposal.

1913 - Naval Radio Station, Arlington, Va. begins operations.

1945 - First Navy units to enter Manila Bay since 1942.

1968 - Operation Coronado XI begins in Mekong Delta.

Feb. 14

1778 - John Paul Jones in USS Ranger receives first official salute to U.S. Stars and Strips flag by European country, at Quiberon, France.

1813 - USS Essex becomes first U.S. warship to round Cape Horn and enter the Pacific Ocean.

1814 - USS Constitution captures British Lovely Ann and Pictou.

1840 - Officers from USS Vincennes make first landing in Antarctica on floating ice.

Feb. 15

1856 - USS Supply, commanded by Lt. David Dixon Porter, sails from Smyrna, Syria, bound for Indianola, Texas, with a load of 21 camels intended for experimental use in the American desert west of the Rockies.

1898 - Battleship USS Maine explodes in Havana Harbor.

Feb. 16

1804 - Lt. Stephen Decatur, with volunteers from frigate USS Constitution and schooner USS Enterprise, enters Tripoli harbor by night in the ketch USS Intrepid to burn the captured frigate USS Philadelphia. Decatur's raid succeeds without American losses. England's Lord Nelson calls this "the most daring act of the age."

1815 - USS Constitution captures HMS Susannah.

1967 - Operation River Raider begins in Mekong Delta.

Feb. 17

1864 - Confederate submarine H.L. Hunley sinks USS Housatonic in Charleston harbor.

1942 - First Navy Construction Battalion (Seabees) arrives Bora Bora.

1944 - Carrier aircraft strike Japanese fleet at Truk, sinks ships and destroys

aircraft.

Feb. 18

1846 - General order on Port and Starboard - because "Larboard" and "Starboard" sound confusingly similar, the word "Port" was substituted for "Larboard."

1944 - Amphibious force under Rear Adm. Hill lands troops on Engebi Island, Eniwetok.

1955 - First of 14 detonations, Operation Teapot nuclear test.

Feb. 19

1814 - USS Constitution captures British brig Catherine.

1945 - Marines with naval gunfire support land on Iwo Jima; island secured March 16.

1981 - Fleet Replacement Squadron VFA-125 is the first squadron to receive the new F/A-18 Hornet strike fighter for training fleet operators.

Family dog's letter to his boy

By Sarah Smiley
Special Contributor

From the Homefront

To the Littlest Boy in the Striped Shirts, I knew from the first time you spilled apple juice in your lap at the kitchen table that we were going to be great friends. These other people, the bigger ones, they never spill. They eat all their food, and usually right in front of me. They sit on the couch and eat that turkey sandwich one delicious bite at a time. And I watch. Oh, yeah, I watch.

But you, buddy, you always leave something for me. You walk around with your sandwich held real close - precariously close, some might say - to the ground. The turkey slides out of the bread, and sometimes you leave a trail. I like to think you do this on purpose. And, yes, in case you're wondering, when I snatch the sandwich out of your hand, I'm doing that on purpose, too.

I wasn't sure when I first got here, though. You were even smaller then. You slept in my bed and put my tennis ball in your mouth. Your mom didn't like that very much. Neither did I. I wasn't sure if you were a puppy or I was small human. Then I followed you onto the couch and that cleared things up: no one with fur is allowed on the furniture. You don't have fur, that is obvious, but have these people making the rules seen your sticky hands?

You liked to line me up with stuffed animals - the same ones I'd try to eat later (Note to Self: the stuffed bird is off limits. Chewing him will end with me in my cage in the basement) - and you read stories to us. You read made-up words that weren't on the page, but it didn't matter. All I heard was "turkey sandwich, turkey sandwich" anyway.

In the backyard, you thought I could play soccer and baseball. You cheered every time I accidentally

took the ball to the side fence. Yeah, I figured this out. Sadly, I would have done so much more for just a little bit more turkey.

While everyone else makes me "sit," "stay" or "shake" for a treat, you gave me bones just for showing up. When you called my name, it wasn't because you wanted to know where I was. You actually wanted to talk to me. To play with me. And that's why I came running.

But you are growing now, Littlest Boy. Your pants don't smell so bad. (Ok, I mean, "good." Your pants actually smelled good to me back then.) But you still slip turkey underneath the kitchen table. For that alone, I will follow you to the ends of the earth. Or, at least the driveway.

Those bigger boys are growing, too, and it worries me. Littlest Boy in the Striped Shirts, will you someday shut your bedroom door, too? Will you step over me while you talk on the phone with your friends? Will you eat everything on your plate, ask for more, and not notice me staring up at you?

Although, I must say that I have the oldest one trained well. I ring the bells hanging on the back door, and he lets me out. It doesn't matter if he's upstairs, in the basement or on the phone. He would probably come out of the shower to open the door for me. I ring the bells, he comes running. Fascinating!

But Littlest Boy in the Striped Shirts, I think he gets paid for this.

You are gone more often now, and I am home alone. I peruse your bedroom - you know, just in case you left some bite-sized Legos or puzzle pieces on the floor there. I see your stuffed bird taunting me from the top book shelf, and I smell everything that is you.

Sometimes, I nap in your room. I dream about when you used to read to me. If I jerk my legs in my sleep, that's when I'm running with you, the Littlest Boy in the Striped Shirts, in the backyard.

Then, when I hear you coming home (I can hear you a mile away, kid - I think everyone can), I run to the steps and wait. Your backpack holds all the smells of your adventure: books, pencils, snack time, dirty tennis shoes and friends who also have sticky hands.

You are busy in the afternoons now. You have sports to play and friend's houses to go to. I spend a lot of time watching out the front window for you. I miss your sandwiches, but I also miss you.

And that is why my favorite part of the day is bedtime. You wait until I'm in my spot next to your bed, and then you read aloud a bedtime story. You check often to make sure I'm still there, guarding you as your eyes start to close.

Don't worry Littlest Boy in the Striped Shirts. I am here. And I will be here as long as you will have me.

SAPR Assistance Available 24/7



If local sexual assault victim assistance is needed or requested, please call the following numbers in order. If none of the three are immediately available, please leave a message or contact the DOD Safe Helpline for immediate assistance.

- Duty SAPR VA - 1-877-995-5247, text 55-247,
- NAS Jacksonville SARC - (904) 910-9075
- NS Mayport SARC - (904)548-8392

The DOD Safe Helpline is the 24/7 Sexual Assault Crisis Intervention Response Line for immediate support services for victims. The DOD Safe Helpline may be reached by phone 1-877-995-5247, text 55-247 or via the app on iOS.

The Naval Air Station Jacksonville Civilian SAPR Victim Advocate Duty phone is (904) 910-9075.

The Naval Air Station Jacksonville Sexual Assault Response Coordinator (SARC) Duty phone is (904)548-7789.

The Naval Station Mayport Sexual Assault Response Coordinator (SARC) Duty phone is (904)548-8392.

Civilian Community Sexual Assault Services may be obtained by calling (904) 721-RAPE or 721-7273.

Commands are encouraged to post their Unit SAPR Victim Advocates name and after-hours Duty phone number visible in the commands to be accessible to sexual assault victims.

Victims' Legal Counsel (904) 542-5430

Chaplains may be reached for support (904) 542-3051 or Duty phone (904) 614-7385

Fleet and Family Support Center may be reached for counseling services 1-866-293-2776.



IT2(SW) Keston Adharsingh

Correction

From Staff

In the Commander, Navy Region Southeast Senior and Junior Sailors of the First Quarter 2014 article published on Feb. 6, the photos were incorrectly identified.

Here are the correct photo captions. We regret this error.



NC1(SW) Vladimir Arias-Martinez

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VP-45 "Pelicans" discuss the Adopt-A-Road program with City Councilman Jim Love during their recent clean up. From left, VP-45 Commanding Officer Cmdr. John Brabazon, Cmdr. T.J. Grady, Love, AME1 Scott Walker and NC1 Natalie France.

'Pelicans' continue to clean up Jacksonville through Adopt-A-Road Program

By Lt. j.g. Joseph Johannes
VP-45 Public Affairs Officer

The VP-45 "Pelicans" were honored by Jacksonville City Councilman Jim Love Friday for their tireless work as part of the Beautify Jacksonville Adopt-A-Road program Jan. 31. Love met with members of the Pelican Team and helped dedicate a sign signifying VP-45's commitment to cleaning up the Jacksonville area.

As part of the Adopt-A-Road program, the Pelicans are responsible for maintaining approximately a mile of Argyle Forest Blvd in Orange Park, Fla. As part of the "adoption", the Pelicans took over the responsibility of removing any trash that had accumulated and making sure that the area looked clean and neat. Squadron members took this responsibility to heart and set about making this little stretch of road their own. Making several visits over a two-month period, the Pelicans were responsible for removing more than 40 bags of trash from the roadside. "We really wanted to give back to the community," said AME1 Scott Walker, who took the lead in organizing the program at VP-45. "Coming up through the ranks, I noticed a lack of community service opportunities in my commands and I wanted to change that here in VP-45."

In recognition of their hard work, the Pelicans were honored by Love with a sign recognizing their achievement in cleaning up the Jacksonville streets. "You have all shown a love of country, serving in the military," said the councilman, "now you're also showing your love for your community."

The ceremony was a great experience for those who attended, showing that their hard work was greatly appreciated by all in the community. The Pelicans now look forward to their next opportunity to beautify their stretch of Jacksonville road and give back to the Jacksonville community.

SAR information meeting Feb. 19

From Naval Facilities Engineering
Command Southeast

NAS Jacksonville announces an informational meeting to review the U. S. Navy proposal to establish a small defined search and rescue (SAR) training area in the St. Johns River off shore of NAS Jacksonville, that would limit public access in order to support congressional mandated search and rescue training.

Establishment of SAR training area would prevent anchoring of objects, such as crab traps, or unmanned vessels in the training area to help trainees avoid injury and prevent equipment damage.

All fishermen, boaters and the general public are invited to attend the meeting Feb. 19, from 5:30-7:30 p.m. at the South Mandarin Library, 12125 San Jose Boulevard, Jacksonville 32223.

For further information about this public meeting send an email to stephen.biemiller@navy.mil.

Public comments will be accepted until March 31, at NAVFAC_SE_SAR_PROJ@navy.mil or via regular mail at NAVFACSE SAR Training Area, NEPA Program Manager (EV21), P.O. Box 30, Jacksonville, Fla. 32212-0030.

IA Luncheon set for Feb 20

From FFSC

NAS Jacksonville and the Northeast Florida Navy League Councils will host the NAS Jacksonville Individual Augmentee (IA) Recognition Luncheon Feb. 20 at 11 a.m. at the River Cove Catering and Conference Center. All NAS Jacksonville and tenant command Sailors who have returned from an IA assignment since May 1, 2013 will be recognized during the event. The guest speaker will be Rear Adm. Sinclair Harris, commander, U.S. Naval Forces Southern Command/ 4th Fleet.

There is no cost for the IA Sailor or Marine and their spouse. The cost for other military and civilian guests is \$10. Tickets may be purchased at the Fleet and Family Support Center, Monday-Friday from 8 a.m. -3 p.m. The deadline to purchase tickets is Feb. 13. Child care will be provided at the Child Development Center for children of IAs and spouses in attendance. Families should call 542-9075, 30 days in advance to secure their drop-in space.

To RSVP, contact your command CIAC or Bobby Johns at bobby.johns.ctr@navy.mil. For more information, call 542-5637.

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Photo courtesy of VP-45

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HM3 Jose Ramirez, from Naval Hospital Jacksonville, fixes himself a healthy meal for lunch at the hospital's galley. February is Healthy Heart Month, part of the fight against heart disease, which kills about 715,000 Americans every year. Good nutrition, weight management and exercise can significantly decrease the probability of heart disease.



Naval Hospital Jacksonville's CS2Paul Serna prepares salad bar vegetables for the evening meal in galley. February is American Healthy Heart Month, part of the fight against heart disease, which kills about 715,000 Americans every year. Good nutrition, weight management and exercise can significantly decrease the probability of heart disease.



Cynthia Millard, a registered dietician at Naval Hospital Jacksonville, advises patient Jose Vasquez about food and nutrition and its effect on overall health Feb. 13. February is American Healthy Heart Month, part of the fight against heart disease, which kills about 715,000 Americans every year. Good nutrition, weight management and exercise can significantly decrease the probability of heart disease.

American Heart Month: *The fight against heart disease*

By Yan Kennon
Naval Hospital Jacksonville
Senior Writer

February is American Heart Month — an important month in the fight against heart disease. Heart disease is caused by plaque buildup in the walls of arteries, causing narrowing and blood flow restriction.

It remains the nation's number one killer for both men and women, taking the lives of about 715,000 Americans every year — approximately one out of every four deaths. It can also result in serious illness, disability and decreased quality of life.

"Everyone is potentially at risk for heart disease, but it is preventable and controllable," said Capt. Paula Chamberlain, Naval Hospital (NH) Jacksonville's director for public health.

"Controllable risk factors for heart disease include: smoking, obesity and overweight, physical inactivity, diabetes mellitus, high cholesterol and high blood pressure. Other controllable risks include stress, alcohol and nutrition."

According to the U.S. Centers for Disease Control and Prevention, cardiovascular disease (including heart disease and stroke) costs the U.S. \$312.6 billion each year—to include the costs of healthcare services, medications and lost productivity.

"Making healthy choices such as good nutrition, weight management and exercise can significantly decrease the probability of heart disease," said Chamberlain.



AE1 Daniel Flynn, from Fleet Readiness Center Southeast, rides a stationary bicycle at Naval Hospital Jacksonville. February is American Heart Month, a time to raise awareness about heart disease and how to prevent it, both at home and in the community. Physical activity can help maintain a healthy weight as well as lower cholesterol and blood pressure.

Chamberlain went on to say that non-active children are also at risk for heart disease,

"Research has proven that children need at least 60 minutes of physical activity every day to reduce the risk of developing heart disease."

National Wear Red Day—a day to raise awareness for the fight against heart disease in women — is also held in

February. National Wear Red Day® was began in 2003, when the American Heart Association and the National Heart, Lung and Blood Institute took action against heart disease, a disease that kills more women than all forms of cancer combined.

As a result of their efforts, 21 percent fewer women are dying from heart disease and 23 percent more women are aware that

this disease is the single most health threat to women.

NH Jacksonville's Wellness Center, located next to NAS Jacksonville's Fitness Center, offers a variety of health related classes, available to active duty, retirees and their families.

Classes include Healthy Heart, which teaches healthy lifestyles and cholesterol and blood pressure management; Choose My

Plate, to provide overviews on losing weight the healthy way; ShipShape, an eight-week weight loss program (active duty and civilians); Sail A Weigh, a six-week weight loss program (civilians only); health fitness assessments; and, Tobacco Cessation, to assist smokers with quitting.

For more information, call the NH Jacksonville Wellness Center at 904-542-5292/5293.

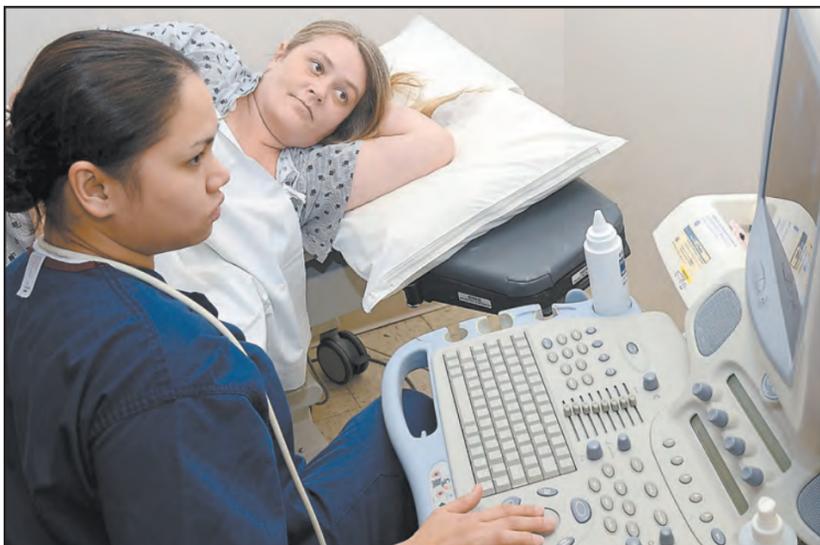
Celestia Thomason, a registered nurse at Naval Hospital Jacksonville, monitors CS2 Tiffany Northcutt's heart during a stress echocardiography, a test that uses ultrasound imaging to show how well the heart muscles are functioning.



HN Doneric Jefferson, Naval Hospital Jacksonville pharmacy technician, dispenses Christine Anderson's medication prescription at the hospital's pharmacy. February is American Heart Month, a time to raise awareness about heart disease. It's important to take medications as prescribed for high blood pressure, cholesterol and diabetes. Heart disease is the number one killer of women in the U.S.



Charlene Rees, a nurse educator at Naval Hospital Jacksonville's Wellness Center, shows AD2 Michael Jordan, from Fleet Readiness Southeast, the amount of tar that enters the human body after a year of smoking. February is American Heart Month, a time to raise awareness about heart disease. Smoking is a leading risk factor for heart disease.



HM2 Merrian Calzado, a cardiovascular technician at Naval Hospital Jacksonville, conducts an echocardiogram on Kelly Duff. February is American Heart Month, part of the fight against heart disease, which causes one in four deaths in women and men each year.



Leslie Fiala, a registered dietician at Naval Hospital Jacksonville, discusses healthy eating tips during a diabetes class. Patients can take diabetes nutrition to help with meal planning and controlling their blood sugar. February is American Heart Month, a time to raise awareness about preventing heart disease.



February is American Healthy Heart Month, part of the fight against heart disease, which kills about 715,000 Americans every year. Good nutrition, weight management and exercise can significantly decrease the probability of heart disease.

Photos by Jacob Sippel

Ask
the Doc:

Blood
pressure
concerns

By Naval Hospital Jacksonville

Q: Why should I be concerned if my blood pressure is high?

A: High blood pressure, or hypertension, is a direct contributor to heart disease. Many people unfortunately do not have any signs or symptoms but may still be at risk. Some risk factors are a family history of hypertension, smoking, diabetes, high cholesterol or being overweight. Exercise, eating more fruits and vegetables and lowering salt intake in your diet may help, but sometimes this is not enough and medication is needed. Talk with your primary care manager to see if you have — or are at risk for — hypertension.

"Ask the Doc" is written by Naval Hospital Jacksonville providers from its hospital and five branch health clinics in Florida and Georgia. This was written by Laura Kyer, a certified physician assistant from Naval Branch Health Clinic Key West.

If you have a question for a physician, dentist, pharmacist or optometrist, please send it to jax-publicaffairs@med.navy.mil.

NAS Jax Commissary marks sales record

By MC2 Amanda Cabasos
Staff writer

Flush with returning patrons, the NAS Jax Commissary kicked off the first weekend of February with a sales record of more than \$1 million. Commissary Store Director Larry Bentley said, "It was the perfect storm. It was the combination of customers receiving their first-of-the-month paycheck and Super Bowl weekend - events that contributed to the largest sales volume of the year."

On Feb. 1, the day prior to the Super Bowl, sales escalated to more than \$381,000 - marking an 8 percent increase over last year's sales during the same time frame.

According to Bentley, it took the combined efforts of the store's more than 300 government employees, contractors, baggers, distributors and vendors.

He added, "It's a quality of life benefit where you can come in here and receive a 30 percent savings compared to your grocery bill anywhere else. The commissary system is the number one reason why service members reenlist."

Bentley explains, "The commissary goods are sold at cost. What this means is, what I buy the products for is what I sell them for, he added." "Many people think there is a mark-up on items, however, we only



Photos by MC2 Amanda Cabasos
NAS Jax Commissary Sales Clerk Sybil Lewis checks out groceries for retired Air Force Master Sgt. Mike Moran during his weekly visit to the base supermarket on Feb. 5.

have a 5 percent surcharge tagged on to the end of the bill which is used for new stores, renovations, bags, replacing shopping carts, store supplies, etc.

According to Bentley, commissary is mandated by congress to be appropriately funded at \$1.4 billion a year, to ensure low prices on goods.

"We are the ninth-largest sales volume store in the world out of 257 commissaries," said Bentley. "Our meat department sometimes ranks second or third in sales in the world."

Retired Air Force Master Sgt. Mike Moran said, "I've been shopping at the commissary since 1966 and I will continue to shop here. You can't beat the commissary system for their

prices, especially the meat department. And the customer service here is outstanding."

The commissary has to continue buying in bulk to keep up with the demands of nearly 80,000 customers who drive the average sales volume to \$5.5 million a month.

"I shop at the commissary because there are certain things that you can't find at the other stores such as Hispanic and other ethnic items," said Navy spouse Amarilis Blankenship.

"I believe we do a tremendous job here in supporting the service members and their families," said Bentley. "I have to give all the credit to my staff. They are the people that make it happen. I am their cheerlead-



Customers unload their grocery carts at the NAS Jax Commissary - which recently set a sales record of more than \$1 million.



NAS Jax Commissary Store Clerk Nikol Eng serves IS2 April Hootman of U.S. Navy Central Command Intelligence Unit 0174, Information Dominance Corps Region Southeast, at the base commissary on Feb. 8.

er, and I am the one that has to drive the store, but the staff members are the folks here every day. Not only do I have a passion for the job, but I ensure you that they have a passion for

their jobs too, because we are serving the finest military in the world."

For more information on the Defense Commissary Agency, visit www.commissaries.com.



Photo by MC2 Amanda Cabasos

USO celebrates renovation

NAS Jax Commanding Officer Capt. Roy Undersander (second from right) and Jacksonville USO Chairman of the Board John Curtin (second from left) cut the ribbon to officially reopen the newly renovated NAS Jacksonville USO as Thaddeus Foster (left), principal partner of Taco Bell, and Ashley Furniture Home Store CEO Howard Fineman (right) look on Feb. 6. "I am really excited about the new USO," said Greater Jacksonville Area USO Executive Director Mike O'Brien. "The center has really been transformed for our troops who come in here as well as for all of our volunteers and staff members. It is a whole new facility." According to O'Brien, the renovations cost more than \$20,000 and included new flooring, paint and furniture courtesy of the Armed Forces Family Foundation, Taco Bell and Ashley Furniture Home Store. Neither the U.S. Navy, nor any other part of the federal government officially endorses any company, sponsor or its products or services.

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AE3 Steven Virden and AM3 Daniela Dale tie down a ladder on top of a carton of MH-60R maintenance tools.



Spartans in the HSM-70 Ordnance Division prepare to secure four wood crates containing GAU-21 crew-served .50-caliber machine guns.



AT2 Nester Talcott tops off a shipping carton filled with "cranial" headgear and safety vests.



HSM-70 Executive Officer Cmdr. Jeremy Vaughn congratulates AM3 Justin Banks for his involvement with the paint scheme of Spartan No. 700 – the squadron's "show bird."



(From left) AM1 Robert Orzescu, AM2 Matthew Ellison, AM2 Eric Clairday and (not shown) AM3 Justin Banks were the design-and-paint crew of the squadron's MH-60R "show bird." It took four coatings of paint, topped by a clear coat, to achieve the distinctive appearance.



(From left) AT3 Samuel Agustin and AT1 Andrew Parker check a hand-held ROVER (Remote Operational Video Enhanced Receiver) in the cockpit of an MH-60R helicopter assigned to the Spartans of HSM-70.



Plane captains in the Spartans' line shack secure cruise boxes onto pallets Feb. 7 for shipment to Norfolk, Va. The cargo will be loaded on board the aircraft carrier George H.W. Bush (CVN 77).

SPARTANS

From Page 1

in order to help build resiliency in our Sailors and their families."

The squadron's ombudsmen and family readiness group have also done a lot to help prepare the Sailors for deployment. Social media such as the HSM-70 facebook page and tools such as email and Skype – as well as the old-fashioned "care package" – will keep the Spartans stay in touch with home.

Vaughn concluded, "Skipper Schnappauf and I want to pass along our sincere thanks to every command at NAS Jacksonville that has assisted HSM-70 in our preparation to join the Bush Carrier Strike Group."

Squadrons attached to CVW-8 include: VFA-15 "Valions," VFA-87 "Golden Warriors," VFA-31 "Tomcatters," VFA-213 "Black Lions," VAW-124 "Bear Aces," VAQ-134 "Garudas," VRC-40 "Rawhides," HSC-9 "Tridents" and HSM-70 "Spartans."

MH-60R Seahawk

The MH-60R Seahawk is the most capable anti-submarine warfare (ASW) and anti-surface warfare (ASuW) helicopter in the world. Equipped with advanced mission systems and sensors, the MH-60R detects and prosecutes submarines in littoral and open ocean scenarios. Working alone or jointly with other MH-60R or MH-60S aircraft, these helicopter platforms form unique squadrons designed to protect today's carrier strike groups.

During deployment, the HSM-70 Spartans will work with the HSC-9 "Tridents" who fly the MH-60S Seahawk primarily for search-and-rescue, MEDEVAC, utility and vertical replenishment mission.



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NRD Jacksonville Sailor named Recruiter of the Year

By MC1 Brianna Dandridge

A Navy Recruiting District (NRD) Jacksonville recruiter received national recognition as the Navy Recruiting Command Diversity Officer Recruiter of the Year for 2013. LS1 Cesar Serna, was recognized Feb. 7 from among his peers for performing exemplary service in recruiting the next generation of Sailors.

Born in South America and raised in Summit, N.J., Serna has been in the Navy for more than 12 years. According to Serna, the key to being a successful recruiter is to stay focused, motivated and flexible.

As the diversity officer for Navy Operational Support Command Orlando, Serna recruits the best of the nation's young men and women and ensures the proper screening and processing of all applicants.

"Using my life story as an example of what you can do in the Navy has also helped me succeed in recruiting," Serna said.

He is humbled and thankful for receiving the award. As recruiters continue to fill positions in the fleet, it is important to reach diverse communities and resources to find qualified men and women to join the Navy.

"I love the fact that the Navy offers unique opportunities to people that would never have had them available," said Serna. "As a recruiter, you can see the immediate impact you can make in your community."

Serna passes both mentorship and leadership down to the young men and women he puts into the Navy. Newly accepted candidates have a great many questions about the career path ahead of them.

"I use different resources available, like prior colleges already in the fleet and recruiting officers to help them get a better sense of what they should expect," said Serna.

According to him, the most challenging aspect of recruiting is to ensure quality men and women are entering the military.

"The Navy benefits from getting the best applicants and therefore more competitive Sailors."

According to Chief of Naval Operations Jonathan Greenert, diversity within our force will be viewed as an integral part of the Navy's effectiveness in warfighting, operating forward and being ready.

"Being able to speak Spanish has allowed me to relate to minority groups and associations at the schools," said Serna. "I find pride in our new generation looking to serve our nation for patriotic reasons vice monetary incentives."

The dedication of recruiters provides both a fit and diverse force to military service.

NRC consists of a command headquarters, two Navy Recruiting Regions and 26 Navy Recruiting Districts that serve more than 1,500 recruiting stations across the country.



Photo by Morgan Kehnert

Top NGIS employee recognized

Navy Gateway Inns and Suites General Manager John Houdek (right) presents Judith Saflor, lead front desk associate with the Employee of the Year 2013 award on Feb. 3. Saflor's attention to detail and her "never quit" attitude ensured that all front desk associates were certified through the Commander, Navy Installations Command Certification program ahead of schedule while continuing to excel in her role as lead associate. Without hesitation, she effortlessly stepped into the position of front office manager while her supervisor was out for an extended absence. During that time, her leadership and supervisory skills kept the operation running smoothly.

FIRE AWARD

From Page 1

Brusoe remarked, "This award is largely due to the outstanding performance of our 104 firefighters, paramedics and emergency medical technicians (EMTs)."

He noted, "In 2013, we augmented the NSB Kings Bay Fire Department as they manned up for advanced submarine emergency response - saving the Navy almost \$1 million in personnel costs. We also supported major music concerts and other events at NS Mayport, in addition to training for shipboard emergencies. We provide service not only to the two naval bases, but also to the Pinecastle Range Complex, and Outlying Landing Field Whitehouse."

The department also converted its ambulance service to advanced life support (ALS) transport; maintained memorandums of understanding with local counties to provide mutual aid response; hosted specialized hazardous materials and technical rescue teams at training events; provided CPR/automated external defibrillator (AED) training for base security and Navy Exchange personnel; and assisted home ported ships at NS Mayport with annual fire hose testing.

First Coast Navy F&ES Firefighter/EMT Justin Uhrmacher said, "Our leadership is dedicated to training. We expect a lot from each other and perform as expected. There's a lot of fire and rescue expertise here - and we demonstrated that in 2013 with a number of successful ALS runs, confined-space and high-angle rescues.

Elizabeth Lynch is a First Coast Navy F&ES firefighter/EMT who said the CNRSE Fire Department of the Year award was indicative of the goal-oriented leadership at NAS Jax and NS Mayport.

"Our paramedics are all certified for ALS, which allows us to transport victims to hospitals off base when needed."

First Coast Navy F&ES Firefighter Joey Fields said, "This department is always moving up when it comes to building proficiency and teamwork. As we build our careers, we also train up to expand our capabilities."

Brusoe added, "We also have a superb fire prevention program at NAS Jax and NS Mayport. They do an outstanding job educating the public on fire safety through lectures and demonstrations. They are also responsible for inspecting every building on base for fire hazards."

Firefighters at both bases also spend many hours

training to increase their proficiencies in emergency situations. Some of this certified training includes advanced life support, hazardous materials, rappelling, damage control and evacuation on board ships, and exercising with the mobile aircraft live fire trainer.

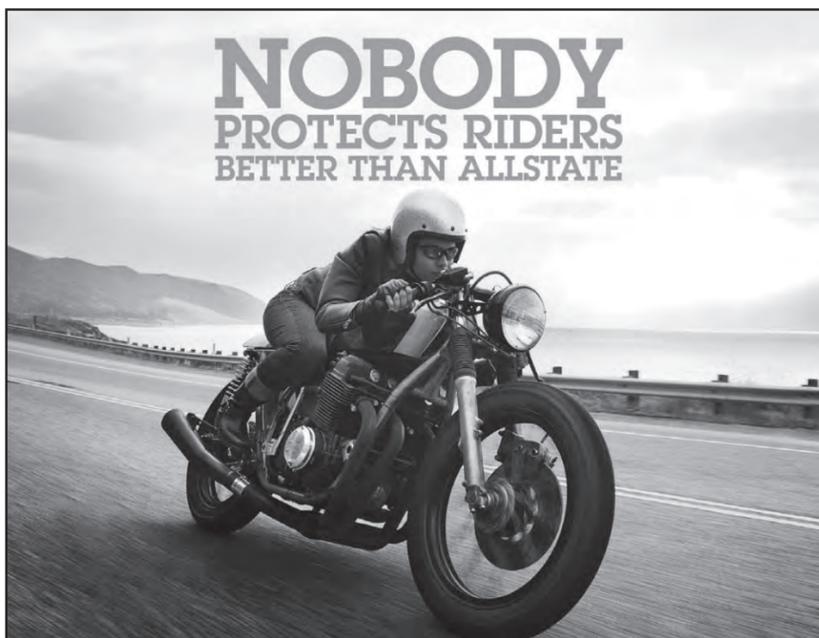
The core competencies of First Coast Navy F&ES are:

- Emergency Medical Services Response
- Fire Protection and Hazardous Materials
- Fire Prevention
- Aircraft Crash and Rescue

First Coast Navy F&ES will represent CNRSE in the upcoming Commander, Navy Installations Command F&ES competition.

Each region may submit nominations in 11 categories: Large, Medium and Small Fire Department of the Year; Fire Prevention Program of the Year; Fire Service Instructor of the Year; Heroism Award; Military and Civilian Firefighter; and Military and Civilian Fire Officer of the Year.

The winners in those categories are the Navy nominees for the corresponding DoD F&ES Awards. The EMS Provider of the Year and Navy Fire Chief of the Year are Navy only awards.



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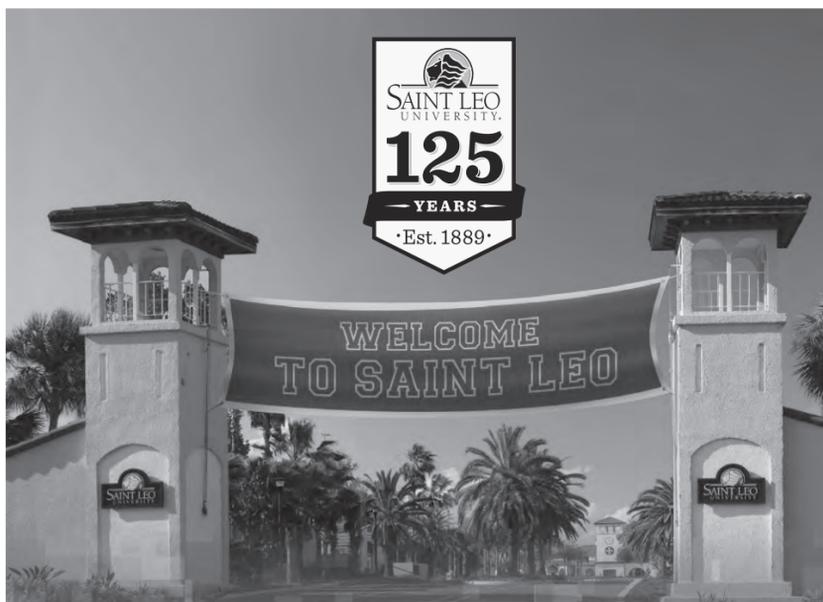
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MILITARY SAVES

From Page 1

port of Military Saves Week at NAS Jacksonville Feb. 6.

Military Saves Week runs from Feb. 24 through March 1 and is intended to encourage service members to make responsible financial decisions to build wealth and reduce debt.

The proclamation officially recognizes the week and calls on all service members throughout the Southeast Region to take action to improve their individual and household financial situations.

"Personal financial stability is an important issue for all of our Sailors," Williamson said. "It's very difficult for Sailors and families who are experiencing financial difficulties to focus on the mission. Our goal with Military Saves Week is to encourage everyone to assess their financial situation and ask themselves what they can be doing to improve it. We have financial advisors and resources available through the Fleet and Family Support Centers (FFSC) for those

who could use a little help."

Military Saves is a social marketing campaign to persuade, motivate and encourage military families to save money every month and to convince leaders to be aggressive in promoting automatic savings. It is a part of the Department of Defense (DoD) Financial Readiness Campaign and has been a partner with DoD since 2003.

"The campaign has been a success for more than ten years now," said Carol Lucius, Southeast Region work and family life coordinator. "If a Sailor has a certain financial goal, whether it's setting up an emergency cash fund, getting out of debt or saving for retirement, Military Saves can help them develop those goals and take action."

The program focuses on helping service members achieve their financial goals by providing savings advice, financial tools and resources, and motivation. According to Lucius, the program has a tremendous impact on service members because they routinely face extraordinary circumstances.

"Deployments and frequent moves can be big financial strains on military households and good financial plan-

ning for both events is essential for success," Lucius said. "FFSC personal financial managers (PFM), who are accredited financial counselors, will sit down with a family and help them execute a comprehensive financial planning worksheet to illustrate their current financial situation and to help them plan for the future. Whether a family is in good financial shape or not, PFM's will work with them to improve their financial situation."

The Military Saves campaign is not only targeted at service members, but at the entire family, because spouses and children also play a huge role in overall financial stability, Lucius said.

"The personal financial readiness of our service members and their families directly supports mission readiness, and engaging our military spouses is important, as they play a vital role in maintaining financial discipline and stability within a military family," she said. "Another important aspect of the campaign is helping kids develop financial skills. The Military Youth Saves program is specifically designed to encourage kids and teens to develop good savings habits at a young age."

According to Williamson, raising awareness about Military Saves and promoting effective financial planning and decision making is the responsibility of all leaders throughout the region, not only during Military Saves Week, but year round.

"I think it's important for leaders at all levels of the chain of command to spread awareness about the Military Saves program and the resources available to our Sailors," Williamson said. "While we look to observe Military Saves Week later on this month, responsible financial planning is a year-round effort and there is always somewhere to turn for Sailors in need of assistance. I encourage leaders throughout the region to make sure that message is heard."

Service members or dependents that would like more information about resources and services offered through Military Saves, or organizations who would like to find out how they can support the program, should contact their local FFSC. In addition, more information is available at <http://www.militarysaves.org/>.



MILITARY SAVES WEEK 2014 "START SMALL - THINK BIG"

Kick-off: Feb. 24, 8-11 a.m. - VP-30 Auditorium
Guest speakers: Bob Bieri and Mike Weatherington

Feb. 25 (VP-30 Auditorium)			Feb. 26 (VP-30 Auditorium)			Feb. 27 (VP-30 Auditorium)		
Time	Topic	Presenter	Time	Topic	Presenter	Time	Topic	Presenter
8-9 a.m.	Insurance Needs	Bob Bieri	8-9 a.m.	Small Steps to Wealth	Tracy Connel	8-9 a.m.	Car Buying	John Baker
9-10 a.m.	Paying for college	Vicki O'Toole	9-10 a.m.	Investing (TSP)	Josh Curtis	9-10 a.m.	Financial Hardship	David Byler
10-11 a.m.	Savings W/O Sacrifice	Brian Pippin	10-11 a.m.	Future Planning	Josh Curtis	10-11 a.m.	Budgets & Savings	Tracy Connel
11 a.m.-1 p.m.	Lunch		11 a.m.-1 p.m.	Lunch		11 a.m.-1 p.m.	Lunch	
1-2 p.m.	Identity Theft	Kevin Owens	1-2 p.m.	Consumer Awareness	Tom Wallace	1-2 p.m.	Home Buying	Ed Gaston
2-3 p.m.	Stretch Your Dollars	Larry Bentley	2-3 p.m.	Deployment/Life Prep	Tom Wallace	2-3 p.m.	Credit Management	Tracy Connel

Feb. 27, 6-8 p.m. - Family Financial Night - Youth Center (free pizza/drinks)
Feb. 28, 8 a.m. - Noon - Financial Fair/Poker Run Grand Finale (\$500 in cash prizes) - Deweys

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From staff

Jesse LeRoy Brown was born in Hattiesburg, Miss. on Oct. 13, 1926. Educated in the public schools of Hattiesburg, he attended Ohio State University College of Engineering, prior to enlisting in the U.S. Naval Reserve on July 8, 1946.

Brown reported for active duty the following year at Glenview, Ill. His enlistment was terminated to accept appointment as Midshipman, U.S. Navy, and on Apr. 9, 1947, he reported to the Navy Pre-Flight School, Ottumwa, Iowa, for flight training.

Ensign Brown received further flight training at NAS Pensacola, Fla. He was detached June 22, 1948 to NAS Jacksonville, Fla. for duty with Fighter Advanced Training Unit (VF-ATU) 2 flying the Grumman F6F Hellcat.

Brown was designated a naval aviator (heavier-than-air) Oct. 21, 1948. Wearing his new "wings of gold," Brown reported to Fighter Squadron (VF) 32 on Jan. 4, 1949, where he flew the F4U-4 Corsair and subsequently deployed with his squadron on USS Leyte (CV-32).

He took the oath of his commissioning at sea, administered by Capt. W. I. Erdmann, commanding officer of the Leyte, in June 1949.

Ensign Brown flew 20 missions while assigned to VF-32, with the Leyte having joined the 7th Fleet by then, in the combat operating area off the northeast coast of Korea.

For this service, Brown earned the U.S. Navy and Marine Corps Air Medal. The citation reads:

"For meritorious achievement in aerial flight as pilot of a fighter plane in Fighter Squadron 32, attached to the USS Leyte, in action against enemy aggressor forces in Korea from Oct. 12. to Nov. 7,



U.S. Navy photo

Ensign Jesse Leroy Brown (third from left), becomes the first African-American to receive his aviator wings through the Naval Aviation Cadet Program during a graduation ceremony at NAS Jacksonville Oct. 23, 1948. During the Korean Conflict, his squadron (VF-32) operated from USS Leyte (CV-32), flying F4U-4 Corsair fighters in support of United Nations forces. On Dec. 4, 1950, while on a close-air support mission near the Chosin Reservoir, Brown's plane was hit by enemy anti-aircraft fire and crashed. Despite heroic efforts by other aviators, he could not be rescued and died in his aircraft. Brown was posthumously awarded the Distinguished Flying Cross for his combat service in the Korean Conflict.

1950. Completing 10 missions during this period, Ensign Brown participated in close-air support flights and carried out daring bombing and strafing attacks against enemy lines of communication, transportation facilities, military installations and troop concentrations at Wonsan, Ch'ongjin, Songjin and Sinanju."

"Leading his section in the face of hostile anti-aircraft fire, he vigorously pressed home his attacks, thereby contributing materially to the success of his division in inflicting serious losses upon the enemy and in providing effective support for friendly ground forces. His courage, skilled airmanship and unswerving devotion to duty were in keeping with the highest traditions of the United States Naval Service."

Brown was also the first African-American Naval officer

to lose his life in combat. On Dec. 4, 1950, while flying with Lt. j.g. Thomas Hudner Jr. in close-air support for Marines fighting near the Chosin Reservoir, Brown's plane was hit by enemy gunfire and crashed.

Hudner crash-landed his own plane nearby to help the injured pilot. Risking his own life to save Brown, who was trapped in the burning wreckage, Hudner packed snow bare handedly around the fuselage while under continuing enemy attack, but in vain.

Ensign Brown was entitled to the Korean Service Medal. He was posthumously awarded the Purple Heart Medal and the Distinguished Flying Cross.

His citation for the DFC reads:

"For heroism and extraordinary achievement in aerial flight as a fighter pilot and sec-



Photo by MC3 Mikelle Smith

Medal of Honor recipient retired Capt. Thomas Hudner salutes as taps is played during the Centennial of Naval Aviation Wreath Laying Ceremony held Dec. 1, 2011 at the United States Navy Memorial in Washington D.C. Hudner received the medal of honor for his heroic efforts as he attempted to rescue Ensign Jesse Brown during the Korean War.

tion leader in VF-32, attached to the USS Leyte, in action against enemy aggressor forces in the Korean Area from Oct. 12 to Dec. 4, 1950. Participating in 20 air strikes during this period, Ensign Brown led his section in daring attacks on enemy military installations, lines of communications, transportation facilities and troop concentrations at Chosin Reservoir, Ta-ku-shan, Man'ojin, Lin-chiang, Sinuiju, Kesan, Wonsan, Ch'ongjin, Songjin, Kilchu and Sinanju."

"Flying in support of units of the 1st Marine Division surrounded by enemy in the vicinity of the Chosin Reservoir, he pressed home numerous attacks on hostile troops moving to attack our forces, continuing his aggressive behavior runs despite heavy opposition until his plane was fatally struck by enemy anti-aircraft fire."

"His exceptional courage, airmanship and devotion to duty in the face of great danger reflect this highest credit upon Ensign Brown and the United States Naval Service. He gallantly gave his life for his country."

The first U.S. Navy ship to be

named in honor of a black Navy officer was named in honor of Brown. USS Jesse L. Brown (DE 1089), a Knox-class ocean escort ship, was launched March 18, 1972 at Avondale Shipyards in Westwego, La.

She was designed to operate as an anti-submarine ship, a screening unit, or as a patrol or convoy ship. Upon commissioning early in 1973, she was homeported at Newport, R.I., as a unit of Cruiser-Destroyer Flotilla Two.

Ensign Brown's widow served as sponsor of the ship, and the principle address was given by Capt. Thomas Hudner Jr.

In July 1975, she was reclassified as a frigate and designated FF-1089. Her career was spent with the Atlantic Fleet, and included several deployments to the Mediterranean Sea, the Persian Gulf and northern European waters.

Jesse L. Brown was transferred to the Naval Reserve in January 1992, and was redesignated FFT-1089.

Jesse L. Brown was decommissioned in July 1994 and transferred to the Egyptian Navy, in which she served as Damietta (F-961).

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NAS Jax Executive Officer Capt. Howard Wanamaker looks on as IC2 Jayson Bankhead performs a communications check inside the station's TACAN tower facility.

XO reaches new heights in GEMD spot inspection

By Clark Pierce
Editor

NAS Jacksonville Executive Officer Capt. Howard Wanamaker visited the Ground Electronics Maintenance Division (GEMD) recently to perform quality assurance compliance for the tactical air navigation (TACAN) system that military pilots use to determine bearing and distance to an airfield.

Division LCPO Jose Luna explained, "Many maintenance procedures require maintenance and material management (3M) spot checks to ensure compliance with proper maintenance procedures. This is key to maintaining aviation safety at NAS Jacksonville."

"After reviewing the TACAN maintenance records, we'll drive Capt. Wanamaker to the TACAN tower near the middle of the airfield where he will review the 3M requirement cards - and then perform a bottom-to-top visual inspection," said Luna.

Wanamaker said that he performs periodic 3M inspections at different departments throughout the base. "Unlike the galley, the barracks or the air terminal, today's inspection is challenging because it requires me to climb aloft about 70 feet with a GEMD maintainer. Wearing a safety harness is mandatory, so we should be safe and secure."

He added, "The Navy's 3M program is very important in maintaining readiness. I'll be performing a visual quality assurance check of a recent TACAN maintenance procedure."

The NAS Jacksonville GEMD provides inspection, maintenance and repair of airfield navigation aids, radar, communications and ancillary electronic equipment, including runway lighting. GEMD also performs periodic testing, maintenance and repair of air traffic control navigational aids and VHF/UHF communications.



Photos by Clark Pierce

(From left) ETSN Cody Utsler, NAS Jax Executive Officer Capt. Howard Wanamaker and ET1 Nic Stersic unload climbing safety harnesses prior to going 70 feet aloft to the TACAN beacon.



Their inspection complete, NAS Jax Executive Officer Howard Wanamaker and IC2 Jayson Bankhead check safety harnesses before descending.



IC2 Jayson Bankhead reviews documents of the most recent spot check for the tactical air navigation (TACAN) system Jan. 31 with NAS Jax Executive Officer Capt. Howard Wanamaker.



IC2 Jayson Bankhead leads the way up the NAS Jax TACAN tower as NAS Jax Executive Officer Capt. Howard Wanamaker awaits his turn.



With their inspection complete, IC2 Jayson Bankhead and NAS Jax Executive Officer Capt. Howard Wanamaker carefully descend from the airfield TACAN tower.



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

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

Sunday: Family Day \$1.50 all day, per per-
son, per game

Monthly Handicap Single Tournament:
Jan. 18, 1-4 p.m. \$20 per person
Scratch Sweeper: Jan. 25, 1-4 p.m. \$30
entry fee

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

Fitness & Aquatics

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Indoor Swimming Pool

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.

Swim to Cuba Aquatic Program
At the Indoor Pool

Teams complete 30,000 laps and team
members receive a t-shirt!

Navy Run Training Program
At the Fitness Source
Running group meets every Tuesday at 4
p.m.

Biggest Loser Challenge
Eight-week program, teams of two
Begins March 10

Aerobathon featuring TRX, spin, muscle
max, boot camp, step, yoga, HIT and
Zumba

Feb. 15, 10 a.m. - noon
Fitness Center

I.T.T. Events

Call 542-3318

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

ITT current ticket promotions include the
following:

Gatornationals March 14-16 \$30 - \$58

Disney Jr. Live - \$15 - \$29

Monster Jam - \$22 - \$42

Wild Adventures - \$30 - \$70

Disney World Orlando Armed Forces

Salute ticket - \$166 - \$194.50

Universal Orlando - \$114 - \$169.50

Orlando Magic - \$11 - \$491

Daytona 500 - \$62 - \$209

Drive 4COPD 300 - \$55

Budweiser Duels - \$55

Sprint Unlimited - \$30 - \$55

Rolex 24 - \$32 - \$65

Jacksonville Symphony - \$27.50

The Artist Series - Broadway in
Jacksonville 2014 season, select shows
Thrasher Horne Center for the Arts 2014
season, select shows

Armed Forces Vacation Club - www.afv-club.com \$349 - \$369

Amelia Island Museum of History - \$4 -
\$10

Ripley's St. Augustine - \$4.25 - \$7.50

St. Augustine Alligator Farm - \$6.75 -
\$13.50

Wild Florida Airboats - \$17 - \$46.50
Book Shades of Green, Disneyworld hotel
properties, Universal hotels and off prop-
erty hotels located near attractions at ITT!

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

Habitat for Humanity
Volunteer Trip



Photo by Morgan Kehner

Golf expo

Sherman Turner tests out an Adams'
Hybrid at the NAS Jax Golf Course
Driving Range during the golf expo
Feb. 7. Nine vendors were on hand
to discuss new equipment and allow
patrons to test out clubs.

Feb. 15 at 8 a.m.

Daytona 500 Trip

Feb. 23 at 10 a.m.

\$40 per person

Military Saves Week

Feb. 24-28

Take the pledge to save money!

NAS Jax Golf Club

Golf course info: 542-3249

Mulligan's info: 542-2936

Monday & Tuesday

Play 18-holes for \$20, cart and green fee
included.

Open to military, DoD and guests. Not
applicable on holidays.

Daily Twilight Golf Special

Play 18 holes with cart for \$16 after 1 p.m.

Military Appreciation Days

Play 18-holes with cart for \$18

Active duty - Feb. 25

Retirees, DoD and sponsored guests -

Feb. 13 & 27

Mulberry Cove Marina

Call 542-3260.
Free kayak & canoe rental
Every Thursday for active duty

Free stand-up paddleboard lessons
Every Thursday 11 a.m. - 1 p.m.
*Weather dependent

Auto Skills Center

Call 542-3227

22 work bays, wheel balancing, tool
checkout, paint booth and welding
ASE certified mechanic onsite

Youth Activities Center

Call 778-9772

Family Fitness Center hours
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Flying Club

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Private Pilot Ground School

Call for schedule

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- Money Makeover: Setting Yourself up for Financial Success
- Family Resource Fair with FREE child care and dinner!
- Identity Theft: Are You the Target?
- Finances and Deployment
- Poker Run with Cash Prizes!
- Much more!!

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Naval Hospital Jacksonville invites you to get fit in 2014

By Yan Kennon
Naval Hospital Jacksonville Senior Writer

Did you know that Naval Hospital (NH) Jacksonville's award-winning Wellness Center and Health Promotions offers individual and group classes that center on improving your health?

Classes include tobacco cessation, weight management, health fitness and nutrition.

The following classes are offered throughout the year:

Choose My Plate (appointment or walk-in): Basic nutrition — one-hour

Health Fitness Assessment (appointment only): Body mass, exercise and basic nutrition — two-day class (one individual session and one group ses-

sion)
Healthy Heart (appointment or walk-in): Cholesterol management — 90-minutes

Sail A Weigh (appointment only): Healthy lifestyle/weight management — six weeks (one hour per week)

Ship Shape (appointment only): Weight management — eight weeks (one hour per week)

Tobacco Cessation (appointment or walk-in): Monday, 9 a.m.; Tuesday, 1 p.m.; Thursday, noon.

For more information or to make an appointment, call 542-5292 or visit NH Jacksonville's Wellness Center located at Building 867, adjacent to the NAS Jacksonville Fitness Source.

NAS Jax Sports

Valentine's Day 5K Feb. 14

The run is free and open to all authorized gym patrons. Runners earn Captain's Cup points for their commands by participating. Sign up at NAS Jax Gym or the Fitness Source prior to the Feb. 7 deadline. The run is held on Perimeter Road at the end of Mustin Road, before the Antenna Farm at 11:30 a.m. Registration will also be held at the run site from 10:30-11:15 a.m.

Ultimate Frisbee League Rosters Due Feb. 14

Open to active duty, selective reservists, DoD and DoD contractors assigned to a command at NAS Jacksonville. Call 542-2930 for rules and required paperwork. Play begins the week of Feb. 24.

Greybeard Softball League meeting - Feb. 19, 11:45 a.m.

Meet at Dewey's at 1:45 a.m. The league is open to active duty, selective reservists, DoD civilians and DoD contractor personnel ages 30 and older who work in a command at NAS Jacksonville. Games are played on Tuesdays and Thursdays at 11:30 a.m. Commands whose athletic officer or designated representative attend will receive five Captain's Cup points along with rules and required paperwork.

Intramural Softball League meeting - Feb. 19, 12:15 p.m.

Meet at Dewey's at 12:15 p.m. Open to active duty, selective reservists, DoD civilians and DoD contractors who work in a command at NAS Jacksonville. Games play in the evening. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup points along with rules and required paperwork.

Women's Softball League meeting - Feb. 19, 12:45 p.m.

Meet at Dewey's at 12:45 p.m. Open to active duty, selective reservists, DoD civilians, DoD contractors, retirees, and dependents over 18. Games play in the evening. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup points along with rules and required paperwork.

Men's Racquetball Tournament - Feb. 24-28

Open to active duty, selective reservists, DoD civilians and DoD contractors assigned to a command at NAS Jacksonville. Players earn participation points for their command toward the Captain's Cup and earn additional points for finishing first, second or third. Register by Feb. 19.

Women's Racquetball

Tournament - March 3-7

Open to active duty, selective reservists, DoD civilians, and DoD contractors assigned to a command at NAS Jacksonville. Players earn participation points for their command toward the Captain's Cup and earn additional points for finishing first, second or third. Register by Feb. 26.

Sand Volleyball League meeting - March 12 at noon

Open to active duty, selective reservists, DoD civilians and DoD contractors assigned to a command aboard NAS Jacksonville. Meet at Dewey's at noon. Commands whose athletic officer or designated representative attend receive five Captain's Cup points along with rules and required paperwork.

Kickball League meeting - March 19 at noon

Open to active duty, selective reservists, DoD civilians and DoD contractors assigned to a command aboard NAS Jacksonville. Meet at Dewey's at noon. Commands whose athletic officer or designated representative attend receive five Captain's Cup points along with rules and required paperwork.

Men's Singles Tennis Tournament - March 24

The tournament is open to active duty, selective reservists, DoD civilians, and DoD contractor women assigned to 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. Sign up by March 21.

Women's Singles Tennis Tournament - March 24

The tournament is open to active duty, selective reservists, DoD civilians, and DoD contractor women assigned to 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. Register by March 21.

Men's & Women's Open Singles Tennis Tournament April 28

Open to active duty, retirees, dependents over 18, selective reservists, DoD civilians and contractors. The tournament starts at 5 p.m. at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. Call 542-2930 to sign up by April 25.

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

Standings

As of Feb. 7

4-on-4 Flag Football

Team	Wins	Losses
HSM-72	2	0
NOSC	2	0
Vet Clinic	2	0
VP-26	2	0
VR-58	2	0
VR-62	1	1
CRS-10	0	1
FACSFAC	0	1
ASD Jax	0	2
FRCSE 62A/690	0	2
NavHosp IMC	0	2
VP-62	0	2

Winter Golf Standings

Team	Wins	Losses
CNATTU Blue	1	0
CV-TSC Ashore	1	0
FRCSE	1	0
Navy Band	1	0
NCTS	1	0
VP-45	1	0
CNATTU Gold	0	1
PSD Jax	0	1
SERCC	0	1
VP-10	0	1
VP-30	0	1
VR-58	0	1

Greybeard Basketball

Team	Wins	Losses
VP-10	3	0
VP-30	3	1
NAVHOSP	2	1
FRCSE	2	2
VP-26	2	2
FLCJ	1	2
NAVFAC	1	3
NCTS	0	3

Intramural Basketball

Team	Wins	Losses
FRCSE 600	3	1
FRCSE 700	3	1
NAVHOSP	3	1
VP-10	3	1
VP-30 E's	3	1
CPRW-11 Griffins	2	1
NAVHOSP Galley	2	2
VR-58	2	2
NAS Jax	1	1
TPU/PCF	1	2
VP-45	1	2
VP-26	1	3
NCTS	1	3
FACSFAC	0	3



File photo

Great American Spit Out

HM3 James Freeman (left) explains to HM1 Jack Green some of the negative impacts smokeless tobacco can have on the mouth at the Great American Spit Out display at Naval Hospital Jacksonville in February 2013. The annual Great American Spit Out occurs in February as a means to raise awareness of the dangers associated with smokeless tobacco.

Hospital clinics open longer hours

By Yan Kennon
NH Jacksonville Senior Writer

Naval Hospital (NH) Jacksonville's primary care teams are now open longer to better serve patients and offer appointment times when they need them.

Family Medicine (Green, Red, White and Yellow Teams), Internal Medicine (Blue Team) and Pediatrics (Purple Team) are now open Monday to Thursday, 7:30 a.m. to 7 p.m. and Friday, 7:30 a.m. to 4:30 p.m.

Patients with a primary care manager (PCM) at the hospital or branch health clinic are part of a Medical Home Port—a collaborative team of caregivers (from doctors and nurses to case managers) led by the PCM. The team focuses on meeting all of the patient's health care needs—preventive, routine and urgent.

To meet the PCMs on each of the command's 14 Medical Home Port teams, visit the command website at www.med.navy.mil/sites/navalhospitaljax.

Patients can reach their team by secure email, for non-urgent issues. Sign up for RelayHealth at www.relayhealth.com or on the command's website by clicking on "Medical Home Port."

At the hospital, patients can call the appointment line at 542-4677 or 800-529-4677, weekdays from 7 a.m. to 4 p.m.

Active duty patients at Branch Health Clinic Jacksonville's Silver Team can call 546-7094/7095, weekdays from 7 a.m. to 4 p.m.

After-hours nurse advice is available for patients at all sites at 542-4677 or 800-529-4677 on evenings, weekends and federal holidays.

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Purchase with **\$0 Down**

4-cyl, AM/FM/CD, Power Windows/Locks, Anti-Lock Brakes (ABS), Power Steering, Rear Camera, Electronic Traction Control, Front/Side/Rear Airbags, 10 year/100,000 Mile Warranty

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Lease for only **\$108/month** Or

Purchase with **\$0 Down**

4-cyl, Automatic, AM/FM/CD, Satellite Radio, Power Windows/Locks, Anti-Lock Brakes (ABS), Power Steering, Rear Camera, Electronic Traction Control, Front/Side/Rear Airbags, 10 year/100,000 Mile Warranty

Purchase with zero down on New Kia or 2014 Optima 36 month closed end lease \$108 per month. \$3437 due at signing. 12k miles per year with approved credit. All offers plus tax, tag and registration and includes \$599 pre-delivery dealer service fee. 3 or more at this price. All offers with approved credit.

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Photos courtesy of NAS Jax Environmental Department

On a table-top display, NAS Jax Assistant Natural Resources Manager Angela Glass (left) demonstrates how pollution affects people, animals and plants along the St. Johns River.

Base supports water education festival

From Staff

Angela Glass, assistant natural resources manager at NAS Jacksonville, participated in the Water Education Festival Feb.1 at the Museum of Science and History (MOSH) that was attended by more than 1,800 persons.

“Our Enviroscape model was used to show how pollutants from everyday activities affects the St. Johns River – including methods to clean up oil and other toxic spills from the water, said Glass.

“Another demonstration showed how homeowners may increase the flow of nutrients into the river by over-fertilizing – which can lead to toxic algal blooms. When a bloom decomposes, it reduces oxygen levels in the river and may detrimentally affect other forms of marine life.”

The festival was sponsored the City of Jacksonville’s Environmental



(Left) Angela Glass, assistant natural resources manager at NAS Jax, shows youths and parents at MOSH on Feb.1 how pollutants from everyday activities can harm the St. Johns River.

Protection Board. Displays and resources included: access to MOSH exhibits; marine wildlife touch tank; animal encounters with MOSH resident animals; kids games and crafts; and boat tours on the St. Johns River.



Photo by MC2 Kristin M. Schuster

Vice Chief of Naval Operations (VCNO) Adm. Mark Ferguson receives a signed 8-ball from three visiting astronauts from NASA’s 2013 astronaut candidate class at the Pentagon.

New astronaut class visits Pentagon

By Jim Garamone
American Forces Press Service

On the E-ring of the Pentagon hangs a picture of the “Mercury 7” – NASA’s first group of astronauts.

All were military test pilots: Marine Corps Maj. John Glenn, Navy Cmdr. Alan Shepherd, Air Force Maj. Gus Grissom, Air Force Maj. Gordon Cooper, Navy Cmdr. Wally Schirra, Navy Cmdr. Scott Carpenter and Air Force Maj. Deke Slayton.

The military tie remains strong in the astronaut corps today, as NASA’s new class of astronauts has six serving military officers. The group visited the Pentagon last week and met with Navy Adm. James Winnefeld Jr., the vice chairman of the Joint Chiefs of Staff.

Air Force Lt. Col. Tyler Hague, Navy Lt. Cmdr. Josh Cassada, Navy Lt. Cmdr. Victor Glover, Marine Corps Maj. Nicole Mann, Army Maj. Anne McClain and Army Lt. Col. (Dr.) Andrew Morgan are the military members of the class. Drs. Jessica Meir and Christina Hammock are the civilians.

The military astronauts – like just about anyone else in the services today – bring the experience of operating in Iraq. Hague worked to detect or jam improvised explosive devices. McClain flew helicopters in and around Kirkuk and Tal Afar. Morgan was a flight doctor who deployed with the 3rd Special Forces Group to Iraq.

Until the inclusion of this class, the United States had fewer than 50 active astronauts. They serve in a variety of

jobs, including at Mission Control in Houston or as liaisons with commercial space vendors.

Others live and work with the Russian space agency. Those astronauts train in Star City outside Moscow, and at the launch facilities at Baikonur.

All of the new astronauts are learning Russian, a development that probably would surprise the Mercury astronauts, who were selected at the height of the Cold War.

It was a tough process to be selected. More than 6,100 applications went to NASA in 2011. For some, it wasn’t the first experience. Hague, for example, first applied to be an astronaut in 2003.

“It boils down to two rounds of interviews, and the interviews consist of a lot of medical screening,” Hague said. “There’s not a lot of time away from service during the selection process.”

Hague said he almost forgot he had submitted an application when he was notified he had been selected. His packet had to go through the Air Force and NASA. His civilian colleagues had it a bit easier. Hammock, one of the civilians, said she simply filled out a resume on the USAJobs website and submitted it.

The astronauts have begun their two years of training before their first flight into space. There are only a few slots for U.S. astronauts per year aboard the International Space Station. Some could be involved in development and testing of new spacecraft.

And one could be landing on Mars someday. You never know where a government job can take you.



Photos by MC3 Brian Flood

HS-11 helps replenish

An SH-60F Seahawk helicopter assigned to the “Dragonslayers” of HS-11 lifts a pallet of supplies from the Military Sealift Command fleet replenishment oiler USNS Kanawha (T-AO 196) and delivers it to the aircraft carrier USS Theodore Roosevelt (CVN 71) during a Jan. 30 vertical replenishment. Theodore Roosevelt is underway conducting training in preparation for a future deployment.



Forklift drivers aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) wait for an SH-60F Seahawk helicopter assigned to the “Dragonslayers” of Anti-Submarine Squadron (HS) 11 to drop off a pallet of supplies during a Jan. 30 vertical replenishment. Theodore Roosevelt is underway in the Atlantic conducting training.



Photo by MCSA Matthew Young

An SH-60H Seahawk helicopter assigned to the “Dragonslayers” of HS-11, flies over the aircraft carrier USS Theodore Roosevelt (CVN 71) on Jan. 30 during a vertical replenishment-at-sea.

‘Red Lancers’ bid farewell to Chisholm

By Lt. Charles Sandford
VP-10 Public Affairs

AVCM Clay Chisholm retired from the U.S. Navy Jan. 10, in a ceremony that capped a career that spanned 30 years, 10 deployments, and eight commands.

Upon graduating from high school in Albuquerque, N.M., Chisholm worked various construction jobs until deciding to enlist in the Navy in 1984. He reported to Naval Training Command in Great Lakes, Ill. – embarking on a journey that would be more fulfilling than he could have ever imagined.

After completing “A” school and a fleet replacement squadron as an aviation electrician’s mate (AE), he reported to VAW-112 where he completed the USS Kitty



Photos courtesy of VP-10

VP-10’s AVCM Clay Chisholm is accompanied by his wife, Eileen, as he is piped ashore for the last time at NAS Jacksonville Hangar 117.



AVCM Clay Chisholm hugs his daughter, Amanda Smith, as his son, Joe, looks on after he presented them with certificates of appreciation and flowers.

Hawk’s “around the world” final cruise.

Mabus concludes Australia visit

From Secretary of the Navy Public Affairs

Traveling to both Brisbane and the Australian capital of Canberra, Secretary of the Navy Ray Mabus met with U.S. and Australian government and military officials to reinforce the alliance between the two countries.

“The United States and Australia have an historic and extensive relationship, one that has been an anchor of peace and stability in the Asia-Pacific region,” said Mabus.

“From exercises like RIMPAC and Talisman Saber to personnel exchanges at sea and ashore, our countries operate together cooperatively and seamlessly to enhance global and regional security, while building on shared experiences and strengthening our partnership.”

In Brisbane, he met with the Australian Army’s First Division leadership, the command responsible for the Joint Deployable Force Headquarters that oversees large-scale amphibious operations and training activities.

While in Canberra, Mabus



Photo by MC1 Arif Patani

Secretary of the Navy (SECNAV) Ray Mabus reviews Royal Australian Navy personnel during a visit to Australian defense headquarters in the country’s capital. Mabus is in the region to meet with Sailors and Marines, and civilian and military officials, as part of a multi-nation visit to the U.S. Pacific, European, and Central Command areas of responsibility.

met with Australian Minister of Defense David Johnston, Secretary of Defense Dennis Richardson, Chief of Defense Force Gen. David Hurley, and Chief of Navy Vice Adm. Ray Griggs, along with members for their staffs where they discussed regional relationships, fleet operations and shipbuilding, and energy initiatives.

In addition to meeting with officials, Mabus participated

in a wreath-laying ceremony at the Royal Australian Naval Memorial, Canberra, that honors sailors who have served in defense of their country.

Mabus’ visit represents a continuation of the Department of the Navy’s focus on building partnerships designed to help distribute the burden of securing the global maritime domain based on alliances, shared values and mutual trust.



Photo by Clark Pierce

One of the Royal Australian Navy’s 725 Squadron MH-60R Seahawk helicopters prepares to lift off from the seawall of NAS Jacksonville, Fla. When training is complete, RAN will operate 24 Romeos – seven for its training squadron (725) and 17 for its operational squadron (816) that will deploy on board RAN surface combatants.

NAS Jax plays a part

From Staff

Recently, at NAS Jacksonville, officers and Sailors from both navies gathered to commemorate the Royal Australian Navy (RAN) 725 Squadron In Service Date (ISD) milestone.

Achievement of the ISD followed a comprehensive range of activities undertaken over the past 14 months by the joint RAN and the U.S. Navy Foreign Military Sales team to deliver 24 MH-60R Seahawk helicopters by 2016. Since the formal acceptance of its first two MH-60R Seahawks in December 2013, RAN 725 Squadron conducted its acceptance program aboard NAS Jacksonville to ensure the aircraft were ready to commence service – with everything well ahead of schedule.

By the time RAN 725 Squadron returns to Australia in 2015, about 65 maintainers will be qualified to service and repair the MH-60R Seahawk. By embedding their people with USN Romeo squadrons, Aussie Sailors accelerated their training and quality assurance.

CNRSE Sailors volunteer to brighten Jacksonville Ronald McDonald House

From Navy Region Southeast Public Affairs

Giving back to the community is nothing new to Sailors. What volunteers often discover, however, is that they receive as much as they give. Sailors assigned to Commander, Navy Region Southeast (CNRSE) found this to be true when they volunteered their time for a service project at the Ronald McDonald House in Jacksonville on Feb. 5.

During the project, participants helped replace light bulbs and clean light covers on three floors of the facility, which provides lodging and support services for critically ill, chronically ill and seriously injured children and their families.

“Volunteer efforts like this are very important to us,” said Fay Weiss, Ronald McDonald House Charities of Jacksonville outreach coordinator. “We’re a 30-bedroom house with a small staff, so we rely heavily on the community and volunteer groups that come in to assist with meals, maintenance or housekeeping. Our volunteers are essential to serving our mission.”



Photo by MC1 Greg Johnson

RP2(SW) Abraham Dukuly removes a light cover while replacing light bulbs during a Commander, Navy Region Southeast volunteer effort at the Ronald McDonald House in Jacksonville.

According to MC1(SW) Greg Johnson, CNRSE volunteer coordinator, the project was an opportunity for Sailors to build camaraderie while having a positive effect on the local community.

“I think it’s important for the Navy to maintain a strong presence in the community because we have the peo-

ple and resources to have an impact,” Johnson said. “When you visit a place like this, it puts into perspective how much you take for granted. The families and children here are probably going through a tougher time than most of us could imagine and this house is here to make that time a little less stressful. Hopefully our efforts contribute to that goal.”

The house is located about a block away from Wolfson Children’s Hospital and Nemours Children’s Clinic, where many of the children receive treatment. While guests are asked to give a \$10-per-night donation for the duration of their stay, no family is turned away if they cannot make the payment.

Since opening in 1988, the house has served more than 32,000 families. In addition to providing lodging and reduced travel expenses for families, it also facilitates an emotionally-supportive environment where families can connect with others who may be going through similar situations, Weiss said.

“I think spending the day out here and helping out with what we can is the very least

we can do,” said RPSN(SW) Abraham Dukuly, a volunteer. “For us, it is a small contribution, but it still means a lot to the staff here. It’s absolutely a rewarding experience, considering the mission of the Ronald McDonald House.”

The house operates solely on donations from the local community and volunteer projects and has shared a particularly special relationship with the local military, Weiss said.

“We are so grateful to our military volunteers,” Weiss said. “They are so dedicated to whatever it is they are asked to do, whether it’s gardening and raking leaves in the courtyard or cleaning indoors.”

According to Weiss, those efforts are appreciated not only by the house’s staff, but by the families who stay there as well.

“What is extraordinary about military volunteers is their effect on the families,” Weiss said. “A lot of families realize they are enlisted, and for service members to take the time to do this, it demonstrates to them that there are armies of people out there who care about what they are going through.”

One of the volunteers understood firsthand why families who stay at the house appreciate volunteer efforts. QMC(SW) William Chase has stayed at the house twice – once in 1999 when his first son was born premature and again in 2001, when his second son was born premature.

“Without the Ronald McDonald House, we would have had to pay for months of hotel bills,” Chase said. “Not to mention, they provide transportation services and a variety of other things at the house, such as arts and craft nights for the kids and all kinds of other activities. It’s important because it takes away some of the stress surrounding the situation and lets you just concentrate on your child. That’s why I feel like I want to give back to the charity. I try to volunteer every chance I get.”

Ronald McDonald House Charities was founded in 1974. The first house opened in Philadelphia and was funded by McDonald’s restaurant proceeds donated by local owners. Today, there are 309 houses in more than 50 countries worldwide.

Base thrift store available for service members

MC2 Amanda Cabasos

NAS Jax staff writer

For individuals in search of great deals and inexpensive items, the “Not New Shop” is available for service members, retired military and spouses, located at the NAS Jax Main Gate, Building 13.

The thrift shop is operated by members of the Navy Wives Clubs of America, No. 86, a non-profit organization comprised mainly of wives of enlisted Navy, Marine Corps and Coast Guard Personnel.

The shop accepts donated items such as military uniforms, civilian clothes, baby necessities, household goods, toys and other various knick knacks.

“We are here to serve our service members,” said Chris McCloskey, one of the chairmen of the thrift shop.

“All of our uniforms and other items



Chris McCloskey of the Not New Shop, manages transactions for CS2(SW) Samuel McKeever of Naval Hospital Jacksonville on Feb. 4.

are donated to us by generous people. We resell them to our military members and families as low cost.”

CS2(SW) Samuel McKeever, of Naval Hospital Jacksonville said, “I am here today to look for a pair of pants for my dress blue uniform. I’ve been here a few times and every time I come, I always



Naval Flight Officer Lt. j.g. Levi Blackwell of VP-45, checks out some uniforms in search of a flight suit at the Not New Shop.

find what I am looking for. I would recommend the thrift shop to anyone.”

The thrift shop is open every Tuesday and Thursday from 9 a.m. to 1 p.m. Tax forms are available for those interested in donating items.

According to McCloskey, many service members are unaware of the base thrift shop.

“We would like to spread the word to let service members know we are here,” said McCloskey.

“We know some service members can’t afford uniforms and this is a good way find the items they might need. I know that when my husband was in the service, the prices were high back then. We want service members to feel good and leave here with some money still in their pockets.”

Retired Navy Seabee Edward Ross said, “This is my first time here and I am actually glad I stopped by because the thrift shop has a lot of things to offer.”

According to McCloskey, there is a thrift shop on or near almost all the military installations and she advises service members to check their base every time they relocate.

For more information, please call 542-1582.

VP-10 RETIREMENT

From Page 16

In 1990, he joined the “Wallbangers” of VAW-117, deploying twice in support of Operation Desert Storm and Desert Shield. After a two-year tour, he departed VAW-117 as a first class petty officer and “Sailor of the Year” who returned to Albuquerque for an unforgettable recruiting tour in his home town.

Rejoining the world of naval aviation, Chief Petty Officer Chisholm reported to VS-32 and got his first taste of running the show as maintenance control chief – a position he would not relin-

quish for the remainder of his storied career.

He then reported to VAW-120 in Norfolk, Va. During a detachment to NAS Key West, he was promoted to senior chief petty officer.

In 2002, he returned to NAS Jacksonville, checking in with the VS-22 “Checkmates.” After another successful tour, Chisholm reported to Naval Personnel Command (NPC) in Millington, Tenn., where he assumed the position of placement coordinator for the P-3C community.

While at NPC, he achieved the rank of master chief petty officer and was

promoted to detailer in charge of all maintenance master chiefs across the entire Navy.

In 2012, he reported to his final command, the “Red Lancers” of VP-10. As the squadron’s MMCPO, he made two deployments, supervising the care and maintenance of more than 60 aircraft. Under his guidance the VP-10 maintenance team completed more than 20,000 man hours of labor.

Chisholm led the Red Lancers maintainers with commitment and determination, upholding the the squadron’s tradition of maintenance excellence. In what would be his final Aviation

Maintenance Inspection, he led the Red Lancers to the highest score across the MPRC community within the previous 18 months – receiving a “Bravo Zulu” from Commander, Patrol and Reconnaissance Group.

VP-10 Command Master Chief (CMDCM) Teri Zehnacker summed it up best during his retirement ceremony. “Today the Navy and the Red Lancers bid farewell to an awesome maintenance master chief who is a leader, mentor, friend and Shipmate. We are thankful for his service to our country and our Navy. He will be missed by all those with whom he served.”

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