

Jax Air News

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Photo by MC3 Jason Kofonow

Royal Air Force aircrews, assigned to the "Pro's Nest" of Patrol Squadron (VP) 30, track a live submarine on April 7 from their P-8A Poseidon during Fleet Challenge 2014. The allied crew won the annual anti-submarine warfare (ASW) competition, that put seven of the Navy's best aircrews against each other, in both simulator scenarios and flight operations, to locate and track aggressor submarines.

Fleet Challenge 2014 winners announced

By MC3 Jason Kofonow
Defense Media Activity

Fleet Challenge 2014 wrapped up its annual anti-submarine warfare (ASW) competition April 10 at Naval Air Station Jacksonville.

This year's winners were the allied P-8A Poseidon aircrew from the "Pro's Nest" of Patrol Squadron (VP) 30, followed closely by the VP-4 "Skinny Dragons" flying the P-3C, with third place taken by a VP-5 "Mad Foxes" crew in a P-8A.

"Fleet Challenge was a great testing experience and a superb opportunity to fly together as a British crew on a real submarine target," said Royal Air Force Master Aircrewman Mark Utting from the VP-30 hangar. "As with all anti-submarine warfare flights you have to remain flexible, and the submarine never does what you think it will. That being said, we had planned for all eventualities and the sortie went well."

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NAS Jax team bids farewell to CMC Shepherd

By AE2(AW) Samantha Jones
Staff Writer

NAS Jacksonville Command Master Chief CMDCM(AW/SW) Brad Shepherd and his family will bid farewell to the station April 17 at 2 p.m. at his retirement ceremony in Hangar 117.

Originally from Akron, Ohio, Shepherd entered the Navy through the Delayed Entry Program after graduating from high school in March 1984. Three months later, he began active service. By September 1984 he had completed recruit training and apprenticeship training as an aviation storekeeper/storekeeper at Recruit Training Command, San Diego.

During his 30 years in the Navy, Shepherd completed 10 deployments while on sea duty and worked a variety of assignments while stationed on shore - but says his tour as command master chief of NAS Jax has been the best opportunity he's had in the Navy.

"This base is like a carrier on steroids. Together we've been able to hit the target and get the job done every time. We've never turned a mission away," he said.

Shepherd took over as command master chief with the goal of building

NAS Jax into one of the best bases in the Navy. "Obviously we've done that," Shepherd said.

"During my tenure here, we've won the installation excellence award for two years in a row. And not because of me, but because of our people. That was a benchmark of what NAS Jax does and what it brings to the Navy, the defense and readiness", he added.

Shepherd went on to note this installation's resilience during more trying times, "The fact that we were able to keep our operations in support of the 14 operational squadrons and more than 100 tenant commands going through sequestration and the government shutdown is testament to our ability to overcome just about anything through process planning, financial forecasting and reprogramming our funding."

According to Shepherd, one of his most memorable events was the base's initiation of CPO 365. The program started off with four people doing a little PT on the grinder and evolved into a group of over 700.

"We built in leadership training and community service outreach into the program and it ended up becoming the model for the Navy. It started at the MCPON's office but we morphed it into



Jax Air News photo

Outgoing NAS Jax Command Master Chief (CMDCM)(AW/SW) Brad Shepherd highlights some of the achievements made by chief petty officers (CPO) during the CPO Birthday Celebration at the Building 1 flag pole in 2012.

what he wanted it to become," he added proudly.

He went on to express his appreciation for the manner in which the active and reserve components aboard this base work hand in hand.

"There are no barriers. The lines become blurred between who is active

and who is reserve," he noted.

Shepherd takes pride in the "forward thinking and forward progression" of this installation.

"We've come a long way at NAS Jax. I've watched this command go

See **CMC EXIT**, Page 6

NAS Jacksonville honored for exceptional volunteerism

By AE2(AW) Samantha Jones
Staff Writer

On April 10, NAS Jax was honored with the HandsOn Service in Uniform Award during HandsOn Jacksonville's annual Celebrate!Good awards ceremony at the Times-Union Center for the Performing Arts. The event takes place during National Volunteer Week and celebrates "good on the First Coast" and the power of volunteering.

NAS Jax Commanding Officer Capt. Roy Undersander was present to accept the award on behalf of the station.

Dr. Judith Smith, president and CEO of HandsOn Jacksonville, and Kathy Orr, Chair, HandsOn Jacksonville Board of Directors, welcomed the volunteers.

"Our vision is that one day every person will discover their power to make a difference and act on it to create a better community and a better world," said Orr.

"We are here to celebrate those who created real change and the good that their generosity of spirit and willingness to



Photos by AE2(AW) Samantha Jones

NAS Jax Commanding Officer Capt. Roy Undersander (second from right) along with the 12 other recipients of a 2014 HandsOn Award receive a standing ovation from the audience during the Celebrate!GOOD ceremony held at the Times-Union Center for the Performing Arts on April 10.

take action has created," continued Smith.

Kent Justice, Anchor/Reporter for WJXT Channel 4 was the emcee for the evening. "I'm very excited to celebrate the inspiring work the volunteers are doing in our community," he said before introducing a video, which showcased the work of the 13 award recipients.

In the NAS Jax segment, Undersander said, "There are over 10,000 active and reserve sailors and roughly 10,000 civil-

ians aboard NAS Jax - and I am humbled to be here to represent all the good they contribute to the community."

In 2013 alone, more than 600 volunteers from NAS Jax completed nearly 12,000 hours of volunteer service in their community, through command and base-sponsored activities.

Undersander added, "Our people reach out in so many different ways, from boy scouts, to church groups, to our annual shoreline clean up. There are



Dr. Judith Smith (left), president and CEO of HandsOn Jacksonville, her husband retired Capt. Chet Smith and LeAnn Daddario (right), senior vice president and COO of HandsOn Jacksonville, congratulate NAS Jax Commanding Officer Capt. Roy Undersander on the culture of community service that has been cultivated aboard NAS Jax.

several squadrons aboard NAS Jax that have adopted schools and I can't think of a better role model for these young children than a Sailor in uniform."

According to the award citation, "As a result of their efforts, NAS Jax has cultivated a culture of service, built on mutual respect with the City of Jacksonville, and received multiple Navy wide recognitions."

"Our sailors at NAS Jax overwhelm the community with so much goodness, support, and help that people can't help but be drawn in by these folks. I think that makes us a stronger community overall." Undersander said proudly.

All those honored at the event have been nominated to receive the President's Volunteer Service Award.

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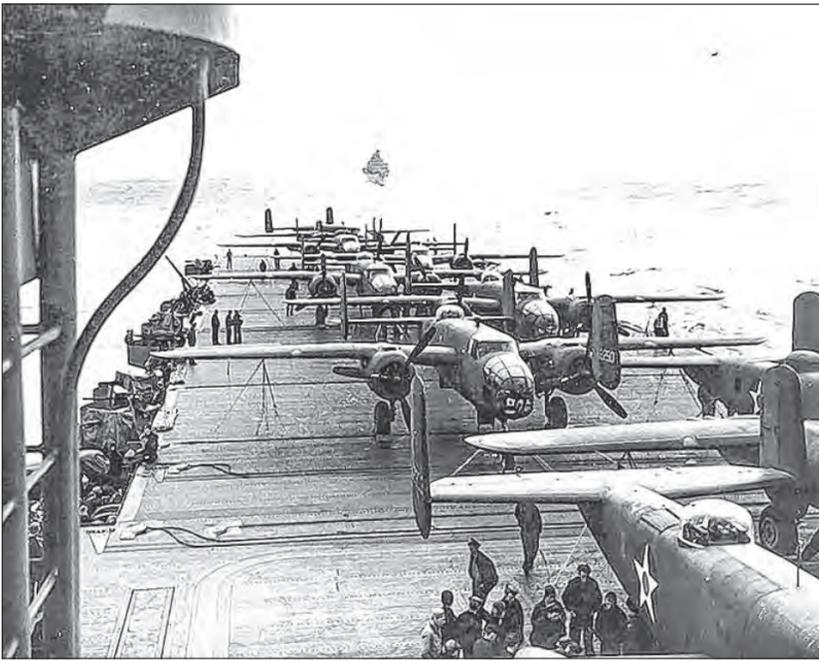


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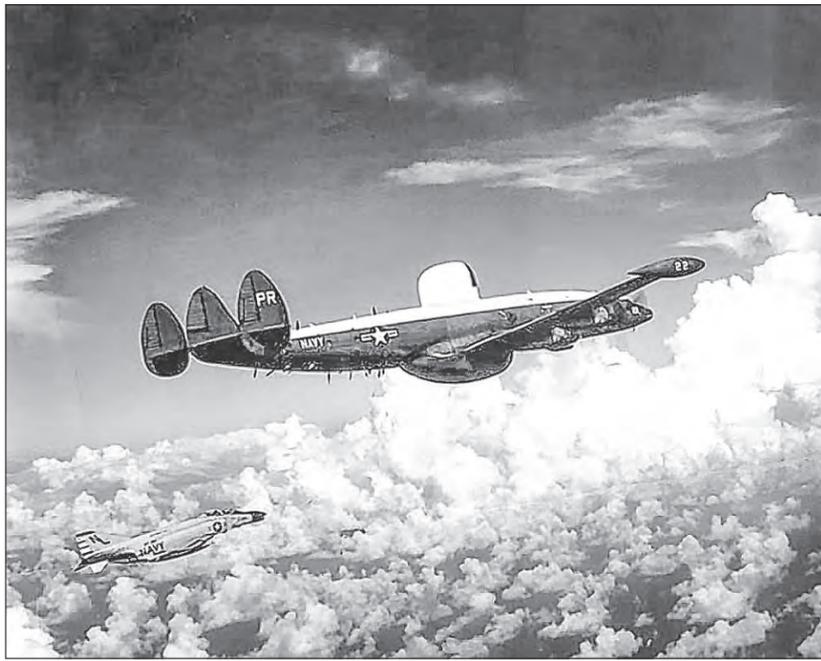


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U.S. Navy photos

Doolittle Raid on Japan, April 1942 – Sixteen USAAF B-25B Mitchell medium bombers are tied down on the flight deck of USS Hornet (CV-8), while the aircraft carrier was en route to the mission's launch point. View looks aft from Hornet's island. These aircraft were stripped of their defensive guns and given extra fuel tanks to extend their range. Each B-25 carried four 500-pound bombs on the mission. Navy launch officers, timed the start of each B-25's take off roll to ensure it reached the forward end of the flight deck as the ship pitched up in the heavy seas, thus giving extra lift at a critical time.



A U.S. Navy Lockheed EC-121M Warning Star of the fleet air reconnaissance squadron VQ-1 "World Watchers" is accompanied by an F-4B Phantom II of the VF-151 "Vigilantes." An EC-121M of VQ-1 was shot down by North Korean MiG-21s on April 14, 1969, killing all 31 crewmembers. VQ-1 had flown the route and orbit for two years, and the mission had been graded as being of "minimal risk." During the first three months of 1969 nearly 200 similar missions had been flown by both Navy and U.S. Air Force reconnaissance aircraft off North Korea's east coast without incident. The Nixon administration chose not to retaliate against North Korea for the loss, apart from staging a naval demonstration in the Sea of Japan. The U.S. military resumed the reconnaissance flights within a week.

This Week in Navy History

From Staff

April 17

1778 - The 18-gun Continental Navy sloop-of-war Ranger, with Capt. John Paul Jones in command, captures a British brig and sends the prize to France.

April 18

1848 - U.S. Navy expedition to explore the Dead Sea and the River Jordan, commanded by Lt. William Lynch, reaches the Dead Sea.

1906 - Navy assists in relief operations during San Francisco earthquake and fire.

1942 - USS Hornet CV-8) launches 16 of Lt. Col. James Doolittle's B-25 Army Air Force bombers in the first attack on mainland Japan in World War II.

1988 - Navy destroys two Iranian surveillance platforms, sinks one frigate and one patrol ship, and severely damages a second frigate in retaliation for attack on guided-missile frigate USS Samuel B. Roberts (FFG 58).

April 19

1783 - George Washington proclaims end of hostilities with Great Britain.

1861 - President Lincoln orders blockade of Southern ports from South Carolina to Texas.

1917 - Naval Armed Guard crew on board SS Mongolia engage and damage a German U-boat. This was the first engagement of U.S. naval personnel against the enemy in World War I.

1955 - Heavy cruiser USS Albany (CA 123) and destroyer USS William M. Wood (DD 715) provide disaster relief to citizens of Volos, Greece, after catastrophic earthquake.

April 20

1796 - Congress authorizes completion of three frigates.

1861 - Norfolk Navy Yard abandoned and burned by Union forces.

1914 - In first call to action of naval aviators, a detachment on cruiser USS Birmingham (CL-2) sailed to Tampico, Mexico.

1915 - First Navy contract for lighter-than-air craft awarded.

1942 - USS Wasp (CV-7) launches 47 British aircraft to reinforce Malta.

1947 - Navy Capt. L.O. Fox, supported by 80 Marines, accepted the surrender of Lt. Yamaguchi and 26 Japanese soldiers and sailors, two and one half years after the occupation of Peleliu and nearly 20 months after the surrender of Japan.

1953 - USS New Jersey shells Wonsan, Korea, from inside the harbor.

1964 - USS Henry Clay (SSBN-625) launches a Polaris A-2 missile from the surface in first demonstration that Polaris submarines could launch missiles from the surface as well as from beneath the ocean. Just 30 minutes later, the submarine launched another Polaris missile while submerged.

April 21

1861 - USS Saratoga captures slaver Nightingale.

1898 - U.S. at war against Spain.

1906 - Cmdr. Robert Peary discovered that supposed 'Arctic Continent' did not exist.

1972 - Moonwalk in the Descartes Highlands by Navy Capt. John Young, commander of Apollo 16. He was the

ninth man to walk on the moon. Lt. Cmdr. Thomas Mattingly II, was the Command Module Pilot. Charles Duke was the Lunar Module Pilot. During the 11-day, one-hour and 51-minute mission, 213 lbs. of lunar material was collected. Recovery was accomplished by HC-1 helicopters from USS Ticonderoga (CVS-14).

April 22

1778 - Capt. John Paul Jones of the Continental Navy Sloop Ranger led landing party raid on Whitehaven, England.

1898 - U.S. warships begin blockade of Cuba.

1987 - U.S. Navy ordered to provide assistance requested by neutral vessels under Iranian attack outside the exclusion zone.

April 23

1917 - Launching of USS New Mexico, first dreadnought with turboelectric drive.

1918 - USS Stewart destroys German submarine off France.

1945 - In only U.S. use of guided missiles in World War II, two BAT missiles release at Balikpapan, Borneo.

Base mass shootings violate sense of security

By Sarah Smiley
Special Contributor

From the Homefront

In more ways than one, the military has sometimes been an institution that change forgot. Some people refer to military life as living in a "bubble." Some people have worse names for it. But for generations, the experience has remained the same: once inside that front gate — the one with an armed guard out front — it's like entering a different world. What applies to the outside does not necessarily apply on the inside.

Visually, I picture it as an underwater setting. The civilian world exists loosely and without an anchor. Elements bump into each other and sometimes become one. The media changes parenting norms, and changing ideas about parenthood affects the marketing industry and how things like food are packaged and sold. A movie star's new haircut ignites a trend. New trends create new ideas about what's acceptable and what's not in public schools. Art imitates life and vice versa.

But the military is like an air-tight container anchored to the ground. It doesn't sway or bob. Things on the outside hit its windows, but it takes years of changing tides and salt water for the container to even realize something is knocking.

The obvious parallel here is women in combat. There are few segments of the civilian world to which women don't at least have access. While the women's movement cheered "You've come a long way, Baby," a few generations ago, that message has taken its dear, sweet time to reach the military.

The military is like a slow, careful grandfather who looks four times before crossing an intersection and always wears comfortable shoes. Sometimes Grandpa is deaf and losing his sight. It would take an act of congress to get him to change his breakfast routine.

I mean, where else in society is it still permissible to regulate employees' haircuts, right down to a quarter of an inch? Sure, civilian employers have dress standards, but the Navy's grooming standards read like something out of another era:

[Hair] shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch . . . the bulk of the hair shall not exceed approximately two inches . . . the length of an individual mustache hair fully extended shall not exceed approximately 1/2 inch . . . eyeliner shall be shades of black, brown, blue or green that matches the individual's natural eye color and shall not extend past the natural corner of the eye.

If you think the military doesn't regularly inspect for infractions of the above grooming standards, you'd be wrong. While civilian industries are subject to "what's fair," the military largely continues to operate outside of traditional, civilian democracy. In fact, there is this common, half-joking phrase: The military is protecting democracy, not practicing it.

Sometimes, the outside world seems to simply give up the hope that the military will ever change.

But for all the ways in which the military can be frustrating, even stifling, its insulation is oddly comforting and familiar on base. I know what to expect when I'm at a military commissary or exchange, even when that expectation includes an awareness that otherwise simple things, like arranging a book signing, will be as difficult as if I were asking for top secret clearance.

I have never felt safer than when I'm on a base. After September 11th, when our base at NAS Jacksonville in Florida was shut down for security reasons to outside access, I actually felt left behind. I wanted to be "trapped" on the base, not loose and floating in the less predictable civilian world.

The military base feels like a small town. As a child, when my mom had spouse club meetings or was shopping at the exchange, she let me play on the playground without her supervision. Bad things didn't happen on base. We were all family there. And we were protected by the armed guards out front.

All of the above is why the shooting at Fort Hood

hits military families in a vulnerable place. It gets us in the gut. It feels as violating as someone breaking into our home. It shatters everything we know about security.

Except, the shooter at Fort Hood — both in 2009 and 2014, as well as in the shooting at the Navy Yard — was one of us, and that shakes us even more. In a place where change happens at a snail's pace, relatively overnight, the military base became just as unsettling as the outside world.

People say that mass shootings are becoming the expected. It stuns us less and less each time we here about a new one. It's hard to believe it's become that

See **HOMEFRONT**, Page 3

SAPR Assistance Available 24/7



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 24/7 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



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VP-26 change of command April 24

By Lt. j.g. Joseph Bayo
VP-26 Public Affairs Officer



Cmdr. Gregory Smith

The "Tridents" of Patrol Squadron (VP) 26 will pause from operations and training at 10 a.m. on April 24 to formally transfer command of the squadron from Cmdr. Mark Sohaney to Cmdr. Gregory Smith at Hangar 117 aboard NAS Jacksonville.

Sohaney, who hails from Emmaus, Pa., joined the Tridents as executive officer in May 2012, while VP-26 was deployed to Bahrain.

He assumed command of the squadron in April 2013. Since then, he led the squadron through the completion of the 2013 inter-deployment readiness cycle (IDRC), followed by an extremely successful U.S. 7th Fleet deployment.

Under Sohaney's leadership, VP-26 surpassed 51 years and 342,908 hours of Class A mishap-free flying. The squadron also earned the Commander, Naval Air Forces Atlantic 2013 Maritime Patrol Battle Efficiency Award - for the second year in a row - as well as the 2013 Arnold Jay Isbell Trophy.

Cmdr. Smith, who hails from Parkville, Md., graduated with distinction from the U.S. Naval Academy (1997), and was designated a naval flight officer (NFO) in April 1999.

Upon the completion of flight training, he reported to the "Fighting Marlins" of VP-40. His other tours included shore duty at VP-30, a disassociated sea tour aboard USS Kitty Hawk



Cmdr. Mark Sohaney

(CV 63) and a department head tour with VP-26 at NAS Brunswick, Maine.

Prior to reporting aboard VP-26 as executive officer in April of 2013, he was assigned to the Office of the Secretary of Defense at the Pentagon where he served as Pakistan and Afghanistan Counter-narcotics Policy Officer.

Smith will be the 69th commanding officer of VP-26 and will lead the squadron through an extensive IDRC in preparation for deployment in 2015 - as the final active duty P-3C Orion deployment from NAS Jacksonville. Upon returning from deployment VP-26 will transition to flying the P-8A Poseidon.

Help wanted: Red Cross seeks volunteers at Naval Hospital Jacksonville

By Yan Kennon
NH Jacksonville Public Affairs Senior Writer

Naval Hospital (NH) Jacksonville's American Red Cross is looking for volunteers to help support the nation's heroes and their families.

"The Red Cross has a long and successful history of assisting wherever and whenever it can," said Mary Miciano, NH Jacksonville Red Cross volunteer program chairperson and volunteer. "We are constantly seeking dedicated and compassionate volunteers to join our staff of good-will ambassadors here at Naval Hospital Jacksonville, and encourage those who may be interested to join our efforts."

The Red Cross's support of NH Jacksonville military members and their families at its hospital and five branch health clinics, enhances morale and contributes to increased operational capabilities by linking military families during emergencies, connecting families with local resources (information and referral services), providing resiliency training (deployment services) and supporting wounded warriors at military hospitals.

The hospital is currently seeking volunteers for general office assistant duties - such as filing and phone answering - in various clinics throughout the hospital. Volunteers for general patient greeting, shuttle driving and the hospital's liaison desk are also needed.

Becoming a Red Cross volunteer



Photo by Jacob Sippel
American Red Cross volunteer Constance Seelye delivers cookies and snacks April 3 to patients at Naval Hospital (NH) Jacksonville.

is easy, but requires a desire to help and assist those in need, American citizenship, military base access, completion of an online application and successful security background check. Due to extensive requirements, which could take several months to complete, it is recommended that interested volunteers be committed to long-term volunteer service to prevent placement gaps that could affect the Red Cross's mission.

Once accepted, volunteers attend an orientation, complete required safety and patient confidentiality training and must maintain annual vaccinations and screenings—such as influenza and tuberculosis.

Each year, volunteers contribute between 100 and 1,000 hours of volunteer service at the hospital alone. Whether a person is in a career transition, a full-time worker, retired or has a few extra hours in the day, volunteers can make a difference in the lives of our heroes—past and present—and their families.

The American Red Cross's unwavering commitment to members of the U.S. military, its veterans and their families continues to grow and develop more than a century after Clara Barton first recruited nurses to support the U.S. Army in 1881.

For more information call 904-542-7525 or visit the Northeast Florida Red Cross Chapter at www.nefloridaredcross.org and click 'volunteer' to get started.

HOMEFRONT

From Page 2

way, even harder to believe it's reached the military.

For all the ways in which the military has been slow to change, for all the ways it has been — for better or worse — impervious to societal change,

I guess I had hoped that an institution where they still measure mustache hairs and have been considering women for combat for years now would be the one institution that would remain untouched, unchanged — forgotten — by this disturbing new reality of American life.

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On March 20, a freshly painted F/A-18E/F Super Hornet sits in the Fleet Readiness Center Southeast (FRCSE) paint booth after being stripped, primed and painted by FRCSE artisans. This is the sixth Super Hornet to undergo the process at FRCSE.



Aircraft painters in the Fleet Readiness Center Southeast Paint Hangar prime an F/A-18E/F Super Hornet on March 14 before giving it a fresh coat of paint.



An aircraft painter at Fleet Readiness Center Southeast sprays a coat of primer on the F/A-18E/F Super Hornet to protect the aircraft from corrosion and help paint adhere to the aircraft panel surfaces.



Kenny Goodwin, an aircraft painter at the Fleet Readiness Center Southeast paint hangar, sprays a coat of primer on an F/A-18E/F Super Hornet.



Shayne Campbell, a painter with Fleet Readiness Center Southeast, preps a non-skid mat prior to applying it on the F/A-18E/F Super Hornet on March 20.



Frank Icban, a painter at Fleet Readiness Center Southeast, un.masks the left landing gear of the F/A-18E/F Super Hornet after the painting process.



Dean Taylor, Fleet Readiness Center Southeast painter work leader, applies the Navy stencil to the left aft fuselage of the F/A-18E/F Super Hornet.

Super Hornet gets new look at Fleet Readiness Center Southeast

By Kaylee LaRocque
Fleet Readiness Center
Southeast Public Affairs

Artisans at Fleet Readiness Center Southeast (FRCSE) are hard at work stripping and painting F/A-18E/F Super Hornets while collecting data to attain "declaration of capability" to establish a Super Hornet paint program.

The program will establish a set interval schedule after 20 aircraft have gone through the process. FRCSE artisans have stripped, primed and painted six Super Hornets here since the project began with the first prototype in August 2011. Another Super Hornet will undergo the process later this month.

"This is a fairly new tasking for FRCSE - restoring coatings on all exterior surfaces of the Super Hornets," said John Bandor, FRCSE Cecil F/A-18 site manager, who is overseeing the project. "We stripped and painted our first two prototypes in fiscal year (FY) 2012 and two more in FY-13. We anticipate a significant increase of workload in the near future."

As part of the stripping, priming and painting process, artisans are collecting data on each aircraft to help determine a required paint cycle.

Fleet Support Team (FST) engineers at Fleet Readiness Center Southwest (FRCSW) at Naval Air Station (NAS) North Island analyze the data and make paint procedure recommendations to the Naval Air Systems Command (NAVAIR) F/A-18 and EA-18G Program Manager Air (PMA) 265 maintenance planning coordinator.

"When we get an aircraft in, the first thing we do is preserve it before towing it over to the strip ramp," explained FRCSE Materials Engineer Brad Youngers. "Then it is washed before we inspect it to document material condition of the aircraft. We look for corrosion, composite and coating damage, measure coating thickness, and record and submit all our data."

During the week of March 10-14, NAVAIR F/A-18 and EA-18G PMA-265 hosted an Integrated Logistics Support Management Team working meeting at NAS Jacksonville. The team, comprised of military, federal and industry logisticians, also chose to get a glimpse of the ongoing stripping/painting project at the FRCSE paint hangar.

Paint Hangar Supervisor Rick Heffner led the tour for PMA-265 staff, FRCSW FST engineers, and Commander, Strike Fighter Wing, U.S.



Fleet Readiness Center Southeast (FRCSE) Painter Jerry McCutcheon sands one of the wings of an F/A-18E/F Super Hornet in FRCSE Paint Hangar 868 on Feb. 24. The artisans completely strip the aircraft, check for corrosion and repaint it to its original specifications.

Atlantic Fleet staff explaining the processes he manages when an aircraft arrives at his shop.

"We're on a fact finding mission to determine what the cycle would be for stripping and painting the Super Hornets," said PMA-265 Maintenance Program Coordinator Bill Lotzmann.

He continued, "Our engineers have projected a 12-year cycle which works well with the aircraft's second planned maintenance interval (PMI) event. For every PMI on its second cycle, we would bring the aircraft in for strip and paint. We are currently collecting data on the aircraft on the East and West Coasts to see if this is feasible. This reliability-centered maintenance data is then analyzed by the fleet support team at NAS North Island to determine the best paint cycle."

"We are receiving candi-

dates that are 11 years or older," Bandor explained. "The Super Hornets are flown into NAS Jacksonville and remain 99 percent assembled throughout the process. Our processes vary based on the type of aircraft structural surfaces that are being restored - whether it be aluminum, graphite composites, stainless steel or titanium material."

According to Bandor, responsible shops from induction to the point of delivery are striving to complete their project orders as efficiently as possible.

"We started with a 45-calendar-day schedule with a goal to improve down to 30 calendar days as an effort to minimize impact of fleet readiness," he explained. "We reached that goal when we flew our fifth aircraft produced on its 30th day during the first week of March. We could have delivered it on that day if weather was permitting on the receiving end.

We are going to keep trying to accomplish this goal for each and every aircraft, or at least get close to it."

He also stressed that this effort has been successful through teamwork. "Our hard-working artisans are producing quality workmanship both on and behind the scenes," stated Bandor.

"This program incorporates all the integrated logistic elements while leveraging on existing facilities and equipment. It would not be successful without the talents and skills of hard working individuals. Kudos to a fine team of professionals who help produce and deliver this product back to the warfighting customer."

FRCSE Paint Shop Supervisor Rick Heffner echoed that sentiment. "We have an awesome, dedicated bunch of people on all three shifts, who take great pride in what they do."



Artisans from the Fleet Readiness Center Southeast paint hangar gather on March 27 in front of one of the FA-18E/F Super Hornets March 27 that the team recently refurbished with a new coat of paint.

Photos by Kaylee LaRocque and Victor Pitts



Michael Teel, a painter at Fleet Readiness Center Southeast (FRCSE), carefully sands under the wing of an F/A-18E/F Super Hornet in FRCSE Paint Hangar 868.



Fleet Readiness Center Southeast aircraft painter Michael Teel ensures a surface on the F/A-18E/F Super Hornet is clean before applying conductive coating on March 17.



Jennifer Nunez, a materials engineer with Fleet Readiness Center Southeast, uses a surface coding tester to detect the presence of conductive coating on an F/A-18E/F Super Hornet during the stripping process on March 12.



Naval Air Systems Command (NAVAIR) Program Manager Air (PMA) 265 Senior Aerospace Materials Engineer Chris Eveland, center, discusses corrosion issues on the F/A-18E/F Super Hornet with Brad Youngers, a materials engineer with Fleet Readiness Center Southeast (FRCSE), front, and NAVAIR PMA-265 Maintenance Program Coordinator Bill Lotzmann during a site visit to the FRCSE paint hangar.



Fleet Readiness Center Southeast (FRCSE) F/A-18 Cecil Site Manager John Bandor (left) explains the stripping inspection process of the F/A-18E/F Super Hornet to Naval Air Systems Command (NAVAIR) Program Manager Air (PMA) 265 Senior Aerospace Materials Engineer Chris Eveland (right) and NAVAIR PMA-265 F/A-18 Integrated Maintenance Concept Lead Eric Geilenkirchen during a site visit to the military maintenance depot.



Commander, Strike Fighter Wing, U.S. Atlantic Fleet (COMSTRKFIGHTWINGLANT) Mod Manager Todd Ingold (front) and Lt. Cmdr. Tony Barber, COMSTRKFIGHTWINGLANT readiness officer, evaluate corrosion areas on a stripped F/A-18E/F Super Hornet.



Photo by Lt. Kevin Wendt

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 safely conduct actual carrier operations.



Photo by Clark Pierce

A C-2A Greyhound taxis by three E-2C Hawkeyes on the flight line of NAS Jacksonville in 2013. All are assigned to fleet replacement squadron VAW-120, based at Chambers Field on Naval Station Norfolk, Va.

'Greyhawks' conduct FCLP operations at OLF Whitehouse

By Clark Pierce
Editor

A detachment from the VAW-125 "Greyhawks" deployed to NAS Jacksonville April 7-17, to conduct Field Carrier Landing Practice (FCLP) operations at Outlying Landing Field (OLF) Whitehouse.

Based at Chambers Field aboard Naval Station Norfolk, Va., VAW-125 is the Navy's fleet replacement squadron for carrier airborne early warning squadrons flying the E-2 Hawkeye, and fleet logistics support squadrons flying the

C-2 Greyhound aircraft.

VAW-120 Operations Officer Lt. Cmdr. Mike Ferrara was the detachment's officer in charge.

He explained, "Before they are assigned to an operational fleet squadron, VAW-120 trains pilots, naval flight officers and air crewmen to fly and operate the carrier-based airborne early warning and battle management systems."

He added, "This pilot detachment for FCLP at OLF Whitehouse prepares them for carrier qualifications - which is one of their final flying events before being assigned to an

operational fleet squadron."

"During our time at NAS Jax, we'll complete about 2,000 FCLP passes at OLF Whitehouse - with each student pilot averaging about 250 'bounces' during the 10-day detachment."

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 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.

For the squadron's landing signal officers (LSOs), every day (and some nights) was filled by grading each touch-and-go landing at Whitehouse.

After flight ops, each student pilot was debriefed by their LSO.

"At OLF Whitehouse, our LSOs are focused on accurate FCLP landings without mishaps. The goal is to make sure each student pilot is safe for the ship," said Ferrara.

According to its NAVAIR fact sheet, the E-2C Hawkeye provides all-weather airborne early warning, airborne battle management and command and control functions for the carrier strike group and joint force commander.

Additional missions include

surface surveillance coordination, air interdiction, offensive and defensive counter air control, close air support coordination, time critical strike coordination, search and rescue airborne coordination and communications relay.

The C-2A Greyhound provides critical logistics support to Carrier Strike Groups. Its primary mission is the transport of high-priority cargo, mail and passengers between carriers and shore bases.

Priority cargo such as jet engines can be transported from shore to ship in a matter of hours.

A cargo cage system or transport stand provides restraint for loads during launches and landings on the carrier.

NAS Jax participates in Victims' Rights Week

By MC2 Amanda Cabasos
NAS Jax Public Affairs

NAS Jax Commanding Officer Capt. Roy Undersander participated in the Jacksonville Mayor's Victim Assistance Advisory Council (VAAC) press conference for National Victims' Rights Week held at City Hall April 7.

Ann Dugger, executive director of the Justice Coalition welcomed the guests, then introduced Jacksonville Mayor Alvin Brown.

Brown sincerely acknowledged the attendees for their commitment to Victims' Rights Week.

"The city of Jacksonville joins with communities across the country to observe National Crime Victims' Rights Week, April 6-12. This time is to allow us to reaffirm our city's commitment to help crime victims recover and rebuild their lives so they can live the American dream, and never be afraid to speak up and speak out for their loved ones," said Brown.

"It's also a special opportunity to promote public awareness for victims' rights and highlight the assistance available to victims of crimes. I don't want any one to be a victim of a crime in our community. I know the pain that it brings. I know the suffering, I see it. If someone is a victim, I want to make sure they have access to the support needed to deal with the impact of that crime whether it's physical, emotional or financial," he continued.

"We know many crimes go unreported, especially domestic violence and sexual assault. Many victims still don't get help even when they desperately need it. So we need to continue to fight against crime, against fear, shame and powerlessness often associated with being a crime victim," he added. "We as a community must fight for those who feel hopeless and powerless in our community."

During the press conference, Undersander praised Brown and the City of Jacksonville for the continued partnership and the observance of this very important week.

"Our steadfast support for all victims is imperative, and is an initiative the City of Jacksonville and NAS Jax will work together on," he said.

"The Navy is committed to caring and protecting the rights of victims by promoting trust in the chain of command and the military justice system. The Navy's Victims' Legal Counsel



Photos by MC2 Amanda Cabasos

NAS Jax Commanding Officer Capt. Roy Undersander addresses the audience during the Mayor's Victim Assistance Advisory Council press conference at Jacksonville City Hall on April 7.



Jacksonville Mayor Alvin Brown receives a standing ovation during his speech at the annual City of Jacksonville Victims' Rights Week awards luncheon at the Jacksonville main library on April 8. Standing behind Brown from left; Mayor's Victim Assistance Advisory Council Chair Richard Komando; NAS Jax Commanding Officer Capt. Roy Undersander; CSX Vice President for Transportation Carl Gerhardtstein; Councilman Reginald Brown and Victims' Rights Attorney Jay Howell.

Program implemented last year supports and cares for victims by providing them with legal advice and assistance throughout the military justice process," Undersander added.

The following day, Undersander joined Brown and other officials for the annual City of Jacksonville's Mayor's VAAC - Victims' Rights Week awards celebration at the Jacksonville main library. This year's theme was "30 Years: Restoring the Balance."

Hundreds of crime survivors, law enforcement officials, business advocates, sponsors and the VAAC attended luncheon to celebrate the 30th anniversary of services and programs that help crime victims in Jacksonville. They listened attentively to Brown as he said, "Showing our support for the victims is what this week is all about. We are here to honor individuals in our community. I know we celebrate every year and acknowledge the victims for their advocacy and support. We know the crime victims are our community heroes for standing up for public safety, justice and unity."

NAS Jacksonville Sexual Assault Prevention and Response Civilian Victim Advocate LaTresa Henderson from Fleet and Family Support Center said, "Participating in victims rights week events honors victims and reminds the community that victims do have a voice -- their voice lies in victim advocates and those agencies that support them."

Justice Coalition Volunteer Frances Futrill, the mother of a murdered child, spoke out about her loss.

"My daughter was murdered in 2002



NAS Jax Commanding Officer Capt. Roy Undersander converses with (from left) Personal Life Coach Linley Newbold, Domestic Abuse Victim Advocate Erica Schneider from Fleet and Family Support Center (FFSC), and Sexual Assault Prevention and Response Civilian Victim Advocate LaTresa Henderson from FFSC about the importance of the National Victims' Rights Week after a press conference.

and the case is still unsolved. I volunteer for victims' rights and I am here for the victims to make sure we all have rights and we are recognized. The only way to overcome this situation is to stay busy and keep hope that justice will be served. In my heart it will happen and I think that is the hope for every parent that lose their children to cold cases," she said.

Another mother, and founder of the John Rowan Jr. Foundation, Margaret Peg Rowan said, "My son John has been missing since 2001. Everything the victims' advocate does is to get our stories out there and to show our faces. We are hoping someone will tell us where our son is. We know Jacksonville is exactly where he is."

CMC EXIT

From Page 1

from helicopters, P-3s, and S-3s only, to P-8s, the MH-60R "Romeo" helicopters, the MQ-8B Fire Scout Training Facility and now the MQ-4C Triton program," Shepherd stated.

"The P-8 and MH-60 Romeos transitions were huge for our base. The Romeos have left a footprint on the seawall and the P-8 program is doing America's work as we speak," he continued. "When the Triton Command and Control Center opens in late fall 2014, NAS Jax will be home to the newest Navy manned and unmanned technologies."

Shepherd was quick to recognize the bases' human resources, which he says is the installation's most valuable asset. "You can have the best technology, but without the people, it's just a piece of land or machinery," he stated.

"The military/civilian team here is the best I've witnessed in the Navy. Military come and go, but the continuity of NAS Jax civilians is the glue that keeps this base together. The civilians here are the most professional I've encountered and they know their programs like the back of their hand," Shepherd continued.

He stressed his appreciation for the support Jacksonville and surrounding communities have shown to our NAS Jax team. "I've been to just about every fleet concentration area and I can tell you the relationship the community of Jacksonville has built with our military is the best. We should be thankful for their willingness to assist us with open arms," he stated.

During his tenure, Shepherd worked hard to break down barriers and forge a unity between different sectors of the base and surrounding communities. "People aboard NAS Jax will continue to partner with our civilian community and as a result of this wonderful partnership, they will continue to make this base the best in the Navy. NAS Jax will continue to be the mainstay of Navy professionalism and readiness at all times," he added.

"NAS Jax will always be near and dear to me. The people here have received my family with open arms. I just hope I fulfilled everybody's needs and requirements. I will miss everyone. From the E2 standing watch to the senior civilians, they have been my extended family and I salute each one of them," said Shepherd.

Shepherd is followed by CMDCM(SW/AW) Teri McIntyre, who assumed the duties of NAS Jacksonville Command Master Chief earlier this month.

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Photo by AE2(AW) Samantha Jones

FOD walkdown along seawall

The "Proud Warriors" of HSM-72 and the Royal Australian Navy's 725 Squadron teamed up to walk the NAS Jacksonville seawall in search of foreign object damage (FOD) during the base wide FOD walkdown on April 9. Both squadrons fly the MH-60R helicopter.

Reduce stress when you PCS

From Navy Personnel Command Public Affairs

Planning ahead can be one of the biggest stress relievers when it comes to a permanent change of station (PCS) move, Fleet and Family Service Center (FFSC) officials said April 9.

"Preparation, communication and family involvement are keys to a less stressful PCS move," said Diane Brown, Work and Family Life specialist, Fleet and Family Support Center (FFSC).

Sailors can use the "Plan my Move" tool on the Military OneSource website at www.militaryonesource.mil to organize their move. It provides a three-month calendar of steps a Sailor needs to take to ensure a smooth move.

Brown says sponsors can also help reduce a Sailor's stress by finding answers ahead of time to any questions they have about their new location. Sailors who

have not been assigned a sponsor should contact their gaining unit, or they can request one on the Military OneSource website with the Electronic Sponsorship Application and Training tool.

Sailors should also visit their local FFSC and meet with a Relocation Assistance Program specialist, then attend a Smooth Move class or Moving Overseas workshop to learn the basics about a PCS move and how to start the process.

"It doesn't matter whether it's their first or fifth move," Brown said. "Things change and one should be aware of those changes."

Other helpful websites include:

- Housing Early Application Tool (HEAT) - <https://www.dko.mil/heat/apply>
- Housing Service Center locator - www.cnic.navy.mil/HousingQuickReference
- Schedule your PCS move - www.move.mil

ASW RODEO

From Page 1

Fleet Challenge 2014, also known as the "ASW rodeo," saw seven aircrews from the three maritime patrol and reconnaissance wings, the fleet replacement squadron, and the allied aircrew attached to VP-30, compete against each other in the seven-day event. This year's competition marked the first time the P-8A Poseidon flew along with the P-3C Orion.

"Any time we have our foreign partners able to compete with us, we learn something. They do things maybe a little bit differently," said Cmdr. Mike Granger, the officer in charge of the Navy's Maritime Patrol and Reconnaissance Weapons School. "From maybe just the way that they coordinate a crew, to the way they mission plan or their actual procedures for tracking the submarine - that is the biggest thing we learn by having them with us, and we throw in the camaraderie and the ability to talk across the water, if you will, with our partners. It builds those bonds that we can go and continue to learn from."

"Our allied crews often bring years



Photo by Mark Faram, Navy Times

2014 Fleet Challenge Royal Air Force winners (from left, standing) Sgt. Steve Dixon, MACR Keith Treece, MACR Mark Utting, Squadron Leader Mark Faulds, Sgt. Jon Brereton, Squadron Leader Andy Bull, (from left, kneeling) Flight Lt. Rob Butler, and Flight Lt. Ian Tuff.

of continuous ASW experience to the training equation, in the classroom and in the air," said Capt. Curt Phillips, the commanding officer of VP-30.

"This is precisely why we have them embedded in our fleet replacement squadron, training our newest operators in the art of ASW - which is a perishable skill without continuous honing in both simulators and on actual live targets."

Fleet Challenge 2014 tested aircrews on mission planning, optimized tactics and crew training, as well as implementation of past lessons learned in determining the most effective maritime patrol and reconnaissance aircrew.

"We've had the individual wings compete, so they hold their own local 'ASW rodeo' against all their home squadrons and they take their best crew and they send them to NAS Jacksonville,"

said Granger. "The wings in Hawaii, Whidbey Island and Jacksonville picked their best crew and they brought them here."

The competition tested crews in a simulator scenario and actual flight operations against USS Springfield (SSN 761), which acted as an opposing force.

"What we try to incorporate are things that we've seen, things that have challenged our actual crews deployed around the world and we incorporate those into the scenarios," said Granger. "We have the simulator scenarios built around recent world events. We task the submarine to challenge them in ways that we've seen actual submarines on deployment behave. We're able to put those together for these crews to experience, bring back to their home squadrons, their wings and spread that training out."

"Obviously, finding out we had won was just fantastic, but credit should be given to all the crews in all of the squadrons," said Utting. "I hope we get to take part in the challenge next year."

The Fleet Challenge exercise has been held every year since 2007, with the exception of 2013, when it was cancelled due to budgetary restraints.

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Photos by MC2 Marcus L. Stanley

Cmdr. Mark Williams, commanding officer of Naval Mobile Construction Battalion (NMCB) 14, speaks at the annual NMCB-14 Killed in Action Memorial Ceremony aboard Naval Air Station Jacksonville on April 12.

Annual NMCB-14 memorial service

In 2004, seven Seabees of NMCB-14 were killed and 33 were injured in two attacks in Al Anbar Province, Iraq, while in support of Operation Iraqi Freedom. In honor of those courageous Seabees, NMCB-14 holds an annual memorial service to keep their spirits forever alive.



Cmdr. Mark Williams, commanding officer of Naval Mobile Construction Battalion (NMCB) 14, shakes hands with CM1 (retired) Pete Reid during the annual NMCB-14 Killed in Action Memorial Ceremony aboard Naval Air Station Jacksonville.



CM1 (retired) Pete Reid reads a poem he wrote for his fallen Seabees comrades during the annual NMCB-14 Killed in Action Memorial Ceremony aboard Naval Air Station Jacksonville. While serving in Iraq in support of Iraqi Freedom in 2004, Reid was left paralyzed after two attacks in Al Anbar Province, Iraq that killed seven NMCB-14 members and injured 33 others.



Cmdr. Mark Williams, commanding officer of Naval Mobile Construction Battalion (NMCB) 14, Ed Crenshaw, president of the NMCB-14 Alumni Association, and CM1 (retired) Pete Reid salute after laying a wreath at their NAS Jax compound.

Spreading the word about sustainability

From Staff

Students in Jacksonville University's Sustainability Program have been hearing a lot of success stories these days concerning Naval Air Station Jacksonville. John Young, the station's storm water manager and a guest lecturer at JU, has been spreading the word.

Young, who serves on the advisory board for the JU Sustainability Degree Program, is encouraged by the environmental interest shown by the university's professors and students.

"For many of the students," said Young, "green technology is still theory. It's a revelation for them to learn that the Navy is turning those theories into real facilities. And why? Because it's good business and good for the

Navy's mission."

One sustainability program to which Young exposes students is the Navy's use of solar power to generate electricity and hot water. Other examples include energy conservation, smart management of drinking water, sanitary sewage and storm water.

Navy initiatives are also exploring alternative fuels, using aircraft simulators to reduce flight hours, and using multi-mission aircraft to streamline operations.

Dr. Ashley Johnson, department head for the JU Sustainability Program, appreciates the JU-NAS Jacksonville partnership.

"We're grateful for John's time and the perspective he brings to our students," she said.

"They love hearing that last week's lesson is already up and running at NAS Jax!"



Photo courtesy of Jacksonville University

NAS Jacksonville Storm Water Manager John Young shares information about the station's environmental programs with a sustainability class on April 3 at Jacksonville University.

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Photos by MC1 Greg Johnson

Lt. Cmdr. Jerimiah Binkley shows an MK 54 torpedo to members of the Cobb County Chamber of Commerce on April 9 during a tour of Helicopter Maritime Strike Squadron (HSM) 72 aboard NAS Jacksonville.

Georgia chamber officials tour Jacksonville, Mayport

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

Twenty-five members of the Cobb County Georgia Chamber of Commerce visited Naval Air Station (NAS) Jacksonville and Naval Station (NS) Mayport April 9-11 to see first-hand how the bases operate.

The group toured each base as part of the Cobb County Chamber of Commerce Honorary Commanders Association (HCA), which partners civilian business leaders with military commanders from different branches in an effort to enhance the relationship between the two.

"The chamber organized the HCA about 30 years ago in Atlanta to promote interaction between military personnel and local business and civic leaders," said Joe Gaskin, co-chairman of the Cobb County HCA and project manager with ARCADIS, U.S., Inc. "This cooperative effort provides an insight into a variety of local benefits for armed forces personnel assigned to our area. It also gives the civilian personnel an opportunity to learn about military affairs and

the resulting economic impact to the community."

According to Gaskin, about 25 business and civic leaders of Cobb County are chosen each year to participate in the HCA. Each civilian is paired with a military counterpart who they work with to identify community and business opportunities in support of the armed forces. In turn, civilians are provided opportunities for in-depth tours of local and out-of-town military installations. In addition, the HCA regularly supports a variety of official military functions, including changes of command, retirement ceremonies, unit deployments and military balls.

During the visit, civilians and their military counterparts toured Helicopter Maritime Strike Wing Atlantic, Helicopter Maritime Strike

Squadron (HSM) 72, the Ticonderoga class guided-missile cruiser USS Hue City (CG 66), the Surface Warfare Officer School Command Learning Site Mayport, and Fleet Readiness Center Southeast.

While the group had the opportunity to see a variety of aircraft, equipment and machinery, one HCA member said it was the service members that really stood out.

"The entire trip in Jacksonville was amazing," said Tim Kelley, HCA member and owner of Blue Sky Exhibits, LLC. "I have experienced things I could not even imagine, but what stood out were the incredible friendliness, passion and professionalism each military person has shown us. It is evident they truly love what they do; the enthusiasm is amazing."

HCA members are appointed each year in January and hold their position until November. During the year, the association typically visits several military bases throughout the region. NAS Jacksonville and NS Mayport served as the first out-of-state locations for the group so far in 2014.

According to Gaskin, the opportunity to visit military installations is an invaluable experience.

"By understanding the wide variety of missions and responsibilities that our men in uniform are expected to perform for our nation, our appreciation for their service and sacrifice becomes far clearer," Gaskin said. "Seeing their commitment and dedication, observing the intense training, getting a firsthand look at the technology, as well as the human interest element ... I have to stand in awe and respect for every service member and thank God for what they mean to this great nation."

The Cobb County HCA was established in 1983 and has produced more than 700 alumni.



Photo by AE2(AW) Samantha Jones

Here comes Peter Cottontail

(From left) Dominick Hogan (4), Haileigh Hogan (1), their mother Kirstin Hogan, and Reighly Wise (3) laugh and play with the Easter Bunny during their visit to the NEX on April 11.

'Troops to Teachers' program offered to Sailors

By MC2 Amanda Cabasos
NAS Jax Public Affairs

NAS Jax Sailors attended a Teaching as a Second Career Seminar (TASC) at the base chapel April 10 to learn about the Troops for Teachers (TTT) Program. The program is offered quarterly at various bases to allow personnel to gain information and register for the program.

Lt. Cmdr. Shannon Willits from Coastal Riverine Squadron 10 said, "I am attending the seminar to help prepare myself to transition from active duty to retiree in about a year and a half. I already have some educational experience, but I want to make sure that I am prepared when that transitional time comes."

Al Wynn, associate regional director for TTT Florida Caribbean Region, conducted the seminar and described to the service members the education needed for TTT. "We are a Department of Defense transition assistance program and we help all military personnel and spouses transition into a career in teaching by providing them with the certification process and helping them find employment as a teacher in every state, including Puerto Rico and the U.S. Virgin Islands," said Wynn.

Wynn mentioned during the seminar that service members and spouses could be eligible up to \$10,000 in financial assistance aside from the G.I. Bill and \$5,000 to pay for their certification to become a fully qualified teacher.

"We like helping our veterans and other military personnel," said Wynn. "We want to inform the military of what is available to them so they can start making career choices before they get out of the military." According to Wynn



Photo by MC2 Amanda Cabasos

Al Wynn, associate regional director for Troops to Teachers (TTT) Florida Caribbean Region, explains the process and benefits of the TTT program to (from right) VR-62 CMDCM(AW/SW) Freddy Pacheco, UTCA John Taylor Delay from Construction Battalion Maintenance Unit 202 Detachment Jacksonville and Lt. Cmdr. Shannon Willits from Coastal Riverine Squadron 10 during a Teaching as a Second Career seminar at NAS Jax Chapel on April 10.

the registration process should start at least a year before the service member leaves the military.

VR-62 CMDCM(AW/SW) Freddy Pacheco said, "I am here to get some information for my retirement in a year and a half. TTT program seems like a great transition into the civilian work force."

According to Wynn, "I suggest everyone in the military register for the program. There is no obligation, but it will give you access to the funding if you choose to utilize it."

According to the TTT website, the nationwide program was established in 1994 by the Department of Defense. It is managed by the Defense Activity for Non-Traditional Education Support, in Pensacola.

The purpose of TTT is to assist eligible military personnel to transition to a new career as public school teachers in "high-need" schools. For additional information, call the TTT National Office at 1-800-231-6242.



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Shaylee Grovo strives to outreach her brother, Christian, on the Space Walk Bungee Run at NAS Jax.



Daniel Diaz (14) goes for a slam dunk during the MWR-hosted "Month of the Military Child Carnival" on April 12 at Allegheny Softball Field.



On a beautiful spring day, Lillian Acree, (3) enjoys her flight down the inflatable min-slide.

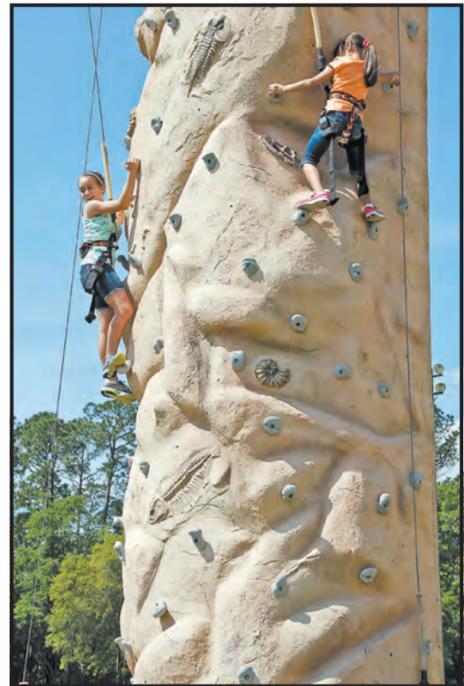


A future champion at The Masters? Seven-year-old Jeremy Fox swings his golf club for 20 points as he plays the Chip Shot game during the carnival at NAS Jax Allegheny softball field.

MWR carnival for military children



Military dependents of all ages had fun in the Bounce House during the April 12 carnival at NAS Jax.



Thirteen-year-old Cailey Porter and 6-year-old Aaliyah Diaz climb the giant rock wall during the Month of the Military Child Carnival.



Photo by Shannon Leonard

'Quilt of Valor' presented to an almost-centenarian

Retired Navy Capt. Bill McCamy presents 99-year-old retired Cmdr. Robert Watkins with a "Quilt of Valor" on April 7 at the Life Care Center in Orange Park. The Quilt of Valor Foundation was founded by a Gold Star mother and its mission is to cover veterans touched by war with comforting and healing Quilts of Valor. Watkins flew 11,000 during his naval military service – 7,000 hours in the PBY Catalina and 4,000 hours in transport planes supporting both World War II and the Korean War.

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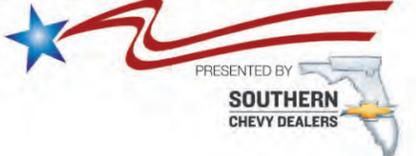
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Photos by MCC Keith DeVinney

Three P-8A Poseidon aircraft from Patrol Squadron (VP) 16, are ready at Perth Airport to conduct search missions in support of the international effort to locate Malaysia Airlines flight MH370. VP-16 is deployed in the U.S. 7th Fleet area of responsibility supporting security and stability in the Indo-Asia-Pacific region.

VP-16 maintains search



AWO2 Karl Shinn, assigned to Patrol Squadron (VP) 16, searches out the window of a P-8A Poseidon while flying over the Indian Ocean during a search mission to locate Malaysia Airlines flight MH370.



AWO2 Karl Shinn, assigned to Patrol Squadron (VP) 16, unloads a Sonobuoy April 9 from the rack onboard a P-8A Poseidon, to prepare it for use during the search mission to locate Malaysia Airlines flight MH370. Sonobuoys are used to detect frequencies and signals in the water.



Photos by Angela Glass

Learning about reefs

Christine Bauer, NAS Jax natural resources manager, teaches third-grade classes from Gregory Drive Elementary and Chimney Lakes Elementary schools about coral reef structure.



Christine Bauer shows the visiting third-grade student a shell collection from the local area.



The third-graders from Gregory Drive Elementary and Chimney Lakes Elementary schools display the coral reef they constructed from candy and cake.

Advanced weight and balance training held at CNATTU Jax

By Harley Montelongo

A new update to Automated Weight and Balance Software (AWBS) is currently under certification for issue by Navy and Marine Corps Intranet (NMCI).

In preparation for this, CNATTU Jax arranged for Lockheed-Martin Aeronautics representative Harold Smoot to provide advanced training in preparation for the issuance.

The training was held Feb. 11 at CNATTU Jax, with 55 weight and balance officers/technicians from Navy Region Southeast attending.

Aircraft weight and balance has always been a critical part of aircraft flight safety. An overloaded or improperly balanced aircraft can be hazardous to life and property. The U.S. Navy/U.S. Marine Corps Aircraft Weight and Balance Program is used ensure all aircraft are operated within established Gross Weight (GW) and Center of Gravity (CG) limitations. Aircraft must be certified for each flight.

This process began with the Wright Brothers and has progressed to today's highly sophisticated and complex aircraft. Judicious management of GW and CG allows USN/USMC aircraft to operate at their highest capacity, whether delivering weapons, movement of passenger/cargo, or other assigned missions.

The GW/CG of an aircraft begins with its initial weighing at the factory. This weight is ever evolving as the aircraft is configured, modified, loaded, etc., throughout its service life. This weight must be monitored by both maintenance and operations personnel to ensure that the aircraft remains within its established limits during take off, in-flight, and landing.

The process of certifying aircraft weight and balance required many man-hours by both maintenance and aircrew when it was performed manually. Recognizing this, the service contracted with Lockheed-Martin to design a software package to reduce man-hours and simplify the complex process subject to human error.

The outcome was the Automated Weight and Balance Software (AWBS) currently used by all military services. AWBS reduced human error, increased the accuracy of the data and significantly reduced the man-hours involved in both calculating and documenting an aircraft's GW/CG.

AWBS must be periodically updated. These updates are performed to ensure all calculations are made correctly, performance enhancements are made as requested, and the increased functionalities of our newest aircraft are met. The use of AWBS is mandatory for all activities operating and/or maintaining USN/USMC aircraft. Aircraft are weighed, as required, by our organic depots and commercial contractors. FRCSE Jacksonville weighs many different TMS aircraft and has a dedicated crew of weight and balance specialists on hand.

CNATTU Jax is the Course Curriculum Model Manager and one of eight Maintenance Training Units authorized to teach the Aircraft Weight and Balance Course. Successful completion of this course is required for personnel to be designated as a Weight and Balance Officer/Technician.



Photos by Jacob Sippel

Bono visits NH Jax

(Above) Lt. Vincent Jones, Naval Hospital (NH) Jacksonville pharmacy division officer (right), explains pharmacy procedures and operations to Rear Adm. Raquel Bono, chief, Navy Medical Corps, during a recent visit to the hospital. Bono commanded NH Jacksonville from 2005 to 2008.

(At right) Rear Adm. Raquel Bono, chief, Navy Medical Corps, addresses NH Jacksonville medical corps officers during a recent tour. Bono visited various clinics, including labor and delivery, physical therapy and the newly renovated endoscopy suite.



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Sexual assault prevention advocate speaks out

By Lisa Ferdinando
Army News Service

Army Spc. Natasha Schuette wants victims of sexual abuse in the military to know they are not alone and that help is available.

She speaks from personal experience, sharing the ordeal she went through after being sexually assaulted by her drill sergeant at Fort Jackson, S.C., in 2012.

"I just want to . . . continue to encourage victims to come forward to change this culture that we have," she said.

"I know I am one of the very few who has an actual conviction on their perpetrator."

The Defense Department honored Schuette with a Lifetime Achievement "Women of Character, Courage and Commitment" award and a Women's History Month certificate of appreciation during a March 31 ceremony at the Pentagon.

The Army is combating the culture of tolerance of sexual abuse, but it is a slow process, she said. It's important for victims to know there are avenues for them, she said, whether they want to pursue a conviction or not.

"You need to come forward or at least talk to somebody. That way you can have it off of your chest, because [otherwise] it's going to eat you alive," Schuette said in an interview after the ceremony.

Her chain of command didn't believe her when she report-



U.S. Army photo
Army Spc. Natasha Schuette, a sexual assault prevention specialist, speaks about her experiences as a victim of sexual assault and encourages all victims – male and female – to talk to someone about their assault. She spoke at a Women's History Month event March 31 at the Pentagon.

ed the crime, Schuette said. Other drill sergeants retaliated against her, and she faced a discharge for having a "lack of integrity," she said.

In talking with others in her company, she learned that other female trainees had been assaulted by the same male drill sergeant.

Those women came forward. The drill sergeant was convicted on multiple counts, and is serving a four-year jail sentence for sexual assault.

"I had to write three congressional inquiries. I really fought for this conviction, and having

the other girls stand beside me was what actually got him convicted," she said.

Being new to the military when the attack happened, Schuette said she was unsure who to report the crime to.

The rank structure was unfamiliar; the basic training environment was intimidating.

However, there was no question that she would report the assault and fight for what was right, she said.

Schuette said she found the strength to pursue the case from the other victims who came forward and stood beside

her, and also from her family. Her dad provided counsel and helped her when "nobody would listen to me," she said.

"He said, 'You have two choices: you can stay in and fight it, or you can get out and not really have as much as a voice,'" Schuette said.

At the Pentagon ceremony, Schuette was recognized for demonstrating one of the finest Army values, personal courage, by coming forward to share her experience.

Her actions are credited with opening the door to the problems that exist in han-

dling reported cases of sexual assault, and contributed to an increased effort by the Army to improve its Sexual Harassment/Assault Response and Prevention, or SHARP, program.

The ceremony noted that her "courageous actions have had a profound impact on reporting sexual assault and sexual harassment by both male and female soldiers."

Schuette shared her story for a training video that was shown at a SHARP summit last year, hosted by Army Chief of Staff Gen. Ray Odierno.

Army leadership has made preventing sexual assault and effectively responding to reported cases a top priority.

Schuette, who is stationed at Fort Bragg, N.C., said she is planning on leaving the military. The uniform, she said, is "kind of a reminder for me of everything that's happened."

But, Schuette said she plans to continue to help victims of sexual assault in the military through speaking engagements with the SHARP program.

She is pursuing her nursing degree and would like to work on an installation hospital and provide care to sexual assault victims.

"I want to encourage more people, not just females but males and females, to come forward and get these bad people in jail," she said, adding that Army values are not represented in those who commit sexual assault.

Personnel Support Detachment Jax travel claim stand-down training held

By Manuel Marguy, director
Personnel Support Detachment Jax

While processing more than 40,000 travel claims annually, the Travel Process Center and Personnel Support Detachment (PSD) Jax are delivering comprehensive travel claim processing training during April.

The goal is to provide timely and accurate pay and personnel services to the warfighter, and eliminate the bureaucratic travel claim process that can be so frustrating for both users and travel claim personnel.

To shore up some of the back-and-forth of rejected claims to Command Pass Coordinators (CPCs) and to reduce turnaround times, PSD Jax has retooled the Standing Operating Procedures, and repackaged them in "customer speak," versus "PSD speak."

Like many warfare areas, the language and jargon used can be foreign to new personnel or customers – and PSD language is no different.

Specifically, the training is broken out for each type of travel claim submitted, PCS/TDY/Advances, active and reserve, along with required documents for each



Photo courtesy of PSD Jax
Civilians and Sailors fill the for PSD Jax training room on April 8 for Travel Claim stand-down training.

type of claim. In addition, there's a list of "most-common reasons for rejects" for each type of claim submitted.

Our goal is to ensure our users understand the process, language and terminology, as well as how to troubleshoot and track claims more efficiently.

PSD is also working on developing separate check-off sheets, versus just

one sheet for all claims.

For each type of claim submitted for liquidation, to more collaboratively undergird the vital link CPCs and Travel Claim personnel play in support of the warfighter.

Moreover, we are committed to provide "stand-down training" twice a year, or more often if requested, to

ensure we are all tracking from the same page – and ultimately lead to the Travel Processing Center receiving actionable claims on the front end, versus the back-and-forth processing that increases turnaround times.

The first training session was held April 8 and 10 and by all accounts, the CPCs and our staff were well motivated by the training.

Additional training is scheduled for April 17 and 24 via video tele-conference.

If your command would like to attend one of these sessions, contact Deputy Disbursing Officer David Tackett, 542-2363, or email David.Tackett@navy.mil to reserve your place – as seating is limited to 26 personnel.

Attendees will receive a packet with "glossary of terms," a "toolkit" booklet listing required documents for each type of claim submitted, and an established list of POCs for which to track and troubleshoot claims submitted to PSD for processing.

With the busy season on the horizon, we are hopeful this investment will pay dividends all the way around.

A new shady place for electric vehicles to get a charge

By Earl Bittner
NAVFAC Southeast Public Affairs

Naval Submarine Base (NSB) Kings Bay Public Works Department (PWD) completed construction on a 30-kilowatt (kW) solar carport and celebrated the event with a ribbon cutting ceremony April 3.

The NSB Kings Bay array provides accommodations for eight electric vehicle charging stations and cover for four more vehicles. The carport is comprised of eight single axis photo-voltaic arrays. The 150-foot-long panel structure of single axis arrays tilts automatically to track the sun's movement in one direction improving energy generation. The array includes several safety features to protect against high wind or lightning strikes.

"This investment provides the Navy a low cost energy solution for today's economic climate with monetary savings throughout the lifespan of the system," said NSB Kings Bay PWD Construction Manager Ensign Ryan Harbaugh.

Construction began on the \$448,000 carport Dec. 17, 2013 and is the result of a larger project that was set to deliver three charging stations to the Navy's Southeast region.

The carport will enable NSB Kings Bay to recharge its current fleet of 63 electric vehicles with renewable electricity through either 110 or 220 volt outlets in approximately eight hours while reducing demand on the commercial power grid. The panels will generate excess electricity which is returned back to the electrical grid to help offset the energy consumed on the installation. The carport is expected to save about

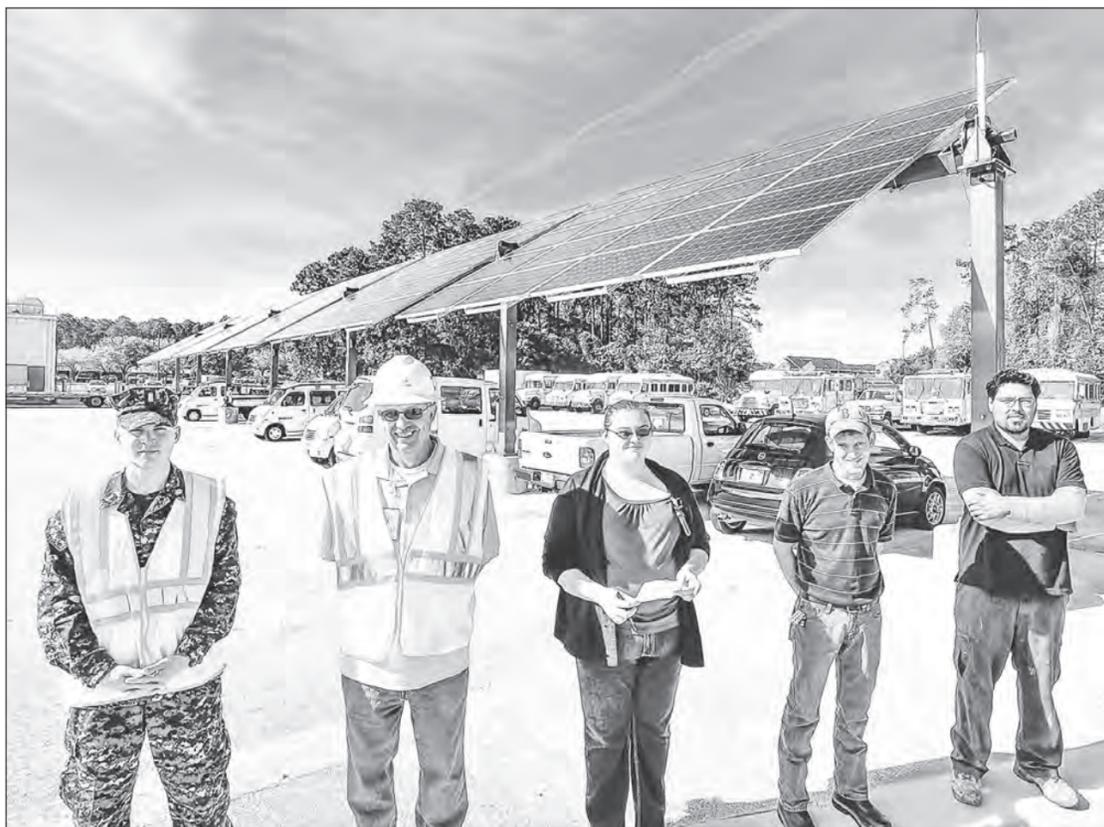


Photo by EM1 Mark Treen
PWD Kings Bay Construction Manager Ensign Ryan Harbaugh, Engineering Technician Tom Laxton, Installation Energy Manager Leigh Adams, Equipment Specialist Mike Bessette and Contractor Chris Currier.

50,000 kWh per year, or about \$25,000 in annual utility costs.

A similar system was constructed and recently came online at Naval Air Station Whiting Field in Florida's panhandle that provides a total of ten electric vehicle charging stations and covered parking for 12 total vehicles. Naval Surface Warfare Center Panama City received a smaller array capable of charging three vehicles and providing parking for three more.

"These projects will help the Navy comply with the mandates of the Energy Policy Act of 2005, the Energy Independence Security Act of 2007 and Presidential Executive Order 13423, which requires a 30-percent reduction in energy intensity by fiscal year 2015," said Brad Clark, Navy Region Southeast Energy Program Manager. "They also support the Secretary of the Navy's energy goals to further reduce the Navy's reliance on fossil fuels."



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

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NAS Jax Captain's Cup Sports

Sand Volleyball League forming

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

Greybeard Softball League Forming

Open to active duty, selective reservists, DoD civilians and DoD contractor personnel age 30 and older who work in a command at NAS Jacksonville. Games play on Tuesday & Thursday at 11:30 a.m. Contact the gym at 542-2930 for rules and required paperwork. Play begins in April.

Intramural Softball League Forming

Open to active duty, selective reservists, DoD civilians and DoD contractors who work in a command at NAS Jacksonville. Games play in the evenings. Contact the gym at 542-2930 for rules and required paperwork. Play begins in April.

Women's Softball League Forming

Open to active duty, selective reservists, DoD civilians; DoD contractors; retirees; and dependents over 18. Games play in the evenings. Contact the gym at 542-2930 for rules and required paperwork. Play begins in April.

Kickball League Forming

Open to active duty, selective reservists, DoD civilians and DoD contractors assigned to a command aboard NAS Jacksonville. Game play at lunch time. Contact the NAS Jacksonville Sports Department at 542-2930 for rules and the required paperwork.

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.

Intramural Golf Summer League Meeting May 7

Open to NAS Jax active duty, command DoD, DoD contractors and selective reservists. Meet at 11:30 a.m. at the golf course. Commands whose athletic officer or designated representative attend receive five Captain's Cup points, along with rules and required paperwork.

Intramural Basketball League Meeting May 14

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

Wallyball League Meeting May 21

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

Badminton Singles League Meeting May 28

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

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

Standings

As of April 11
Winter Golf

Final Standings

Teams	Wins	Losses
NCTS	7	1
VP-45	7	1
VP-30	6	2
FRCSE	6	2
CV-TSC/PSD	5	3
CNATTU Blue	5	3

Registration is open May 10 - June 2

Register at the base gym

\$40 military, \$45 DOD

Session I: June 9 - 19

Session II: July 7 - 17

Session III: July 21 - 31

I.T.T. Events

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

ITT current ticket promotions include the following:

Kanapaha Botanical Gardens Trip - May 3, \$25

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Daytona Lagoon - \$19 waterpark

Alhambra Dinner show \$38 - \$50.50

Jacksonville Sharks - \$25

Jacksonville Suns - \$5.50 - \$11.50

Jacksonville Zoo - \$8.50 - \$17

Rivership Romance (includes dinner) \$40- \$57.75

Funk Fest 2 Day Ticket \$62

Motley Crew Concert - Club seats \$63.50

Wild Adventures \$30 - \$70 while supplies last

Disney World Orlando Armed Forces Salute ticket FL (Expires Sept.27, 2014)

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Paintball Trip

GTF in Yulee

April 19 at 9 a.m.

Jacksonville Suns Game

April 22 at 6 p.m.

Barracks Bash

April 24, 4 - 8 p.m.

Free food, entertainment and prizes

NAS Jax Golf Club

Golf course info: 542-3249

Mulligan's info: 542-2936

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April 24

Mondays & Tuesdays

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Deputy Defense Secretary challenges Marines, Navy to innovate

By Nick Simeone
American Forces Press Service

The Navy and Marine Corps need to think about how to be more innovative, including leveraging experiences learned from the wars in Iraq and Afghanistan, in the face of budget challenges that could become more acute, acting Deputy Defense Secretary Christine H. Fox said April 7.

"Whether sequestration returns or not, the reality is we're counting more than ever on your leadership and innovation to solve problems and meet new and often unfamiliar challenges to our nation's security," Fox told students at the U.S. Naval War College in Newport, R.I., in one of a series of addresses she has delivered in recent days at war colleges around the nation.



Christine H. Fox

In each, Fox's theme has reflected warnings senior defense officials have been making since last year's budget sequester and the likelihood of further spending cuts to come: that the Pentagon is going to have to re-examine priorities, reduce overhead and shrink the force while finding ways to continue vigilance in what officials describe as an increasing-

ly unpredictable global environment.

"Our Marines have excelled at everything we've asked of them in the [counterinsurgency] fight, . . . and they continue to do so in Afghanistan today," Fox said.

"So even as we make this transition, we need to capture as much of these hard-won experiences as possible, because we'll undoubtedly need it again in the future."

Fox also challenged the students to rediscover their service's core capabilities, "even as you build from the lessons of the immediate past to take on new missions."

"There are now many young, battle-hardened Marines who have spent little time inside of a ship, much less practicing to conduct an assault from sea," she said.

"As you regain your sea legs, I also hope you will work to innovatively update your amphibious concepts of operations."

Regarding the Navy, Fox said, "we need to confront the reality that there's more demand for ships than budgets allow, and I don't see this changing any time soon," emphasizing that no one is expecting the end of the Iraq war and the winding down of the conflict in Afghanistan to yield a peace dividend.

"Our naval forces need to think creatively about how to provide presence, getting more out of the ships we currently have," she said.

Fox challenged the audience to determine whether to change deployment concepts and keep ships deployed longer.

"There must be some innovating approaches out there that people like you, our future leaders, can find and adapt," she added.

Defense Secretary Chuck Hagel is in the Asia-Pacific region, and just announced the addition of two ballistic missile defense ships to Japan, Fox noted. "What other opportunities like that are out there that would help us meet the needs of our strategy?" she asked the students.

Ultimately, Fox said, it's not about numbers but capabilities.

"We need to make the financial and intellectual investments in technology and modernization programs now," she said, "before we no longer have the massive technological advantages we've enjoyed over the past 60 years."

Fleet Logistics Center Jacksonville implements lunch and learn program

By Lt. j.g. Shelby Green
FLCJ Corporate Communications

NAVSUP Fleet Logistics Center Jacksonville (FLCJ) recently launched its lunch and learn program as part of a three-phase command development program aimed at enhancing employees' personal and professional skills, while fostering a positive work environment that encourages growth and learning.

The last Defense Equal Opportunity Management Institute survey indicated that FLCJ employees wanted a concrete way to improve themselves and move forward in their career, which inspired the implementation of this program. "Brown Bag Lunches" are a common practice in the corporate world - they create a space that senior level management can interact with their employees in a less formal setting, or can bring in an outside speaker to educate the employees on a topic in a way that fosters a discussion.

Since the kick-off at the start of 2014, two successful luncheons have been held with a total participation of 11 remote sites and 60-plus employees across the Enterprise.

To date, the lunch and learn events have hosted Wanda Archer from the base's Fleet and Family Support Center (FFSC). Her series, "Getting your Career Underway," has focused on starting a new career or keeping your current career on course and moving it forward. These resources included first, exploring what you want to do, and secondly,



Photo by Victor Mangome

NAVSUP FLCJ employees evaluate their current skills and interests before using them to create goals for the future, during the command's first Lunch and Learn event. (From left) Ruth King, Nancy Enos, Jenelle Rankin and Sarah Jacobs.

how to market yourself and obtain the skills necessary for that job. By using the resources provided, one is able to maximize their potential in current or future careers and love what they do.

Jose Santa, the catalyst and coordinator of this program, says, "It is so crucial that we continue to develop ourselves whether we have been in a job one month or 30 years. We wanted to nurture an environment that promotes growth professionally and personally through these relaxed and interactive lunch sessions."

The lunch and learn program will continue monthly and branch into other categories, such as resume writing, car maintenance, wreath making, home buying, and interviewing.

The subject matter experts (SME) in these different areas are solicited from the workforce or external sources to

present for 30-45 minutes while the employees eat lunch. Due to its regionally expansive workforce, NAVSUP FLCJ has created a system to include all sites by performing these luncheons via video teleconference (VTC), so everyone can participate and see the presenter.

Additionally, each session is recorded and accessible for all employees to review at a later date.

"We want to empower our employees

and set them up for success, whether that be in their current job or a future one. This program is a way to do just that through developing and exploring unique skills," remarked Capt. Duke Heinz, commanding officer of NAVSUP FLCJ.

"Brown bag lunches are just the first phase of a multi-phase program aimed at mentoring and developing employees for succession. The next phases include mentoring, job rotations, and job shadowing to expose employees to other aspects within the organization. NAVSUP FLC Jacksonville, is one of eight fleet logistics centers under NAVSUP Global Logistics Support (GLS). They provide operational logistics, business and support services to the fleet, shore, and industrial commands of the Navy, Coast Guard, Military Sealift command, and other Joint Allied Forces.

Services include contracting, regional transportation, fuel, material management, household goods movement support, postal and consolidated mail, warehousing, global logistics and hub-and-spoke, hazardous material management and integrated logistics support.

FFSC offers life skills workshops

From FFSC

The NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues.

All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745.

If special accommodations or handicapped access is required, please notify FFSC upon registration. The following is the schedule for 2014:

- **Ombudsman Basic Training** - May 12-15 (5:30-10 p.m.), Aug. 18-19 (8 a.m.-4 p.m.), Aug. 20 (8 a.m.-12:30 p.m.), Nov. 17-20 (5:30-10 p.m.).
- **Transition Assistance Program (TAP) Separation Workshop** (7:30 a.m.-4:15 p.m.) - May 5-9, May 19-23, June 9-13, June 23-27, July 7-11, July 21-25, Aug. 11-15, Aug. 25-29, Sept. 15-19, Oct. 20-24, Nov. 3-7, Dec. 1-5.
- **Transition Assistance Program (TAP) Retirement Workshop** (7:30 a.m.-4:15 p.m.) - May 12-16, June 16-20, July 14-18, Aug. 18-22, Sept. 22-26, Oct. 27-31, Nov. 17-21, Dec. 8-12.
- **Federal Employment Workshop** (8:30 a.m.-noon) - May 2, June 30, June 30, July 29, Aug. 4, Sept. 2, Oct. 8, Nov. 14, Dec. 22.
- **Job Search & Interview Techniques Workshop** (8-9:30 a.m.) - May 28, July 1, Sept. 3, Nov. 12.
- **Resumes & Cover Letters Workshop** (9:40 a.m.-noon) - May 28, July 1, Sept. 3, Nov. 12.
- **Million Dollar Sailor Workshop** (7:30 a.m.-4 p.m.) - April 29-30, Aug. 5-6, Nov. 24-25.
- **Command Financial Specialist Training** - (7:30 a.m.-4 p.m.) - July 31.
- **Money, Debt and Credit Management Workshop** (1-4 p.m.) - July 29, Oct. 8.
- **Strategies for First-time Home Buyers** (1-3:30 p.m.) - July 30, Oct. 7.
- **Strategies for Best Deals in Car**

Buying (9-10:30 a.m.) - July 30, Oct. 17.

- **PCS Sponsor Training** (1:30-3:30 p.m.) - May 1, July 2, Aug. 7, Oct. 2, Nov. 6.

- **PCS Smooth Move Workshop** (1:30-4 p.m.) - May 8, July 10, Sept. 11, Nov. 13.

- **Military Spouse 101 Workshop** - July 29 (10-11:30 a.m.), Oct. 4 (1-2:30 p.m.)

- **What About the Kids** (9-11 a.m.) - May 12, June 9, July 14, Aug. 11, Sept. 8, Oct. 6, Nov. 3, Dec. 8.

- **Stress Management 101 Workshop** (9-10:30 a.m.) - May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 7, Nov. 4, Dec. 9.

- **Extended Stress Management Workshop** (8 a.m.-noon) - May 20, 27, Sept. 23, 30.

- **Anger Management Workshop** (8 a.m.-noon) - April 28, May 19, June 30, July 28, Aug. 25, Sept. 29, Oct. 27, Nov. 24, Dec. 15.

- **Personal Anger Control Group** - May 1 (Thursdays 11 a.m.-1 p.m.), May 27 - July 8 (Tuesdays 2-4 p.m.-no workshop June 3), July 29 - Sept. 9 (Tuesdays 2-4 p.m.-no workshop Aug. 19), Sept. 25 - Oct. 30 (Thursdays 11 a.m.-1 p.m.).

- **Individual Communication** (11 a.m.-1 p.m.) - May 6, July 15, Sept. 9, Nov. 18.

- **Parenting with Love & Logic** (1-3 p.m.) - May 6, 13, 20, 27; July 1, 8, 15, 22; Sept. 9, 16, 23, 30; Nov. 4, 12, 18, 25.

- **Active Parenting of Teens** (1-4 p.m.) - April 22; June 3, 10, 17, 24; Aug. 5, 12, 19, 26; Oct. 7, 14, 21, 28.

- **Power 2 Change Women's Support Group** (9:30-11 a.m.) - Every Wednesday
- **Expectant Families** (9 a.m.-3 p.m.) - June 3, Sept. 16, Dec. 2.

- **Tiny Tots Play Group** (10 a.m.-noon) - April 29; May 13, 27; June 10, 24; July 15, 29; Aug. 12, 26; Sept. 9, 23; Oct. 7, 21; Nov. 4, 18; Dec. 2, 16.

- **Exceptional Family Member Program (EFMP) Orientation** (1:30 p.m.-3 p.m.) - May. 15, July 17, Sept. 4, Nov. 5.

- **EFMP Command POC Training** (1:30 p.m.-3 p.m.) - June 12, Aug. 14, Oct. 9, Dec. 4.

To register for any of the above workshops, please call 542-5745.

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Veteran aid program launches 'Homes For Our Brave'

From Staff

To raise awareness of veteran homelessness in Duval, Clay and Nassau counties, Emergency Services and Homeless Coalition (ESHC) of Northeast Florida recently unveiled three digital billboards and a new landing page for a program that can provide help for local Veterans.

The billboards bear the headline "Vets Deserve Better" - and complement the new landing page, HomesForOurBrave.com, that provides crucial information about Supportive Services for Veteran Families (SSVF), a U.S. Department of Veterans Affairs program administered by the ESHC of Northeast Florida.

Through this program, homeless or at-risk veterans and their families may receive



services such as:

- case management,
- temporary financial assistance for rent and other living expenses,
- assistance for transportation,
- housing counseling,
- and referrals to community agencies.

ESHC was awarded \$1.78 million by the Department of Veteran Affairs to provide prevention and rapid re-housing services, and has applied for an additional \$5 million to con-

tinue its efforts.

"This campaign is a reflection of our commitment to end veteran homelessness in Duval, Clay and Nassau counties. Veterans deserve better. They deserve housing and the services necessary to sustain it," said Marti Johnson, SSVF program director for ESHC.

"We are committed to the goal of ending veteran homelessness by December 2015."

"Our community is on track to meet this target thanks to the resources available

through the Department of Veteran Affairs, our partners, and other service providers in the community."

According to the U.S. Department of Housing and Urban Development's 2013 Homeless Assessment Report:

- Florida has the second-highest rate of homeless veterans in the nation, estimated at 5,505.
- Since 2009, Florida has had the second highest decrease in veteran homelessness.
- 58 percent of homeless vet-

erans are unsheltered (living in a place not meant for human habitation).

"Since the SSVF program was implemented locally in October 2012, we have assisted more than 80 female veterans and their families. Women are the fastest growing group of the veteran population and Northeast Florida. It's our priority to ensure these women have a home for their families. Our partners are helping us to establish a strong safety net that can meet the unique needs of female veterans," says Johnson.

Members of the community are encouraged to learn more about the SSVF program, including its eligibility requirements and resources for referring a potential client, at HomesForOurBrave.com.

How the Navy's recruiting school turns fleet Sailors into recruiters

By MCC(SW/AW) Christopher Tucker
All Hands Magazine

Let's face it. The most any of us can hope to accomplish in the Navy is to master our craft, leave a command better than we found it, and to train our reliefs. However, in order to have reliefs to train someone has to initially find qualified young men and women and convince them to join the Navy.

That job falls squarely on Navy Recruiting Command, which operates 1,450 recruiting stations around the country and also in Japan, Europe and Guam. With 5,000 Navy recruiters working across America's cities and small towns, NAVCRUITCOM is tasked with bringing in more than 33,000 people into the Navy for fiscal year 2014 alone.

With most recruiters being fleet Sailors on a three-year tour of duty, it is imperative they receive the absolute best training possible.

New recruiters attend a five-week course at Naval Air Station Pensacola, Fla., to learn how to find qualified future Sailors. NORU, or Navy Recruiting Orientation Unit, trains approximately 1,500 Sailors each year to serve in the field.

"My number one mission is to take Sailors and reenergize them, motivate them to love what they do - to love the Navy," said NCCS(SS) Tim Corelli, a senior instructor at NORU.

In five short weeks, these fleet Sailors learn everything from how to analyze a recruiting market to sales techniques. In fact, they learn a specific sales philosophy called VALOR, which stands for value oriented recruiting.

Essentially, it shows Sailors how to identify prospects' pressures, plans and problems and teaches them how the Navy can help solve those, ultimately leading to that prospect raising their right hand to join.

"We teach them to take someone who is apathetic, and by the time they're done with them they are ready to join the Navy," said Corelli.

However, it's more than just sales. The staff at NORU also emphasize standards, both Navy personal standards and ethics, as well as recruiting standards. On the first day of class, all new students are given a height-weight measurement to ensure they are within body fat standards. Those that aren't are immediately enrolled in the command's fitness enhancement program.

"We are the face of the Navy out there as recruiters," said NCC Kevin Roux, an instructor at NORU and the command fitness leader. "If a recruiter is out of standards, that's not the image that we want to have [in the public.] We really need to make sure that we're on top of our game here."

The staff uses the Navy Operational Fitness and Fueling System as their guideline for teaching fitness. They hold mandatory command group physical training twice a week in the morning and FEP sessions are held two additional days per week in the afternoon.

"I'm a believer in the NOFFS program. I wasn't at first, but I know what it's done for me," said Roux. "You get out of it what you put into it. I find myself to be a better runner now."

For some fleet Sailors, the transition to recruiting can be a bit of a shock to their system. Taking someone who is a technical expert in their rating and teaching them an entirely new set of skills presents its own unique challenge.

"This is a whole new experience," said BMC(SW) Christopher Haywood, a new recruiter. "Being a boatswain's mate, I'm used to the fleet mentality. [Here] you learn new things about how to relate to people."

The instructors said they usually see some myths about recruiting cleared up within the first week of the course.

"Most of the time we're getting the top Sailors from the fleet," said NCCS(SW) Brian Banrey, a NORU instructor. "They come to recruiting to be successful, but when they get here they figure out that it's something different. They might be the best ET or best MM, but when they come here they've never done [something like this] before. They're learning a different trade, which sometimes can be a challenge."

The course culminates in a capstone exercise during the final week. Instructors role play as potential future Sailors and the students work in a mock recruiting station. Students are evaluated on how well they deal with a variety of situations, everything from an angry parent who doesn't want their child to join the Navy, to a prospect who changes his mind at the last minute and decides not to join.

"We deliberately make it chaotic," said NCCS(SW) Elissa Cook, a NORU instructor.

One myth instructors were quick to dispel is that Navy recruiters must lie to be successful.

"The reality of it is . . . that it's so easy

to get caught and ruin your career," said Corelli. "The last thing we want is for a bunch of Sailors in the fleet that can't do the job because they're not qualified. Eventually, I tell all these recruiters, 'Guess what? One day, guess where you're going when your three years is up? You're going back to work with those people that you put in. Do you want to work side-by-side with someone you lied about?'"

Instructors and students alike said the intangible skills of building relationships and learning to relate to complete strangers are the most important tools recruiters walk away with.

"As a fire controlman, I actually ran an ET division for navigational radar and GPS," said FC1(SW/AW) Christopher Campbell, who reported to NORU fresh off a tour aboard USS Carl Vinson (CVN 70). "As far as recruiting, the job is completely different. I'm interacting with people who aren't Sailors." "Recruiting boils down to helping these Sailors find qualified people that can ultimately make the Navy a better place, said Corelli.

"You do change people's life," he said.

Base residents: Window safety tips can save lives

From Balfour Beatty Communities

The first full week in April is designated as National Window Safety week to coincide with spring - the time of the year when there is an urge to open windows and welcome the fresh air. National Window Safety Week's goal is to raise awareness for what can be done to help keep families safe from the risk of accidental falls or injuries within the home. At Balfour Beatty Communities, safety is important to us, and we want to share some window safety knowledge with our residents in order to protect our communities.

- Preventing window falls is just as important as learning how to use one in an emergency. Unattended children run the greatest risk of falls and injuries, so the best first step is to carefully watch your children as they play. Nothing can substitute for careful supervision.

- Keep your windows closed and locked when children are around. When opening windows for ventilation, open windows that a child cannot reach.

Do not rely on insect screens to prevent a fall. Insect screens are designed to provide ventilation while keeping insects out, not to prevent a child's fall from a window.

Set and enforce rules about keeping children's play away from windows or

patio doors. Falling through the glass can be fatal or cause serious injury.

- Keep furniture, or anything children can climb, away from windows. Children may use such objects as a climbing aid.

- Practice emergency fire escape plans. While some falls occur from windows, it is important to realize that in the event of a fire, a window also can save a child's life. This is why windows play a critical role in home safety.

- Windows provide a secondary means of escape from a burning home. Determine your family's emergency escape plan and practice it regularly. In the plan, include two elements of escape from every room.

Remember that children may have to rely on a window to escape in a fire. Help them learn to safely use a window under these circumstances.

To learn more about window safety, visit the Safety section on Balfour Beatty Communities' website at <http://www.nasjacksonvillehomes.com/resident-resources/safety>.

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Naval forces stand ready despite threat of sequestration

By Claudette Roulo
American Forces Press Service

Forward presence is the Navy's mandate, the vice chief of naval operations told a House panel April 11.

Naval forces remain on watch around the globe as more than a decade of conflict and extended stability operations draw to a close, Navy Adm. Mark Ferguson III told members of the readiness subcommittee of the House Armed Services Committee.

"Our forward-deployed forces are where it matters, when it matters," he said.

In the past year, America's naval forces have helped shape events and provided immediate options to the president during times of crisis around the globe, Ferguson said.

"Our global presence reassures our allies and partners, deters aggression and provides a ready response to humanitarian crises," he said. "It confronts piracy and supports counterterrorism operations from the sea."

With the signing of the Bipartisan Budget Act, the Navy was able to improve its forward operations and readiness in fiscal year 2014, the



Photo by Sgt. Courtney Ropp
Vice Chief of Naval Operations Adm. Mark Ferguson III testifies on April 10 before the House Armed Services Committee Subcommittee on Readiness.

admiral said.

"Through the remainder of this fiscal year, we are restoring fleet training, maintenance and operations, and we'll recover a substantial portion of our ship maintenance backlog," he noted.

If the Navy's fiscal year 2015 budget request is fulfilled - and if overseas contingency operations funds are approved - Ferguson said, the service will have the resources necessary to train, maintain and operate its planned fleet structure.

The combined funds will

also sustain the required levels of readiness to support the adjudicated Global Force Management Allocation Plan for naval forces, the admiral added.

Even if the budget request is fully funded, he said, the Navy will make some cuts in light of reduced funding from its proposed budget request last year, including a reduction of nearly 80 aircraft and 3,500 weapons.

"To remain a balanced and ready force across the Future Year's Defense Plan, this budget proposes slowing cost

growth and compensation of benefits, maintaining the option to refuel or inactivate one aircraft carrier and a carrier air wing," Ferguson said.

The proposed budget also puts 11 guided missile cruisers and three dock landing ships into a phased modernization period, the admiral told the committee.

"This phased modernization approach, while fiscally driven, will reduce force structure risk in the 2030s and beyond by extending the service life of these ships," he noted.

The Navy strove to reset while simultaneously conducting a decade of high-tempo operations, Ferguson said. It will take about five years beyond the end of Operation Enduring Freedom to complete the reset of the force, he said.

The length of this period reflects unique ship depot maintenance demands, which are limited by operational schedules and the capacity of the Navy's depot infrastructure, the admiral explained.

"Our budget request also proposes lower investment in our shore infrastructure," he said.

"We are mindful that this backlog will compound over

time and must eventually be addressed. Accordingly, we will continue to aggressively pursue opportunities, such as reprogramming our realignment of funds in the year of execution to modernize and sustain our shore facilities," Ferguson said.

As the Navy looks to the future, the specter of sequestration looms large, he said.

A return to sequestration-level spending in fiscal year 2016 and beyond will lead to a Navy that would be insufficient in size and capability to meet the needs of the country, the admiral said.

"Under that scenario, additional force structure reductions would be required to fund adequate readiness of the remaining force. Under sequestration, further reductions in procurement, in maintenance training and operations would be required and damage to the industrial base would likely be severe," he said.

Despite these challenges, the nation is fortunate to have the highest quality force in its history, Ferguson said.

"These outstanding men and women who serve our nation at sea make us the finest Navy in the world," he said.

Navy christens future USS Zumwalt, new class of destroyer

From Department of Defense

The Navy christened the future USS Zumwalt (DDG 1000) April 12, during a ceremony at General Dynamics-Bath Iron Works shipyard in Bath, Maine.

The lead ship and class are named in honor of former Chief of Naval Operations (CNO) Admiral Elmo "Bud" Zumwalt Jr., who served as the 19th CNO from 1970-1974.

Secretary of the Navy Ray Mabus delivered the ceremony's principal address.

In accordance with Navy tradition, the ship's co-sponsors Ann Zumwalt and Mouzetta Zumwalt-Weathers, daughters of Zumwalt, will break a bottle of sparkling wine across the ship's bow.

"The christening of the future USS Zumwalt represents the beginning of another era of service for this great name," said Mabus.

"Just as Admiral Zumwalt helped shape our nation's Navy as the 19th chief of naval operations, DDG 1000 will help shape the future of surface combatants. The sophisticated new technology incorporated aboard this ship, combined with its multi-mission capabilities, will ensure it is a relevant and integral part of our battle force for years to come. This day, however, would not be possible without the hard work and dedication of the hundreds of men and women of our nation's industrial base who worked so diligently to help us reach this exciting moment."



Photo by MC1 Arif Patani
Secretary of the Navy (SECNAV) Ray Mabus and other honored guests attend the April 12 christening ceremony for the Zumwalt-class guided-missile destroyer USS Zumwalt (DDG) 1000. The ship, the first of three Zumwalt-class destroyers, will provide independent forward presence and deterrence, support special operations forces and operate as part of joint and combined expeditionary forces.

Zumwalt was a veteran of World War II, as well as the Korean and Vietnam Wars. Following the World War II Battle for Leyte Gulf, he was awarded the Bronze Star with Combat "V" for his valorous actions aboard the USS Robinson. During the Vietnam War, he served as commander naval forces, Vietnam before being nominated by President Richard Nixon to become CNO in July of 1970. He is credited with implementing a series of policies intended to

improve opportunities within the Navy for minorities and women during his tenure as CNO.

Zumwalt died Jan. 2, 2000. During his eulogy, President Bill Clinton described Zumwalt as the "conscience" of the Navy.

The Zumwalt-class destroyer represents the next-generation of multi-mission surface combatants and will enable access in the open ocean, littoral and ashore. The Navy has procured

three Zumwalt-class destroyers. Each can embark two MH-60R Seahawk helicopters.

The ship includes new technologies that deliver capability now and serve as a springboard for incorporation into future ship classes. DDG 1000 is the first U.S. Navy surface combatant to employ an innovative and highly survivable Integrated Power System that will provide power to propulsion, ship's service, and combat system loads from the same gas turbine prime movers. DDG 1000's power allocation flexibility allows for potentially significant energy savings and is well suited to enable future high-energy weapons and sensors.

The ship features two advanced gun systems firing long-range land attack projectiles that reach up to 63 nautical miles, providing precision, high volume and persistent fire support to forces ashore, along with an approximate five-fold improvement in naval surface fire range.

DDG 1000 will employ active and passive sensors, as well as a multi-function radar capable of conducting area air surveillance, including over-land, throughout the extremely difficult and cluttered sea-land interface.

Construction on Zumwalt commenced in February 2009, with the keel laying ceremony held in November 2011, and ship launch successfully completed in October 2013. Zumwalt is 610 feet long is with a displacement of more than 15,000 tons when fully loaded. The ship is expected to join the fleet in 2016.

Future USS America delivered

By MC1 Lewis Hunsaker
Pre-Commissioning Unit America Public Affairs

The U.S. Navy officially accepted delivery of the amphibious assault ship America (LHA 6) from Huntington Ingalls Industries during a ship custody transfer ceremony in Pascagoula, Miss., April 10.

More than 900 Sailors and Marines assigned to Pre-Commissioning Unit (PCU) America marched to the ship to take custody on the flight deck.

During the event, Capt. Robert Hall Jr., commanding officer of America, signed the official paperwork, granting custody of the ship to the U.S. Navy.

Hall said it's a great day for the U.S. Navy and Marine Corps team, Huntington Ingalls Industries and our country.

"Since the keel was laid in 2009, literally thousands of proud patriotic men and women have been designing, building, installing, testing, outfitting and training the crew of America, and I would like to take this opportunity to personally thank them all," said Hall.

Command Master Chief (SW/AW/FMF) Chad Lunsford said that since the first Sailor reported in 2012, the command has been working diligently to complete instructions, training and qualifications required for the command to operate successful-

ly. Establishing ship programs, such as maintenance, damage control and sponsorship, have also been essential throughout the pre-commissioning process.

"This is an awesome day," said Lunsford. "We have been building this team for over two years, and today close to 1,100 Sailors and Marines come together as one team to take custody of our nation's newest Navy ship. This is a proud moment for America, our ship, our country!"

America is the first ship of its class, replacing the Tarawa-class of amphibious assault ships. As the next generation "big-deck" amphibious ship, America will be optimized for aviation and capable of supporting current and future aircraft, such as the tilt-rotor MV-22 Osprey and the Joint Strike Fighter.

America is 844 feet long, 106 feet wide and displaces 44,971 long tons. Her propulsion system will drive it to speeds in excess of 22 knots, and she will accommodate a crew size of more than 1,100 Sailors and nearly 1,900 embarked Marines.

After a rigorous evaluation and certification cycle, the ship will depart Mississippi and transit around South America to her future homeport of San Diego, where the ship will be commissioned late 2014.



Photo by MC1 Lewis Hunsaker
More than 900 Sailors and Marines assigned to the amphibious assault ship Pre-Commissioning Unit (PCU) America (LHA 6) march to the ship to assume custody of it. The U.S. Navy officially accepted delivery of the amphibious assault ship from Huntington Ingalls Industries during a custody transfer ceremony in Pascagoula, Miss., April 10. America is the first ship of its class, replacing the Tarawa-class of amphibious assault ships and is scheduled to be commissioned in late 2014 in San Francisco.

Sports and Standings (contd. from Page 13)

Intramural Spring Softball (contd.)			Badminton Doubles Final Standings		
Team	Wins	Losses	Team	Wins	Losses
NBHC Honey Badgers	0	0	NAVHOSP MSU	10	0
VP-26	0	0	NAVFAC Blue	8	1
VP-45 Sluggers	0	0	NBHC Jax	6	3
VR-58	0	0	MWR Dynamic Duo	7	3
VR-62	0	0	NAVFAC Red	6	3
FRCSE Tweaks & Geeks	0	1	NAVFAC Orange	4	5
FACSFAC	0	1	NAVFAC Gold	3	5
NCTS	0	1	CV-TSC Ashore	3	7
VP-45 Scared Hitless	0	1	FACSFAC-1	1	7
FRCSE Thrusters	0	2	MWR Liberty	0	10

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