

JaxAir News

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HS-11 drills with 20th Special Forces Group

From HS-11 Public Affairs



Photo courtesy of HS-11

Lt. Trent Daiuto (right) delivers the air mission brief to a group of HS-11 pilots, aircrew and 3/20 SOF personnel April 16 at Camp Blanding Joint Training Center.

Pilots and aircrew assigned to the HS-11 "Dragonslayers" at NAS Jacksonville flew a pair of HH-60H Seahawk helicopters to Camp Blanding Joint Training Center April 16 to support a joint training evolution with the 3rd Battalion, 20th Special Forces Group (Airborne).

"HS-11 is conducting joint training with special operations forces (SOF) to sharpen our helicopter rope suspension skills in preparation for our upcoming Helicopter Advanced Readiness Program evaluation before deployment," said HS-11 Training Officer Lt. Cmdr. Justin Cobb.

The Dragonslayers landed on the camp's parade field and shut down in order to conduct the air

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Australians commemorate ANZAC Day

By Lt. Mark Flowerdew
RAN 725 Squadron Public Affairs

Members of the Royal Australian Navy (RAN) 725 Squadron commemorated ANZAC Day April 25 at Jacksonville's Memorial Park in Riverside. ANZAC Day is the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

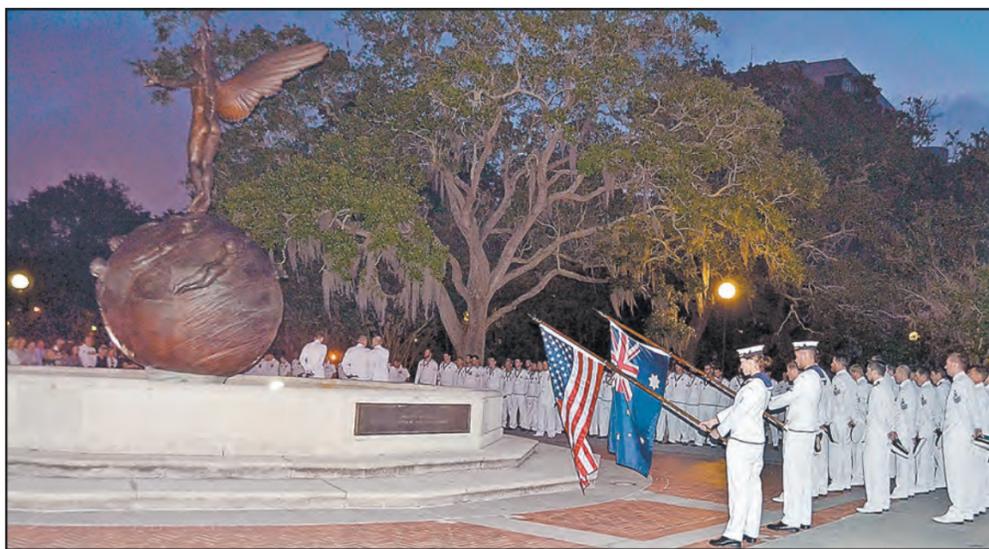
"In 1915, the Australian and New Zealand Army Corps (ANZAC) formed part of the allied expedition that set out to capture the Gallipoli peninsula in Turkey," explained Cmdr. David Frost, commanding officer of RAN 725 Squadron. "The ANZAC force landed on Gallipoli on April 25 and met fierce resistance from



Young Preston Watson was wide awake and all smiles at the dawn commemorative service for ANZAC Day in Jacksonville's Memorial Park.

the Ottoman Turkish defenders. What had been planned as a bold stroke to knock Turkey out of the war became a stalemate - and dragged on for eight months."

Frost spoke of the signifi-



Photos by Cristine Watson

Members of Royal Australian Navy 725 Squadron commemorate ANZAC Day at dawn on April 25 at the World War I statue near the St. Johns River at Jacksonville's Memorial Park in Riverside.

cance of ANZAC day, the sacrifices made by those initial ANZAC's and how their actions instilled an identity in a young nation. He also spoke of the relationship that the RAN has with the USN and how that

close relationship continues to be strengthened by the daily operations of those currently stationed in Jacksonville.

The ceremony was also attended by NAS Jax Commanding Officer Capt. Roy

Undersander, officers of NAS Jacksonville-based aircraft squadrons, representatives from the Jacksonville Mayor's office, and families and friends

See **RAN**, Page 10

NECE trains Liberians to kill deadly malarial mosquito

By Lt. Jen Wright and Cmdr. Peter Obenauer

The Navy Entomology Center of Excellence (NECE) and U. S. Navy Medical Research Unit No. 3 (NAMRU-3) partnered with the Liberian Institute for Biomedical Research (LIBR) April 9 - 18 to present a custom-designed Public Health Pest and Vector Control Course to members of the Armed Forces of Liberia (AFL).

The course is part of a larger initiative to assist in building and maintaining health capacity in Liberia.

The U.S. Navy became engaged with the AFL in 2003 during Operation Sheltering Sky, when 44 of 225 Marines became infected with malaria while ashore. Six years later, an active duty service member succumbed to malaria while deployed with his Seabee Unit.

Funded by the DoD Global Emerging Infection Systems, the course was designed to build skills within AFL Preventive Medicine Unit personnel leading to the reduction of malaria among AFL members.

Twenty students participated in the interactive course that culminated in a joint residual insecticide spray of the AFL barracks.

"The goal of this mission was to train the trainers by providing an intense, two-week course on integrated pest management that will then be taught by the AFL preventative medicine team to other members of the AFL and Liberian



Photo courtesy of NECE

Navy instructors congratulate the graduating class of the Public Health Pest and Vector Control Course, outside the Edward Binyah Kesselly Health Clinic in Liberia.

community," said Joesph Diclaro, NAMRU-3 entomology department head.

"Most importantly, this training allows us to add sustainable value to the AFL that will not just have a one-time affect - but that the preventative medicine officers can take ownership for themselves."

"This mission is an excellent example of the benefits of collaboration," said Capt. Eric Hoffman, NECE officer in charge.

"NECE, NAMRU-3, LIBR and OOL under AFRICOM all worked to make

this happen by using our diverse expertise to come together and create an innovative new curriculum for use in the AFRICOM region."

"These unique training opportunities not only increase joint capability with our allies, but also benefit the readiness of our Navy instructors as well," said NECE Instructor Lt. Yans.

"This training provided us with new tools for understanding collaborative operations with our African counterparts, as well as a broader cultural awareness that is critical for successful OCONUS missions."

"As Operation Onward Liberia (OOL) winds down, it is critical that we enable the AFL to operate independently and give them the proper tools for success," explained HM1 Crystal Goeddel, an OOL mentor who participated in the class.

The participants used the information provided during the two-week course to successfully execute the treatment of over 200 barracks - and will independently spray the remaining AFL barracks providing preventative medicine support to more than 1,000 soldiers and their families.

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In 1941 at NAS Jacksonville, U.S. Navy and Marine Corps student pilots prepare for primary flight training in Ryan NR-1 "Recruit" aircraft. The two-seat, open cockpit monoplane was powered by a 160 hp Kinner 5-cylinder, air-cooled radial engine with a top speed of 131 mph.

U.S. Navy photos

From Staff

May 1

1898 - Battle of Manila Bay, Adm. Dewey defeats Spanish at Manila, Philippines.

1934 - Lt. Akers demonstrates blind landing system at College Park, Md. in OJ-2 aircraft.

1945 - Vice Adm. Barbey lands Australian troops on Tarakan Island, Borneo, supported by naval gunfire.

1951 - USS Princeton aircraft attack Hwachon Dam using aerial torpedoes, only use of this weapon in Korean War.

1980 - Eleven Navy ships begin operations assisting Coast Guard in rescuing Cuban refugees fleeing Cuba in over-

crowded boats.

May 2

1975 - U.S. Navy departs Vietnamese waters at end of evacuation.

May 3

1861 - USS Surprise captures Confederate privateer Savannah.

1898 - Marines land at Cavite, Philippines and raise U.S. flag.

1949 - First Navy firing of a high altitude Viking rocket at White Sands, N.M.

May 4

1917 - First Navy ships (Destroyer Division 8) arrive at Queenstown, Ireland, to provide convoy escorts against German U-boats.

1942 - Battle of Coral Sea, the

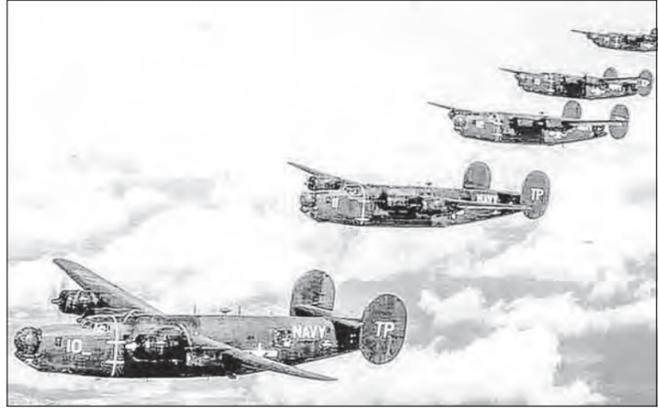
first carrier vs. carrier battle, begins.

1945 - Japanese attempt to land on Okinawa is repulsed; kamikaze attacks damage six U.S. Navy ships.

1961 - Pilot Cmdr. Malcolm Ross, USNR, and medical observer Lt. Cmdr. Victor Prather Jr., ascended in two hours to more than 110,000 feet in Strato-Lab 5, a 411-foot hydrogen filled balloon launched from the deck of USS Antietam. This was the highest altitude attained by man in an open gondola. Tragically, Prather drowned during the recovery.

May 5

1944 - USS Comfort is commissioned in San Pedro, Calif.,



A flight of five U.S. Navy Consolidated P4Y-1Ps fly in formation. The VJ-62 "Tigers" photographic squadron was established in April 1952 at NAS Jacksonville. VJ-62 was redesignated heavy photographic squadron (VAP) 62 in July 1956 and disestablished Oct. 15, 1969. VAP-62 played an important intelligence role during the 1962 Cuban Missile Crisis.

This Week in Navy History

the first ship to be manned jointly by Army and Navy personnel.

1948 - VF-17A becomes first carrier qualified jet squadron (on board USS Saipan).

1961 - Cmdr. Alan Shepard Jr. makes first U.S. manned space flight. Freedom 7 (Mercury 3) traveled 15 minutes and 28 seconds to reach the altitude of 116.5 statute miles with a velocity of 5,134 mph. Recovery was by HUS1 helicopter of HMR(L)-262 from USS Lake Champlain (CVS-39).

1980 - USS Robert E. Peary rescues 440 Vietnamese refugees from disabled craft south of Thailand.

May 6

1909 - Great White Fleet anchors in San Francisco.

1916 - First ship-to-shore radio telephone voice conversation from USS New

Hampshire off Virginia Capes to SECNAV Josephus Daniels in Washington, D.C.

1942 - Capt. Milton Miles arrives in Chungking, China, to begin building an intelligence and guerilla training organization, Naval Group China.

1945 - Naval landing force evacuates 500 Marshallese from Jaluit Atoll, Marshall Islands

May 7

1779 - Continental Navy sloop Providence captures British brig Diligent off Cape Charles.

1934 - USS Constitution completes tour of principal U.S. ports.

1940 - FDR orders Pacific Fleet to remain in Hawaiian waters indefinitely.

1942 - Carrier aircraft sink Japanese carrier Shoho during Battle of Coral Sea.

Depression doesn't play favorites, but insurers do

By Sarah Smiley
Special Contributor

From the Homefront

When I wrote about depression three months ago, I was still, for the most part, in the throes of it. Happily, with time and distance comes more perspective — some good, some not so good.

I was overcome by the amount and quality of responses I received to that column. It seems that everyone knows someone who has dealt with depression. And yet, the experience still feels foreign and shameful for those of us going through it.

In early January, I went to see a counselor because I couldn't find a reason to get up in the morning. Even things that used to make me smile — finishing a knit hat, going to my kids' school functions, eating dinner as a family — brought nothing. I felt hollowed out and flat. Worse, I couldn't stop crying, and I didn't know why.

I reached out to the counselor in a moment of desperation. My boys started to recognize that something was wrong, and with my Navy husband gone so often, I am their constant. I could see the worry in their eyes.

The counselor saw me as often as needed. I think I went every day that first week. I clung to my appointment times like little islands of hope.

It was only later that I learned my insurance, TRICARE, doesn't cover that particular counselor. In a moment of despair, I had reached into the yellow-pages grab bag and picked the wrong name. By then,

however, it was too late. The counselor and I had already covered so much ground. She was helping me get better. How could I start over?

TRICARE offered no solution, except for me to see someone else 90 miles away.

This is a horrible flaw in the industry's view of mental health. When someone is having a heart attack, they don't call around first to see whom their insurance will let them see. No, they get to the emergency room and sort it out later.

Likewise, when someone is suffering from depression, they usually don't have the clarity to wade through jargon and complicated phone trees to figure out which counselor they can see. If we're lucky, these people pick up the phone, call a counselor and say, "I need to talk with someone."

Also, mental health services are unique in that they require a deeply personal, working relationship between the provider and patient. Just because TRICARE says I should see counselor X doesn't mean counselor X can help me.

In the end, my husband wrote a big check for all those appointments I had while in crisis mode. And now I've quit going to counseling — partly because I'm doing so much better — but mostly because I never could figure it out with TRICARE, and paying 100 percent is too expensive.

How many other people out there are in the same situation, and still suffering?

Another thing I learned during this time was how people's perceptions of me changed because of my condition. There were other people in the waiting room when I arrived at a large local hospital to get my medication. We were all from different socioeconomic starting-points, but we were at the same finish line — with weary bodies, tear-stained faces and wearing yesterday's sweatpants.

In March, I returned to the hospital for a follow-up appointment. I was feeling better now, thanks to anti-depressants, and it was like a curtain had lifted. I was out of my sweat pants, and I had curled my hair. I smiled at people. I was participating in the world again. I had come through to the other side, and I couldn't wait for my appointment to be done so I could get on with my life.

As I drove away, I was excited about a new hat I would finish knitting for Owen that night.

I felt joy.

But I still think about the people I left behind in the waiting room, the ones whose curtains remain closed. That's the humbling part about depression. Once you've been through it, you know that we are all one crisis away from being in the hospital waiting room. And we're probably going to pay out of pocket for it later, too.

Ferguson is keynote speaker at Midway Dinner June 7

From Staff

The Navy League of Mayport is celebrating the 72nd Anniversary of the Battle of Midway Commemoration Dinner and Program.

This is an All-Service event featuring a joint color guard, All-Service Missing Person Table, Navy Band Southeast with all the Service Songs, and numerous historical displays. Tickets are now on sale for this year's event to be held Saturday, June 7 at the Renaissance World Golf Village Resort in St. Augustine.

The keynote speaker is Vice Chief of Naval Operations (VCNO) Adm. Mark Ferguson.

Numerous veterans who served at the Battle of Midway and veterans of all branches of the military who served in prior conflicts, and those currently serving have been invited to

attend. Additionally, Medal of Honor recipients and former Prisoners of War from the local area who have heroically answered the call of duty will also be in attendance. Come meet these "National Treasures" and hear their adventures first hand.

The evening promises to be emotional and patriotic, as well as providing an excellent opportunity to connect with survivors of what historians call one of the U. S. Navy's greatest sea victories — and the turning point of World War II in the Pacific.

Ticket prices for Active Duty and Spouses: E-6 and below - \$25; E-7 to O3 - \$40; O4 to O5 - \$50; O6 and above - \$65. Civilians and retirees - \$65.

The evening includes fine dining and a memorable program. Uniform for O4 and above - dinner dress white jacket; O3 and below - dinner dress

white/dinner dress white jacket optional; and civilian is black tie or business attire. Cocktails begin at 5 p.m., dinner is served at 7 p.m.

Tickets are mandatory and seating is reserved. Ticket sales will end May 30, unless seating capacity is reached before this date.

Make checks payable to NAVY LEAGUE MIDWAY DINNER. Visit our website for more information www.mayportnls.org.

Tickets may be purchased from the following locations:

NAVY LEAGUE MAYPORT
Bob Price, 904-246-9982
or 904-718-2118

E-mail: bpricex4@comcast.net

NAVY LEAGUE ST AUGUSTINE
Bill Dudley, 904-806-4712
or 904-794-7814

E-mail: anuday00@aol.com

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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New 24/7 Nurse Advice Line goes live tomorrow

By **Jeanne Casey**
*Naval Hospital Jacksonville
 Deputy Public Affairs Officer*



Beginning May 2, a new, 24/7 Nurse Advice Line is available. Call 800-TRICARE (800-874-2273) and select option 1 for help with urgent care, day or night — including holidays.

A registered nurse (RN) assesses symptoms, can direct patients to care, and assist with self-care. Nurses can advise parents about children's medical issues, as well.

The Nurse Advice Line is staffed by nurses who give medical advice and customer service staff who verify TRICARE eligibility. If needed, staff can connect the patient with the military treatment facility for an urgent-care appointment, or make a referral to urgent care in the

TRICARE network.

"The Nurse Advice Line works together with our Medical Home Port teams' existing resources—our local appointment lines and secure email — to connect you to the care you need, when

you need it," said Naval Hospital (NH) Jacksonville Commanding Officer Capt. Gayle Shaffer. "Our care teams are wholly focused on meeting all of your health needs: preventive, routine and urgent."

Appointment lines remain the same. At the hospital, call 904-542-4677 or 800-529-4677, weekdays from 7 a.m. to 4 p.m. At Branch Health Clinic (BHC) Jacksonville — for active duty, call 904-546-7094/7095, weekdays from 7 a.m. to 4 p.m.

The hospital is open extended hours in Family Medicine, Internal Medicine and Pediatrics: Monday to Thursday, 7:30 a.m. to 7 p.m. and Friday, 7:30 a.m. to 4:30 p.m.

Patients can securely email their doctor for non-urgent issues, with RelayHealth. Sign up at www.relay-health.com

or the command website.

To see photos of the doctors at the hospital and branch clinics, go to the command website —click on Medical Home Port and select a team.

NH Jacksonville is an early adopter of the Nurse Advice Line, which is rolling out across the military health system in the U.S. this spring. Most TRICARE beneficiaries are eligible to use the Nurse Advice Line — including TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Remote for Active Duty Family Members, TRICARE Standard and Extra, TRICARE Young Adult, TRICARE For Life, TRICARE Reserve Select and TRICARE Retired Reserve.

To find out more about NH Jacksonville, visit the command website at www.med.navy.mil/sites/NavalHospitalJax.

VP-30 wings Navy's new NFOs

By **Lt. Brian Morgan**
VP-30 Public Affairs Officer

On April 11 in the Patrol Squadron (VP) 30 Auditorium, retired Capt. Richard Heimerle and VP-30 Commanding Officer Capt. Curtis Phillips awarded naval flight officer (NFO) wings to the following officers: Ensign Chad Fox, Ensign Lance LaFlamme, Lt. j.g. Laura Podgorski, Ensign Zachary Sipe and Ensign Nathan Woodason.

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

These newly winged aviators will now enroll in the CAT I Fleet Replacement Squadron (FRS) syllabus at VP-30. Upon completion of the CAT I syllabus, they will report to operational Maritime Patrol and Reconnaissance squadrons to begin their initial sea tours at either Kaneohe Bay, Hawaii; Whidbey Island, Wash.; or Jacksonville, Fla.

The NFO training pipeline begins with Aviation Preflight Introduction (API) instruction in Pensacola, Fla., where all aviation officers undergo a classroom syllabus and are taught the basics of naval aviation that includes aerodynamics, meteorology and principles of navigation. After completing API, all student NFOs report for primary training at Training Squadron (VT) 10, co-located at NAS Pensacola.

While assigned to VT-10, they transition from a classroom learning environment to initial airborne flight training in the T-6A Texan II. Upon completion of primary flight training at NAS Pensacola, officers who are selected for the P-3, EP-3 or P-8 training pipeline report to VP-30 for specific aircraft training.



(From left) Retired Capt. Richard Heimerle, Ensign Chad Fox, Ensign Nathan Woodason, Lt. j.g. Laura Podgorski, Ensign Zachary Sipe, Ensign Lance LaFlamme and VP-30 Commanding Officer Capt. Curtis Phillips.

Photo courtesy of VP-30

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The volleyball court was very popular with Sailors at the MWR Spring Barracks Bash held near the outdoor pavilion by the barracks.

NAS Jax Spring Barracks Bash is a hit

By Morgan Kehnert
MWR Marketing

Hundreds of Sailors and Marines enjoyed a sunny, yet breezy afternoon on April 24 at the Spring Barracks Bash presented by NAS Jax Morale, Welfare and Recreation (MWR) Department and the Liberty Program.

The free event featured picnic-style food, T-shirts and prizes that included gift packages from the Jacksonville Suns, Beats Studio headphones, area restaurant gift cards, an Xbox One and much more.

"This has always been a great event and it continues to get better every year!" said Liberty Program Manager Tom Kubalewski.

"The barracks bash events are always high energy, unique and everyone always has a great time. As soon as the event is over, people already start asking when the next one will be. It is a pleasure for us to plan and implement an event like this that has such a high impact with our military personnel."

Entertainment included music by Chillula, a dance band based in St Augustine, Fla., that specializes in blending the styles of R&B, Funk, Hip-Hop, Soul, Rock, Reggae and Jazz.

Barracks bashers looking for competitive entertainment could choose from the 26-foot climbing wall, volleyball, the inflatable slam dunk hoop, gladiator jousting, bag toss, human bowling, the splash blast and the test-of-strength machine high striker.

Volunteer and attendee YNSN Arnick Alinaya of NAS Jax said, "The bash was a great way to let off some steam this week. The raffle was a nice surprise and free food is the best type of food! I was just glad I could partake and volunteer in this event."

MWR thanks everyone who participated in or volunteered for this event.

Sponsors University of Phoenix, USAA, the Jacksonville Suns and VyStar Credit Union were generous in their support of the Spring Barracks Bash.

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



(From right) Tom Kubalewski, MWR Liberty Center manager, presents the Beats Studio headphones to VP-30's AWO3 Joseph Westberry.



When CS2 Rodteashia Washington of Naval Hospital Jax heard her name called as the winner of the Xbox One, she sprinted to the DJ Booth where MWR Liberty Center Manager Tom Kubalewski presented her with the highly sought after prize.



(Left) HM3 Lyndon Acosta of Naval Hospital Jax tests his strength by hitting the mallet against the high striker game. He successfully rang the bell at the top of the tower.



(Right) Referee Lance Cpl. Luis Diaz (center) explains the rules of the ring to boxing competitors HM Justina Dubrey and CSSN Jonathan Beck, both of Naval Hospital Jax.



MWR Aquatics Director Justin Jonsson served as the resident grill master at the Barracks Bash cookout. The menu included hot dogs, burgers, baked beans, coleslaw and a variety of cold drinks.



Bullseye! The new dunk tank game "Splash Blast" proved to be very popular with Sailors, especially AEAN Sean Webber of CNATTU Jax, who thoroughly enjoyed being the guy who got splashed.



As Sailors enjoyed the cookout, Chillula, a St. Augustine dance band, took to the stage for an entertaining, high-energy set.



MWR Liberty Center volunteer Momoyo Harris mans the raffle table and helps to distribute the free t-shirts given to the first 300 sailors that attended the MWR Spring Barracks Bash.



AWFAN Mykal Sykes and AWO3 Jessica Myrick of VP-30 enjoy a game of bag toss at the April 24 MWR Spring Barracks Bash.



ATAN Colin Hoy of NAS Jax Air Operations catches major air as he goes in for the inflatable slam-dunk hoop!



AWO3 Kelly Hein of VP-30 climbs her way to the top of the 26-foot rock climbing wall.



AWF3 Donny Smith of VP-30 sets up to roll a strike as his shipmate, AWFAN Jesus Hernandez, acts as a human bowling ball.



This gladiator joust was a full-fledged battle between PRAA Cedrick Washington of FRCSE and AME Darrius Francis of VP-45.



Photos by Kaylee LaRocque

Jay Simon, assistant professor of the Defense Resources Management Institute, Naval Postgraduate School, discusses managerial structuring decision problems and ways to identify objectives during the Naval Air Systems Command Leadership Development Program at NAS Jacksonville on April 8.



Lt. Cmdr. Joshua Filbey, Fleet Readiness Center Southeast (FRCSE) F/A-18 Hornet production officer and test pilot explains the production schedule of the FRCSE F/A-18 line to Naval Air Systems Command Leadership Development Program participants on April 7.



During a tour at Fleet Readiness Center Southeast, participants of the Naval Air Systems Command Leadership Development Program examine an F/A-18 Hornet separated in two halves to replace the center barrel.



Lt. Cmdr. Rick Foster, Fleet Readiness Center Southeast (FRCSE) P-3 product officer, discusses the P-3C Orion overhaul capabilities at FRCSE with Naval Air Systems Command Leadership Development Program participants during a tour of FRCSE.

Future NAVAIR leaders hone managerial acumen

By Kaylee LaRocque
Fleet Readiness Center Southeast Public Affairs

Naval Air Systems Command (NAVAIR) employees convened at Naval Air Station Jacksonville April 7-11 to participate in the NAVAIR Leadership Development Program (NLDP) capstone class, culminating a lengthy journey designed to enhance their leadership skills.

The class is the final requirement for NLDP participants and focuses on business ethics, basic analytical techniques for decision-making, communication skills, productivity improvement and NAVAIR's long-range strategy.

"NLDP brings together a unique blend of leadership experiential learning opportunities interwoven with continuous process improvement fundamentals to better prepare participants for success in their future leadership roles," explained Stephanie Gleason, NLDP program manager with the NAVAIR Total Force Strategy and Management Department.

"The program is now deployed organically and aims to develop the next generation of NAVAIR leaders to work toward a shared vision."

Instructors from the Naval Post Graduate School (NPS) Defense Resource Management Institute (DRMI) delivered the capstone course material. NPS DRMI Professor Kent Wall and NPS DRMI Assistant Professors Cameron MacKenzie and Jay Simon discussed the analytical approach to decision-making, structuring decision problems, ways to identify objectives, cost effectiveness and the uncertainty and risks of making decisions.

The 15 participants also visited Fleet Readiness Center Southeast (FRCSE), a military aviation depot, for a familiarization tour of the F/A-18 Hornet and P-3C Orion aircraft production lines and Industrial Manufacturing division. Another tour on board USS Simpson (FFG 56) at Naval Station Mayport, helped the group learn about shipboard life that Sailors experience while on sea duty.

"Many of our NLDP participants have never visited NAS Jax or FRCSE," said Gleason.

"So by touring the military depot, it exposes them to command business and site operations. Additionally it connects them to the fleet and the work we do to support our Sailors and Marines."

FRCSE Commanding Officer Capt. John Kemna who discussed his three Widely Important Goals - team, schedule and cost, also briefed NLDP participants.

"NLDP events are vital to our workforce develop-



Lt. Cmdr. Rick Foster, Fleet Readiness Center Southeast (FRCSE) P-3 product officer, discusses the P-3C Orion overhaul capabilities at FRCSE with Naval Air Systems Command Leadership Development Program participants.



Dr. Richard Pimentel, internationally renowned speaker, author and disability activist, talks about some of the challenges he's faced during his various careers and his perception of various leadership qualities with Naval Air Systems Command Leadership Development Program participants (from left) Cmdr. Richard Braunbeck, Hely Gonzalez and Judy Overhauser-Duett at NAS Jacksonville on April 8.

ment," said Kemna. "It is a great opportunity to broaden their knowledge of the organization and establish a valuable network between peers and leaders across the enterprise."

Guest speaker Dr. Richard Pimentel, internationally renowned speaker, author and disability activist, joined the group during a working lunch April 8 to discuss leadership and diversity.

"I have three sources for wisdom - Aristotle, Henry Thoreau and Steven King," said Pimentel.

"Aristotle stated that, 'he, who cannot be a good follower, cannot be a good leader.' Perhaps one of the hardest things a leader will ever do is to ask someone to make a sacrifice for a goal or vision. Leadership is about having a vision, but people need to know how it



Terry Cox Sr., Fleet Readiness Center Southeast (FRCSE) machine shop supervisor, explains how FRCSE artisans make F/A-18 aeronautical parts to Naval Air Systems Command Leadership Development Program participants Phillip Rooney (center) and Charles Barrow (right).

relates to them."

"Sometimes you learn more from the poor leaders," Pimentel told the group.

"Seek knowledge and wisdom so that you can be a competent leader. A company president once asked me to sum up what a leader is in one sentence. What I came up with is this. Here is what leaders know, people are more important than stuff!"

See NLDP, Page 7

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NLDP

From Page 6

According to NLDP participants Kristen Pedersen and Cmdr. Rick Braunbeck, the capstone course proved beneficial in closing out the program's journey.

"The capstone class for NLDP was a wonderful culmination of the NLDP experience," said Pedersen, the Triton affordability lead at NAVAIR.

"The experts we met in and out of the classroom were inspiring, both for what they have done and for the tools they have shared to foster our growth. I am also fortunate to have been able to attend the class at NAS Jax that included a tour of the production hangars and manufacturing spaces at FRCSE."

"As one of the few active duty participants in NLDP, the program has provided me with deeper insight into how NAVAIR functions at all levels," added Braunbeck, NAVAIR maintenance officer and deputy aircraft controlling custodian officer. "The time we spent touring FRCSE and NAS Jax was very beneficial. I appreciate the time and attention provided to our class at FRCSE from the men and women on the floor to the commanding officer. I work daily with Commander, Fleet Readiness Centers in Patuxent River, Md., so I had some pride in having my classmates see the impressive activities the artisans perform at FRCSE."

"This is an outstanding course to benefit our future leaders," said Gleason. "It is critical that we continue to invest in our people and prepare them for success in a dynamic and challenging program."



Photo by AE2(AW) Samantha Jones

Education matters

NAS Jax Commanding Officer Capt. Roy Undersander (right) delivers welcoming remarks at the 2014 Florida Advisory Council for Military Education (FL-ACME) Educational Symposium – for Education Service Officers (ESO) and Military Educational Advisors on April 22. This three-day symposium aims to help active duty military and veterans build a better future through education. "I'm very proud of the training and education the Navy provides to our Sailors, and thankful to the ESOs who enable them to change their lives through the guidance and educational counseling they provide," Undersander said. "As the Navy achieves its retention goals, higher education and the right credentials become even more important. The more we can motivate Sailors to continue to pursue college degrees, the better off our 21st century Navy will be."

NAVFAC Southeast awards \$5 million contract for fuel piping work

By Earl Bittner
NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$5.4 million contract April 17 to Industrial Power Systems Inc., of Maumee, Ohio, to replace underground piping at the Navy Fleet Logistics Center (FLC) in Jacksonville.

"There is a need to replace an existing single wall underground transfer pipeline, built in 1952," said FLC Jacksonville Commanding Officer Capt. Duke Heinz.

The work includes the construction of new above-ground fuel piping, new PIG

(pipeline inspection gauges) launching and receiving stations, and a new meter proving station with an option for the removal of the existing underground piping.

The Florida Department of Environmental Protection (FDEP) requires that all underground fuel piping be brought above ground or be placed into secondary containment by the year 2010.

"The FDEP approved allowing the piping for this location to remain in operation beyond 2010 provided this project was submitted," said Heinz.

New construction is the only feasible

alternative to meet FDEP requirements to bring underground fuel piping above ground.

The Defense Fuel Supply Point (DFSP) Jacksonville is a primary storage point for JP-5 in the Southeast. Reliable piping transfer and environmentally-compliant pipelines is key.

DFSP Jacksonville has been called upon to re-supply locations including Patrick Air Force Base (AFB), MacDill AFB, DFSP Tampa, Homestead Air Reserve Base, NAS Key West, and NAS Pensacola.

The project is expected to be complete by February 2016.



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Newly certified victim advocates recognized

By MC2 Amanda Cabasos
NAS Jax Public Affairs

Nearly 50 military and civilian victim advocates joined leaders from various tenant commands gathered at NAS Jax Mulberry Cove Marina Pavilion for a Sexual Assault Prevention and Response (SAPR) victim advocate appreciation cookout.

Sponsored by NAS Jax SAPR Program, the event was held to show appreciation to personnel who volunteered their time to learn serve as victim advocates and support victims of sexual assault.

Sexual Assault Prevention Coordinator Tina Vaughn from Fleet and Family Support Center (FFSC) welcomed the guests. "As part of Sexual Assault Awareness Month, we wanted to bring unit and civilian victim advocates together to say thank you for stepping up," explained Vaughn.

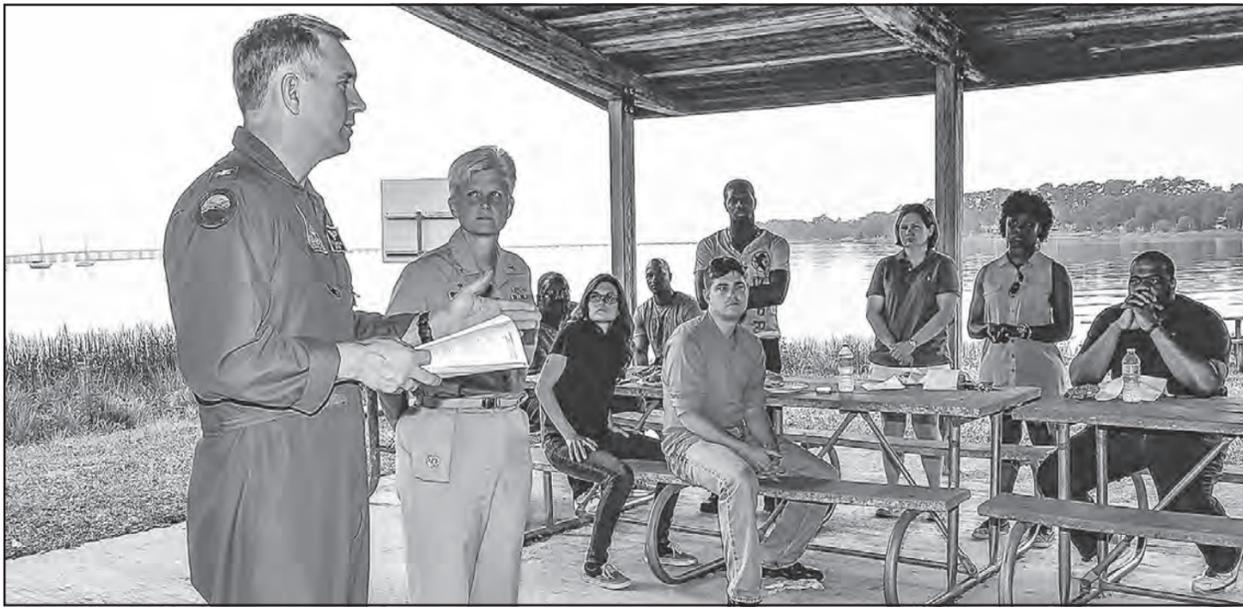
Vaughn then introduced NAS Jax Commanding Officer Capt. Roy Undersander. "I want to thank you all for your time, effort and dedication in completing the substantial amount of training required to become a certified victim advocate. Over the last year, the Navy has increased focus on this issue of sexual assault, as well as increasing the training for victim advocates. I appreciate your devotion and loyalty to this program. Your role as a victim advocate will answer an important need in the military."

Undersander also acknowledge that solutions to prevent this crime will most likely come from the younger peer groups, and encouraged the victim advocates to funnel ideas to him so he could represent them to the executive steering committee.

Naval Hospital Jacksonville Commanding Officer Capt. Gayle Shaffer share her thoughts about the importance of the event.

"We play an important role in helping our victims from sexual assault crimes. We now have the capability at our hospital to do safe examinations, as well as at our branch clinics. We also maintain a memorandum of understanding with hospitals out in town, just in case someone doesn't feel comfortable coming to base."

"To me, you are all heroes. As a commanding officer, I am comforted because I know that when victims come to you, they are in the very best hands possible. I know you all will do every thing you can to help the victims to get the care and support they need. I know you all dedicated a tremendous amount of time and energy to complete this



NAS Jax Commanding Officer Capt. Roy Undersander thanks victim advocates for their time and support during an appreciation cookout held on April 24 at Mulberry Cove Marina Pavilion.



Sexual Assault Response Coordinator Tina Vaughn from NAS Jax Fleet and Family Support Center congratulates the newly certified victim advocates.

course," she said.

At the award ceremony, Undersander and Shaffer presented a Letter of Appreciation to each victim advocate.

HM2(AW) Carla Nicholas of Naval Hospital Jacksonville said, "It feels good to be recognized for the completion of this course. I decided to become a victim advocate because I want to help people. Sexual assault is present in the military and so many people feel like they don't have a voice. So my part as an advocate is to help victims of this crime realize their different options and to give them that voice to speak up. Individuals responsible for sexual crimes need to be brought to justice."

According to Vaughn, the certified victim advocates undergo constant training to maintain their certification that must be refreshed every two years.

SAPR Support Civilian Victim Advocate LaTresa Henderson from FFSC said, "This gathering is a great opportunity for advocates to network with each other outside of the training environment - and become familiar with other advocates who may assist them in the future with resources or their experiences while working as victim advocates."

For more information on victim advocacy, contact Tina Vaughn at 904-542-4717.



NAS Jax Commanding Officer Capt. Roy Underander (left) and Naval Hospital Jacksonville Commanding Officer Capt. Gayle Shaffer (right) present a Letter of Appreciation to AO2 Devanae Bradley from NAS Jax for the completion of a victim advocate certification.

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Three \$1,000 college scholarship opportunities announced

From the NAS Jax All Officers' Spouses Club

The NAS Jax All Officers' Spouses Club is sponsoring three \$1,000 scholarships based on scholarship merit and community service.

Eligibility: U.S. Navy active/reserve duty and active/reserve duty dependents who are currently in their senior year of high school or a high school graduate, attached to NAS Jacksonville and planning to attend an accredited college in the fall of 2014 or spring of 2015.

Scholarships are to be used only for tuition and tuition-based fees charged by the college and will be sent to the college.

Three scholarships will be awarded; each in the amount \$1,000 - one active duty, one officer dependent, and one enlisted dependent.

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Make Everyday a Special Occasion!

NMCRS Visiting Nurse helps next generation

By Barbie Smolinski
Special Contributor

Shortly after returning home from giving birth to her first child, a navy spouse received a phone call from a Navy Marine Corps Relief Society (NMCRS) visiting nurse, inquiring if she would like a home visit. Ather accepted the offer.

Sandra Jackson, a visiting nurse for NMCRS Jacksonville, called Ather as a way to maximize her time.

"I saw on my list of patients that two new mothers lived in the same neighborhood. I was in the area, so I called Kendra to see if she would like a home visit for her new child."

Jackson's call came at just the right time.

"I was having trouble nursing and thought it might be great to get some help," said Ather.

With baby scale and stethoscope in tow, Jackson knocked on the door of Ather's home in

Middleburg.

Jackson never expected to see a familiar face on the other side.

When Ather and her mother, Catherine Carter, came to the door to greet Jackson - she and Carter stood in shock as they recognized each other.

"We looked at each other like, 'This can't be. Is it really her?'" said Jackson.

They had met 20 years ago when Jackson had been the visiting nurse for Carter when Ather was born.

Carter and Jackson embraced, while Ather stood by perplexed.

"I wondered how does my mom know this lady?" said Ather. "I was really surprised to find out Sandra had been my visiting nurse, too."

Jackson made several home visits to Carter (a retired first class petty officer dental technician) in 1993 - and meeting again so many years later felt

like a family reunion.

"To my knowledge, this has never happened before in all of the Society, and I'm glad it happened to me," Jackson said of being a visiting nurse for three generations of the same family.

Jackson has been an NMCRS visiting nurse for the past 27 years and is currently the longest-serving visiting nurse in the Society.

"I wanted to find a nursing job that allowed me to spend more time with my children," said Jackson.

"I saw an advertisement in the paper for a part-time position as a visiting nurse with Navy Marine Corps Relief Society. I applied and was hired February 24, 1987."

In 1922, NMCRS started the visiting nurse program because of the lack of medical care for dependents in naval hospitals. The vision of the visiting nurse program has shifted since those early days of pro-



Photo by Barbie Smolinski

(From left) NMCRS Visiting Nurse Sandra Jackson, Kendra Ather holding her infant son, and Catherine Carter.

viding in-home medical care - to providing health education for new moms and baby wellness through personalized home visits.

"I base my visits on the needs of the mother. I assist them with any questions or issues they may have. I check their vitals, and all of my findings are reported back to the hospital."

Jackson loves and takes pride in her work, and is thankful for the bonds she has created in this position through the years.

"My patients are like family," said Jackson.

"This has truly been the highlight of being a visiting nurse. I will never forget this experience, these great ladies and their little man who brought us all back together."

Parenthood and pregnancy in the Navy: 6 things Sailors should know

From Chief of Naval Personnel Public Affairs

Most importantly, how will having a child affect your naval career? The policy instruction on pregnancy and parenthood (OPNAVINST 6000.1C) in the Navy was released in 2007.

While the Navy Office of Women's Policy is working on an updated version due out next year, now is good time to review some of the policies and respon-

sibilities that affect you and your family.

Notify your command

So you've just found out that you're having a baby! Sailors are required to inform their commands of their pregnancy and parenthood status as soon as possible, but no later than two weeks from the time the pregnancy is confirmed by a medical professional. This ensures the safety of the servicewoman and child. OPNAVINST 6000.1C lists the forms that service members are

required to submit to their administrative office, and provides a samples of the pregnancy notification to the Commanding Officer (CO) or Officer in Charge (OIC) and pregnancy counseling form.

Family Care Plan

Single parents and dual military couples with eligible children are responsible for completing a family care plan (in accordance with OPNAVINST 1740.40, Navy Family Care Policy). This plan

is submitted to their respective commands to ensure that their child or children will be cared for during the service member's absence. The plan identifies a caregiver and potential logistical relocation plans and financial arrangements.

Commanding Officer's Responsibility

COs are responsible for creating an environment where Sailors are treated

See PREGNANCY, Page 10

Free day of yoga at Prana Yoga Studio May 3

Whatever your age, history of injuries or experience with yoga, your body and mind will benefit from the yoga classes offered at Prana Yoga Studio, now open in Orange Park.

"Prana Yoga will offer a hot yoga mixture of 60- and 90-minute classes with 26 positions originally developed by Bikram Choudhury," said Sergio Gonzales, studio owner and instructor. "The heated room - 105 degrees Farenheit and a humidity index of 40 -- allows for a deeper stretch and movement among the ligaments, joints and muscles and facilitates the release of toxins."

While heat adds to the challenge, the major focus is being still and breathing, Gonzales said.

"Postures in hot yoga focus on decompressing the spine," he said. "It's said that a healthy



Humberto Castellero

spine means a healthy life and a healthy life means a happy life."

Hot yoga increases blood flow and flexibility and a low-impact cardiovascular workout equivalent to running a mile. Over time, hot yoga is known to improve metabolism, aid in weight loss, improve nervous system function and flexibility. Hot yoga tones the muscles, builds the immune system and improves blood circulation and the overall wellbeing of the mind and body.

In January 2013, Gonzales retired as an officer with 23 years in the U.S. Army. He completed rigorous training courses and took part in operations in Iraq that took its toll on his body. He eventually had cervical neck surgery and surgery on both feet. Fortunately, hot yoga provided healing effects for the mind and body before and after the surgeries.

Gonzales graduated from the Bikram yoga teacher training course in the fall of 2012 and has been teaching since January of 2013 at area yoga studios. He is currently completing a Hatha teacher's training 200-hour course.

Instructor Humberto Castellero has been on a spiritual search over the past 25 years that would allow him to connect mind, body and spirit to eventually attain



Sergio Gonzales

enlightenment. He will be offering Kundalini yoga and meditation classes to be scheduled monthly and will increase frequency based on the needs of the community. Kundalini yoga focuses on opening energy centers, or chakras, by regular practice of meditation, pranayama, chanting mantra and yoga asana.

"My ultimate goal is to conquer all fears, self-doubts and judgment, and to live a free and

fulfilling life while connecting to the universal mind," Castellero said. "I live by the motto, 'Today I am alive, today I live my life.'"

Castillero is scheduled to obtain his 500-hour teacher certification which includes 200 hours of Hatha yoga, 200 hours of Kundalini yoga and 100 hours of Ayurveda. He will become a 500-hour registered yoga teacher in June.

Located in the Toys R Us center at 1980 Wells Road, Orange Park, Prana Yoga Studio is offering a free day of yoga during its grand opening May 3. Visit on Facebook (Prana-Yoga-Orange-Park) or online at pranayoga-orangepark.com for a schedule of classes, pricing and complete details about the programs offered and the instructors. Take the first step to better health today.

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RAN

From Page 1

of the RAN members stationed in Jacksonville.

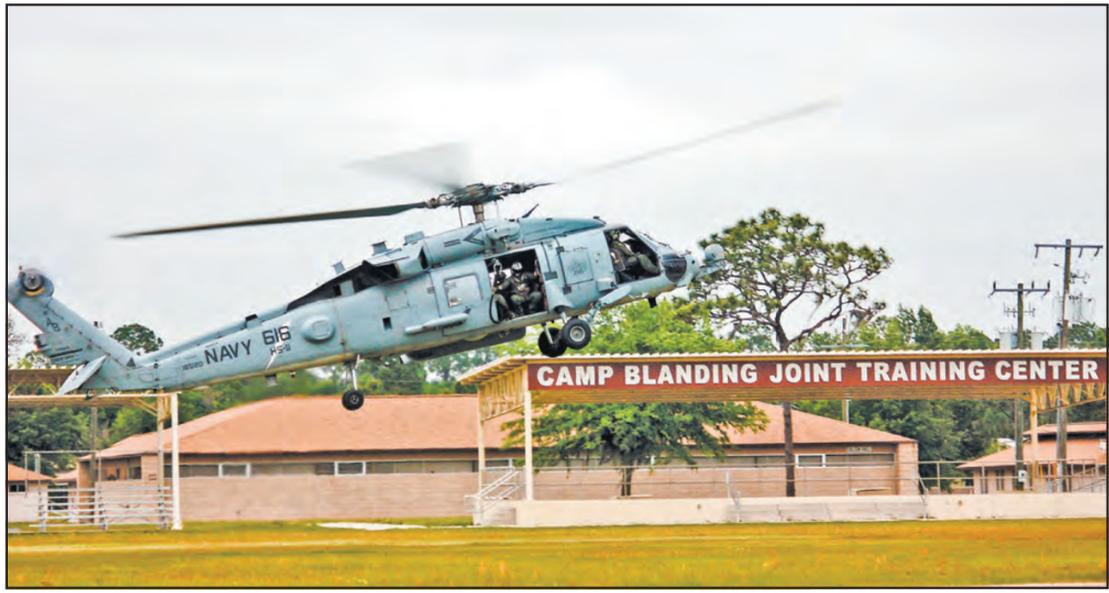
At the end of the Second World War, ANZAC Day was expanded to include Australians who died in that war. In subsequent years, ANZAC Day has been further broadened to include Australians killed in all the military operations in which Australia has been involved.

For members of 725 Squadron, it was a solemn time to reflect on the sacrifices of all those that have served and a time to remember those that have paid the ultimate sacrifice whilst serving their country.

It was also a time to think about those who are currently serving in areas of conflict both ashore and at sea.

Speaking on behalf of his squadron in remembrance of those who bravely served, Frost said, "We don't remember ANZAC day as a victory or for some glorification of the horrors of war. We remember ANZAC day as a testament to the human spirit possessed in those who have fought and died."

Wreaths were placed at the base of the World War I statue. A bugler played the Last Post, followed by a



Royal Australian Navy 725 Squadron members gathered in front of the World War I statue at Jacksonville's Memorial Park in Riverside after their dawn remembrance service on April 25 for ANZAC Day.

Photo by Cristine Watson

minute of silence. The ceremony was concluded with the playing of the national anthems of the United States and Australia.

On completion of the service, members of 725 were joined by their families and USN counterparts for a special breakfast aboard NAS Jacksonville.



HS-11 Training Officer Lt. Cmdr. Justin Cobb and Lt. Sam Ansel conduct a tactical approach to a 20-foot hover in an HH-60H Seahawk helicopter with AWR1 Daniel Mills, AWR2 Alex Reeder and AWR3 Elijah Perry who assisted special forces to egress via fast rope.

As dusk falls, HS-11 pilots Lt. Ben Smith and Lt. Trent Daluto hold a 20-foot hover with AWR1 Thomas Nutzmann, AWR2 Clayton Miller and AWR3 Jason Odle while inserting special operations personnel via fast rope.

HS-11

From Page 1



Military Operation in Urban Terrain (MOUT) facility, for both day and night operations. The MOUT complex allowed aircrew and fast ropers to practice hovering or landing on the roof of a building.

Located near Starke, Camp Blanding is the primary military reservation and training base for the Florida National Guard, including the 3-20th Special Forces Group - one of two Army National Guard groups assigned to the U.S. Army Special Forces.

mission brief with the SOF.

Cobb said, "Since the SOF personnel are descending freely without the aid of a harness, safety and training are paramount in this exercise."

The training at Camp Blanding allowed the Navy and Army personnel to practice basic fast rope and rappelling operations, as well as more advanced assaults at Camp Blanding's



As the "Dragonslayers" HH-60H Seahawk helicopter hovers at 20 feet, two Army special operations soldiers toss out the line specially designed for fast roping.



Army special forces personnel at Camp Blanding inspect the rigging of a fast rope that they will soon depend on to descend from a 20-foot hover above the ground.



Soldiers from the 3/20 Special Forces Group at Camp Blanding practice their fast rope insertion from an HH-60H Seahawk helicopter assigned to the HS-11 "Dragonslayers."

PREGNANCY

From Page 9

with dignity and respect. As such, COs must ensure that pregnant servicewomen are not subjected to harassment, imposition of personal opinions, or infringement of legal rights. Once pregnancy is confirmed, COs will ensure servicewomen receive counseling on military entitlements to obstetrical care, policy on worldwide assignability, and have been afforded the opportunity to be counseled by a Health Care Professional (HCP).

Leave for the Birth of a Child

COs will make an effort to allow new parents to take 10 days of Parental Leave (formerly known as Paternity Leave) in conjunction with their wife giving birth to their child. It's free leave and does not count against your regular leave balance. New mothers are granted a minimum of 42 days of convalescent leave (CONLV) upon leaving the hospital after the birth of their child. If the servicewomen experienced any medical complications, the mother's doctor can recommend an extension of CONLV beyond the 42 days, notifying the moth-

er's command of the extension.

Getting back in shape for the PFA

Postpartum servicewomen are required to gradually resume an individual exercise program under the guidance of their HCP. Postpartum servicewomen are exempt from participating in a physical fitness assessment (PFA) for six months following convalescent leave and upon return to full duty status by an HCP. At the conclusion of this six month period, servicewomen are required to participate in the next PFA cycle, as outlined the Command Fitness Leader Operating Guide: Managing PFA Records for Pregnant/Postpartum Servicewomen.

Adopting a Child

COs can authorize up to 21 days of non-chargeable leave to any service member adopting a child in a qualifying adoption, to allow the service member to bond with their adopted child and work out family arrangements and schedules. Adoption leave may be used in conjunction with regular leave. Additionally, a service member who adopts a child is authorized four months operational deferment.



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This corroded World War II-era rail spur embedded in the airport apron is being removed to assure aircraft and vehicle safety.

Photos by Clark Pierce

In this archival photo, a Navy switch engine crosses Yorktown Avenue near the main gate. It is a GM 44-ton diesel-electric military version locomotive built during World War II with a drop cab. The former USN 65-000345 switcher assigned to NAS Jax was sold to the Florida Gulf Coast Railroad Museum in Parrish, Fla.



Photo courtesy of Ron Williamson



After the rails are removed, a paving crew prepares the void for new concrete.

“We’ve been workin’ on the railroad . . .”

Train track extraction

By Clark Pierce
Editor

Hundreds of feet of a military railroad spur, dating back to the 1940s, was recently removed from the NAS Jax apron due to aircraft safety concerns.

The train rails, running from the NAS Jax fuel farm to Hangar 1000, represented a puncture threat to Navy aircraft and vehicle tires.

“Corrosion was causing pieces of track to elevate above the concrete apron. Basically, we pulled up the old rail, cleaned the space, and filled it with fresh concrete,” said Airfield Facilities Deputy Manager Winston Rogers.

“When we pulled up enough track to fill a truckload, we notified the base Morale, Welfare and Recreation (MWR) department. They had a recycling agreement with a local scrap yard and turned the abandoned rails into a modest money maker for MWR.”

NAS Jax Occupational Safety Manager Ron Williamson has written extensively about the history of the base.

“The Navy had its own rail system that primarily served supply facilities



Near NAS Jax Hangar 1000, workers pour and finish concrete that fills the void left by the removal of a train spur.

around NAS Jax. One of the last abandoned rail spurs on base runs from the aircraft wash rack at Hangar 113 to a terminus near the NAS Jax Boathouse.”

He added, “Many old timers will remember the railroad crossings at the Yorktown and Birmingham gates, as well as the tracks that paralleled Allegheny Road.”

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—Chi Cao, lead role in Mao's Last Dancer, principal dancer with Birmingham Royal Ballet

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I think it's so important for people in the business community to understand the cultural values and traditional heritage of the Chinese culture.”

—Stephen L. Norris, co-founder of the Carlyle Group

China was once known as the Celestial Empire. For 5,000 years, the Middle Kingdom was home to an unparalleled legacy of heroes, legends, and virtues that still resonate in the present. But in recent decades, under campaigns like the Cultural Revolution, this rich heritage has been almost completely eradicated in China.

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Photos by Kaylee LaRocque

David Baird (right) a paint training leader at Fleet Readiness Center Southeast (FRCSE) explains how to configure stencil insignia and letters on military aircraft to students AM2(AW) Nicholas McCully of VP-10 (center) and AMAN Matthew Cornell of VP-30 on April 1 during a lettering and painting class at FRCSE.



Fleet Readiness Center Southeast (FRCSE) Aircraft Corrosion and Paint Instructor Eric Crook (right) shows AWF1(NAC/AW) David McKinney of VP-30 how to apply primer to cover corrosion areas on a piece of sheet metal before painting during a corrosion class at FRCSE on April 2.



AE2(AW/SW) Stephen Peterson of HSM-40 applies a layer of Alodine to seal a corrosion area on a piece of sheet metal during a corrosion class at Fleet Readiness Center Southeast.



AMAN Addie Schaefer of VP-30 practices her masking skills during an exercise to create words containing 18 letters using "military font" during a lettering and painting class at Fleet Readiness Center.



AM2(AW) Nicholas McCully of VP-10 practices creating aircraft stencils during a lettering and painting class at Fleet Readiness Center Southeast.



AM2(AW) Justin Petersik of VP-30 carefully measures letters as he masks a board to be painted with Navy aircraft words and insignia at Fleet Readiness Center Southeast during a lettering and painting class.

FRCSE artisans train the fleet

By Kaylee LaRocque
Fleet Readiness Center Southeast Public Affairs

Artisans at Fleet Readiness Center Southeast (FRCSE) are training service members and Department of Defense civilians on corrosion control and painting techniques to better sustain aircraft in the fleet.

The Naval Air Systems Command (NAVAIR) Aircraft/Ground Support Equipment (GSE) Corrosion Control Course is a weeklong class required for military members and civilians who maintain aircraft and GSE.

Students learn the fundamentals of detecting corrosion on aircraft or GSE, how to remove corrosion by grinding and sanding the areas, and how to use the appropriate protective coatings, sealers, primers and paints based on various types of metals.

"This course is a 40-hour class consisting of classroom and laboratory instruction," explained FRCSE Aircraft Corrosion and Paint Instructor Eric Crook, one of three facilitators at the military depot.

"We offer about 40 corrosion classes each year with students coming here from all over the world. We also offer 15 classes at various bases to provide instruction as requested through NAVAIR. This accommodates large numbers of students, saves money and meets the overall training demand."

"This is a very informative class," stated AD1(AW/SW) Thomas Moranz of HSM-40.

"I work on helicopters and am learning the proper way to look for corrosion and do repair work on the fuselage of the aircraft. I don't normally do this at my squadron, but I need to learn how to so I can ensure my petty officers are doing it correctly. This [course] is required to become quality assurance certified."

After completing the corrosion course and earning a certification, students can continue the learning process by attending the NAVAIR Paint, Touch-up and Markings Course.

This 10-day course teaches students the safety guidelines required when using toxic and flammable



Fleet Readiness Center Southeast Aircraft Corrosion and Paint Instructor Eric Crook (right) demonstrates how to use a grinder to remove corrosion from sheet metal to students, AM3 Franklin Randall of VP-30 (center) and AE2(AW) Christian Helstrom of HSM-72.

chemicals, and basic applications including layout of insignia and lettering, masking tape skills, stenciling, priming and painting.

According to David Baird, an aircraft corrosion and paint instructor at FRCSE for the past 13 years and retired Navy chief petty officer, the corrosion course is a prerequisite for the painting course.

"The students have to know how to safely and correctly handle corrosion issues before they tackle priming, masking and painting the aircraft or GSE," he said.

"Once they are certified in corrosion control, they can attend the paint class. We offer 22 classes each



(From left) AE2(AW/SW) Stephen Peterson of HSM-40, AM3 James Kaczmarowski of HSM-72, AE2(AW) Christian Helstrom of HSM-72 and AM3 Franklin Randall of VP-30 clean off their pieces of sheet metal after revealing corrosive areas using a chemical compound.

year. Students spend time in the classroom learning safety requirements, use of the proper tools and the specifics of insignia measurements, coloring and the exact placement of insignia on the aircraft or equipment."

The instructors task students with masking letters and insignias on sheet metal after practicing their stenciling skills on paper. Once they have completed this assignment, the students will prime and paint the sheet metal.

"Every insignia or letter on an aircraft is made by

See **FRCSE**, Page 13

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Session III: July 21 - 31

Outdoor pool opens for weekend recreational swim on May 10
Saturday & Sunday 11 a.m. - 6 p.m.



Photos by Bill Bonser

Captain's Cup Soccer Match

A Branch Health Clinic Jax player attacks against VP-26 "Tridents" while the VP-26 players converge in an attempt to steal the ball.



VP-26 forwards and Branch Health Clinic Jax defenders go after the ball looking for an advantage over the other team.

Dive-in Movie

May 23 featuring LEGO Movie
Pool opens at 7 p.m., movie begins at 8:30 p.m.
Free popcorn. Concession stand will be open.

I.T.T. Events

Call 542-3318

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

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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
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The Vault Liberty Recreation Center

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

Grill & Chill
May 13 at 6 p.m.
Free hamburgers and hotdogs

Paintball Trip
May 17 at 9 a.m.

NAS Jax Golf Club

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

Military Appreciation Days
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Active duty - May 13 & 27
Retirees, DoD and sponsored guests - May 15 & 29

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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.

Bean Bag Toss Singles Tournament June 23

Tournament takes place at 5 p.m. in the NAS Jax Fitness, Sports and Aquatics Center. The tournament is open to active duty, DoD, DoD contractors and selective reservists assigned to a command at NAS Jacksonville. Call the Fitness Center at 542-2930 or e-mail bill.bonser@navy.mil to sign up by June 13.

Men's Racquetball Tournament July 21-25

Open to active duty, selective reservists, DoD civilians, and DoD contractors assigned to a command at NAS Jacksonville. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing first, second or third place. Sign up by July 14.

Women's Racquetball Tournament July 28-31

Open to active duty, selective reservists, DoD civilians, and DoD contractors assigned to a command at NAS Jacksonville. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing first, second or third place. Sign up by July 14.

For more information about any of the sports articles, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil. Visit the MWR website at www.cnic.navy.mil or www.facebook.com/nasjaxmwr.

NAS Jax Captain's Cup Sports

VP-45	2	2
NAVFAC	1	3
NAVHOSP	0	1
VP-62	0	3
VR-62	0	3
FRCSE F-18	0	4

3-on-3 Sand Volleyball

Teams	Wins	Losses
FACSFAC	1	0
NAVFAC Blue	1	0
NAVFAC Gold	1	0
NCTS Gold	1	0
VP-62	1	0
VR-62	1	0
HS-11 Slayers	0	1
Navy Band	0	1
NCTS Blue	0	1
TPU/PCF	0	1
VP-45	0	1
VP-5	0	1

Intramural Spring Softball

Teams	Wins	Losses
NAVHOSP	5	0

VP-26	4	0
VP-45 Sluggers	4	0
VP-30	4	1
FRCSE Rabid Possums	4	1
CRS-10	3	2
AIR OPS	3	3
CNRSE/NAVY BAND	2	2
FRCSE 900	2	2
VR-58	2	2
VR-62	2	2
FACSFAC	2	3
HS-11	2	3
NCTS	2	3
CBMU202	1	3
FRCSE Tweaks & Geeks	1	4
FRCSE Thrusters	1	5
NBHC Honey Badgers	0	3
VP-45 Scared Hitless	0	5

Greybeard Spring Softball

Teams	Wins	Losses
NAVFAC	1	0
VP-26	1	0
FACSFAC	0	0
CNATTU	0	1
NECE	0	1

SCHOLARSHIPS

From Page 8

be selected on scholarship merit and community service.

Deadline for application is June 7. Selection of recipients will be made by June 30.

Scholarship application may be picked up at NAS Jacksonville Navy College Office or found on-line at:

<https://www.fcef.com/wp-content/uploads/CHP-Scholarship-Application3-14.pdf>.

You may submit the application by mail to: NAS Jax All Officers' Spouses Club, c/o Mrs. Pam Undersander, 5065 Mustin Road, Jacksonville, FL 32212.

Questions may be sent to nasjaxaos@gmail.com

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FRCSE

From Page 12

hand using masking tape and has to be the exact measurements," said Baird.

"It takes a lot of practice to become a skilled painter and this is an excellent starting point."

"I really love the paint class," said AM3 Emma Kopischke of VP-30. "I've learned how to paint sheet metal and layout letters and stars. I plan to go back to my squadron and use the skills I've learned here."

Once back out in the fleet, the students are encouraged to consult with the experts at FRCSE for any questions that may arise. "We are here to help them if they need guidance," said Baird. "We love teaching and want them to be successful after they leave our classrooms, so we are always receptive to offering support to them in the field."

Standings

As of April 25
Soccer

Team	Wins	Losses
FRCSE	4	0
HITRON	3	0
TPU/PCF	3	0
HS-11	3	1
VP-30 Students	3	1
VP-30 E's	3	1
BHC Jax	2	1
VP-30 O's	2	1
HSM-72	2	2
VP-26	2	2



Florida Chief Petty Officers Association tours NECE Jax

By Lt. Hanayo Arimoto
NECE Public Affairs

The Navy Entomology Center of Excellence (NECE) hosted members of the Florida Chief Petty Officers Association (FLCPOA) on April 10 as part of the FLCPOA's annual "Spring Fling."

FLCPOA, established in 1993, holds a spring and fall fling every year. The purpose of the annual event is to reconnect with the Navy and stay in touch with old friends.

Fourteen members from FLCPOA took part in the visit to NECE. The members explained that they had an option of touring a ship out in Mayport, but chose NECE because it was a unique opportunity to visit a place that is not widely known.

The tour kicked off in the classroom where NECE's Senior Enlisted Leader, HMCS Randall Oakes gave a presentation about the command and its 70-year history. The group was lead through the photograph-laced hallways of NECE to the insectary where the entomologists rear insects such as Yellow Fever Mosquitoes, Asian Tiger Mosquitoes, and German and American cockroaches, for use in various projects.

The group was then guided to NECE's backyard where they were brought into an outdoor enclosure and shown the mosquito larvae breeding pools.

Both were constructed in the fall of 2013 and are currently being utilized to test new methods to trap and control mosquitoes. At NECE's Testing and Evaluation Department, EN1 Jeremy Anderson gave an equipment demon-



Photos by MC2 Amanda Cabasos

Lt. Hanayo Arimoto from Navy Entomology Center of Excellence (NECE) shows Lorentz Semple (right) and Harold Davis from the Retired Chief Petty Officers Association the American cockroach during a tour of NECE April 10. Davis said, "I was absolutely fascinated to see so many roaches in one display."

stration, showcasing different models of handheld thermal foggers an Entomologist or a Preventive Medicine Technician would use to apply pesticides against disease vectors during deployment.

The tour concluded in the classroom where the guests were shown a selection of NECE's impressive pinned insect collection and live bed bugs.

Within the group of touring retired Chiefs, lies a deeper story. Collectively, the group has over 100 years worth of Navy knowledge and experience. During the tour the Chiefs shared sea stories from a different era. Some stories told of insect problems in the past

where they commented on the lack of chemical options they had or of a particularly nasty fire ant situation.

"I talked with HMC Lorentz A. Semple (Retired), who was a Preventive Medicine Technician, and it was great to discover what Chief culture and traditions have been preserved and passed on to future Navy Chiefs," said Oakes. "From a chief's perspective, I saw that the FLCPOA's visit to NECE enhanced not only the entomology community but also the Chief Petty Officers' community as a whole," Oakes continued.

This was the first time NECE's been selected as a destination point by the FLCPOA.



HMCS(SW) Randall Oakes of the Navy Entomology Center of Excellence aboard NAS Jax; explains the purpose of the outdoor enclosure to individuals from the Retired Chief Petty Officers' Association during a tour. According to Oakes; the facility is designed to test and evaluate new equipment and technologies used against pests.



EN1(EXW) Jeremy Anderson (right) from Navy Entomology Center of Excellence informs 14 retired chiefs and their spouses about the current pesticide equipment used in the Navy. Eighty-nine-year-old retired Chief Norman King said, "I served in the Navy for 33 years and never knew we had a program for pest control. I can see the importance of the program because it has been saving thousands of lives. What they do is a beautiful thing."

King retires from CNATTU with more than 40 years service

By ADC Christopher Cobb
CNATTU Jacksonville Public Affairs

The Center for Naval Aviation Technical Training Unit (CNATTU) Jacksonville will conduct the retirement ceremony to honor the Navy's most senior aviation support equipment technician. ASCM(AW) Michael King, the Senior Enlisted Leader of CNATTU Jacksonville, will retire May 1 at 10 a.m. in the NAS Jacksonville BOQ Pavilion.

The ceremony will be presided over by Cmdr. Ed Twining, commanding officer of CNATTU Jacksonville. The guest speaker will be retired Cmdr. Daryl Pierce, a former commanding officer of CNATTU Jacksonville.

King graduated from Milan High School in Michigan in 1973 and enlisted in the U.S. Navy Reserve later that year.



ASCM(AW) Michael King

He attended recruit training in 1974 at Recruit Training Command, Great Lakes, Ill. He attended Aviation Support Equipment Technician Hydraulics (ASH) "A" school at Naval Aviation Technical Training Center, Millington, Tenn. In 1974, he reported to Naval Air Facility Detroit, Mich., where he drilled as

a reservist for 11 years and advanced to the rank to petty officer second class.

In March 1985, he transitioned to active duty. His subsequent assignments include NAS Cecil Field, Fla., from May 1985 to December 1988, where he served as training petty officer, work center supervisor, and production control leading petty officer.

From January 1989 to February 1992, he served as IM-4 Division Leading Chief Petty Officer on board USS Forrestal (CV59).

From March 1992 to December 1995, he served as logs and records supervisor and maintenance control supervisor at Patrol Squadron (VP) 30 aboard NAS Jacksonville.

From January 1996 to April 1997, he served as maintenance and operations departmental leading chief petty officer at

Naval Station Guantanamo Bay, Cuba. From May 1997 to May 1999, he served as AMMT Team Program Process Inspector/Evaluator at Commander Naval Air Force U.S. Atlantic Fleet. From May 1999 to June 2002, he served as 900 Division LCPO and AIMD Production Control Supervisor at Aircraft Intermediate Maintenance Department (AIMD), Jacksonville. From July 2002 to July 2005, he served as IM-4 LCPO, Quality Assurance/Analysis Supervisor, and Maintenance Master Chief Petty Officer on board USS Ronald Reagan (CVN76). From August 2005 to December 2008, he served as Aviation Support Equipment Technician Career Manager at the Center for Naval Aviation Technical Training (CNATT), Pensacola. From December 2008 to September 2011, he served as Quality

Assurance/Analysis Supervisor and Maintenance Master Chief Petty Officer on board USS Carl Vinson (CVN70). In October 2011, he graduated from the Senior Enlisted Academy and was assigned to CNATTU Jacksonville as Senior Enlisted Leader for 185 Navy and Civilian personnel.

For 23 years, King has contributed immeasurably to the development and training of countless new chief petty officers, while upholding the standards, traditions and legacy of the U.S. Navy Chiefs' Mess. His contributions will continue to make a positive impact in the chiefs' community for many years to come.

He is married to his wife of 35 years, Carole, and has four children - Michael, Christopher, Katherine and Heather - as well as two grandchildren, Emily and Charles.



Photo by Victor Pitts

Hornet travels low and slow

Artisans at Fleet Readiness Center Southeast (FRSE) use a crane to remove an F/A-18C Hornet Strike Fighter aircraft from a flatbed truck at the aviation maintenance facility on April 2. The aircraft, assigned to Marine Fighter Attack Squadron (VMFA) 251, based in Beaufort S.C., arrives at FRSE for repairs to the hydraulic system that left it unsafe for flight. It is also due for planned maintenance and a high-flight-hour induction to check for cracks and corrosion caused by stress fatigue and water intrusion.

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Orion avionics upgrade

Artisans from Fleet Readiness Center Southeast (FRCSE) conduct operational systems checks on avionics modifications recently installed on a P-3C Orion, near NAS Jax Hangar 1000 on April 23. FRCSE inducted the aircraft for phased maintenance inspections and upgrades on radio and navigation systems. Once the upgrades are installed, the aircraft is towed to an open area on the flight line for testing satellite communications.



Photo by Clark Pierce

SPAWAR stands up new Cyber Readiness Team to address key fleet issues

By Tina Stillions
Space and Naval Warfare
Systems Command Public Affairs

The Space and Naval Warfare Systems Command (SPAWAR) announced the formation of a Cyber Readiness Team (CRT) during the C4ISR Symposium, Apr. 24 in San Diego. Leadership from SPAWAR's Fleet Readiness Directorate (FRD) said the CRT will address many of the fleet's key cyber security issues.

"There are a range of things we are doing to improve fleet readiness, especially in regards to cyber," said Capt. John Robey, FRD program manager. "We provide teams of folks to go out for cyber security inspections (CSI) to help get them ready. The mantra we operate under at the FRD is that we are the face to the fleet; if you have questions, call us."

Robey and Rob Wolborsky, FRD executive director, joined Capt. David Wirth, director communications and information systems at Commander, Third Fleet (N6) and Capt. Jose Cisneros, director communications and information systems at Commander Naval Air Forces (AIRPAC) N6, during a panel session to discuss improving tools and strengthening the fleet's cyber readiness posture. Standing up the SPAWAR CRT will help address some of the major issues facing today's warfighter.

"The majority of the stuff causing ships to fail inspections at an alarming rate is the old systems, or legacy capa-

bilities, out there that aren't secure," said Wolborsky. "They aren't secure by the standards of the testers. These testers test the systems to a certain level, as they should, because if we are ever in harm's way, we need to be able to defend our warfighters."

The problem, according to Wolborsky, is exacerbated because of outdated software and systems still in use around the fleet.

"Many of the afloat systems have not been as successful passing cyber inspections," said Robey. "The afloat is harder because of more variation and differences in configurations. We are focusing our energies this year on helping them pass these inspections."

Afloat CSI is a much larger hill to climb and a greater challenge. Embedding cyber security into software, systems and programs is imperative to warfighter effectiveness and adheres to SPAWAR's core mission.

The CRT, which is similar to an integrated process team - and includes FRD, program offices and SPAWAR engineering and corporate operations - will collaborate to improve daily readiness and help mature tools so that the fleet can keep up with emerging requirements.

The FRD exists to support the fleet's immediate and future C4ISR readiness and includes installation management and execution, fleet support, data center consolidation and cyber.

"We're very much aligned and getting laser-focused to address the cyber issue," said Wolborsky, "I put everything into three basic areas in what we are trying to accomplish here. Those three areas include delivering ships out of their availability to the warfighter that are fully functional; making equipment more secure in light of all the legacy systems that are out there and at the root of the problem; and ensuring crews are proficient."

According to the fleet waterfront participants, cyber security inspections have become the ends rather than the means.

"What we are seeing is our inability to sustain the level of effort required to meet inspection requirements," said Wirth. "What the fleet really needs is the ability to sustain a consistent level of readiness. Right now, it's like building a house and working down to the foundation."

The SPAWAR CRT will leverage organizational expertise and work with industry partners to create processes to ensure a stronger cyber posture across the fleet. Navy lags behind many major private IT industry companies in keeping its systems secure and safe in a growing non-kinetic environment in which networks have become the new battlefield.

Layers of bureaucracy are hampering the Navy's best effort to stay ahead of

the curve. Without money, fleet forces cannot keep pace. The CRT is designed to help rather than hinder an already layered process.

"We need to look at investing money in IT training for our sailors," said Cisneros. "We don't have the embedded support we need either. We need to take a look at how we are addressing those problems, too."

The CRT is a new concept developed to help better understanding the existing information out there in order to make the best decisions for the various fleet software baselines. The initial task will be to determine what the problems are and develop the right tools to address them. It is a major step in the right direction for addressing fleet concerns. The goal is to help FRD determine what to deliver to the fleet, ensure it is not causing additional problems, and work proactively with the fleet to improve its cyber posture from a technical authority and acquisition capability delivery perspective.

As the Navy's Information Dominance systems command, SPAWAR designs, develops and deploys advanced communications and information capabilities for the warfighter. With nearly 10,000 acquisition professionals located around the world and close to the fleet, the organization is at the forefront of research, engineering and support services that provide vital decision superiority for the warfighter.

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NAS Jax patrol squadrons help transform lives

By Lt. j.g. Torrey Plum
VP-8 Public Affairs

Nineteen Sailors assigned to VP-8 and VP-62 at Cooperative Security Location Comalapa, El Salvador, visited a church in San Salvador April 26 to help with much needed repair work and also to deliver vitamin supplements to the local community.

Sailors from the VP-8 "Fighting Tigers" and VP-62 "BroadArrows" delivered six months' worth of vitamins to Iglesia Gran Comision Church in La Libertad. The donations were made possible by squadron members, families and friends.

The Sailors also sanded and

balanced diet. They also provide a safe haven for battered and abused women and children. The care and assistance La Gran Comision church provides is a vital lifeline to this El Salvadoran community.

"It was gratifying to see the immediate impact of our contribution and the foundation it laid for future projects to come," said Ensign Erik Arstein, a naval flight officer with VP-8.

"We are always happy to lend our support to the people of El Salvador." The Iglesia Gran Comision Church is a non-denominational congregation of local residents and missionaries who work to improve the lives of those less fortunate. Some of their work includes nutritional programs that provide healthy meals to children whose families may not be able to afford a

balanced diet.

They also provide a safe haven for battered and abused women and children. The care and assistance La Gran Comision church provides is a vital lifeline to this El Salvadoran community.

"It was a great opportunity to interact with the local community," said LS2 Walter Murillo.

"It's rewarding to get to see first hand how we are having a positive impact on the lives of the people here."

The Fighting Tigers are currently deployed to the 4th and 5th fleet areas of responsibility, assisting in Counter National Organized Crime efforts and providing humanitarian assistance.



Photo courtesy of VP-8

LS2 Walter Murillo and Lt.j.g. Andrew Kirchert paint shelves for the Iglesia Gran Comision Church in El Salvador.

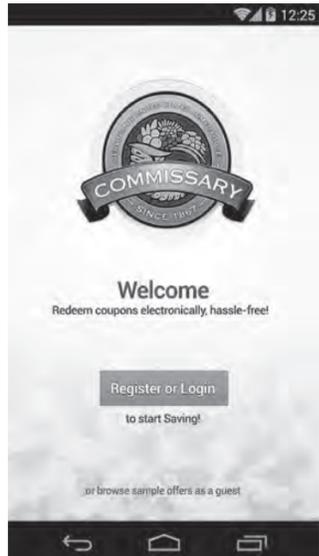
Commissary rewards card now offers Android app

By Kevin Robinson,
DeCA public affairs specialist

Commissary Rewards Card users can now download an Android app to access and clip digital coupons.

Available free from the Google Play Store, the Commissary Rewards Android app joins the previously released iPhone/iPad app, giving commissary shoppers access to their rewards card accounts through a vast array of smart phones and tablets.

"We've tested the Android app and received good reviews on its ability to connect rewards card users with available coupons," said Marye Carr, the Defense Commissary Agency's rewards card manager. "Now with apps for both operating systems, our patrons have more flexibility on when and where they can clip coupons, review their lists of downloaded coupons and



track which ones have been redeemed or expired."

The apps also let customers connect to the nearest commissary via phone numbers and addresses. And, just like accessing their accounts from a desktop computer, Commissary Rewards Card

users can always be plugged into new promotions and contests customized for them.

Kellogg's is offering one such contest, "Win a Family 4th of July in Washington DC," from May 1-31 for patrons with Commissary Rewards Cards. The grand prize is a trip to Washington, D.C., with three guests to attend a Nationals' baseball game scheduled for July 2. For more details and additional prizes, visit <https://deca.couponselectionpage.com/offers/all> on or after May 1.

Since it was unveiled in September 2012, the Commissary Rewards Card has become a game-changer for commissary patrons, opening up access to digital coupons redeemable in commissaries, said DeCA Sales Director Randy Chandler.

"As the military changes, so is DeCA, and the Commissary Rewards Card is a way the

commissary benefit is evolving to remain relevant to our service members and their families," Chandler said. "It's amazing how card users can get to these electronic savings - now more than 150 coupons at a time - from either the click of a mouse or now from their own smart phones and tablets."

From the program's start through April 4, Commissary Rewards Card users have downloaded more than 26 million digital coupons, and commissaries have redeemed over 3 million for a savings of \$3.6 million to patrons.

Using the rewards card has become as simple as 1-2-3, Carr said:

Get a rewards card at a commissary.

Register the card at <http://www.commissaries.com/rewards/index.cfm>.

"Clip" or download coupons to your account (they are automatically loaded to your card).

Print a list of your coupons and bring it and your card with you on your next shopping trip.

Present your card at check-out so the cashier can scan it for coupons that match your purchased items.

Digital coupons are automatically erased from the account as they are redeemed or if they expire.

"The savings from using coupons helps our patrons extend their savings even more," Carr said.

"And, with the mobile apps, they have even more options to access their Commissary Rewards Card accounts for digital savings."

For more information about the Commissary Rewards Card, go to <http://www.commissaries.com/rewards/index.cfm>.

To reach a customer service hotline, call 855-829-6219 or send an email to commissary-support@inmar.com.



Photo by Morgan Kenhert

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.

'Month of the Military Child' carnival

By Shannon Leonard
MWR Marketing Director

On a beautiful spring day, laughter and excitement filled the air as hundreds of kids and their parents came out to enjoy the annual Month of the Military Child Carnival on April 12 at the Allegheny Softball Fields.

The free event is coordinated each year by the NAS Jax Morale, Welfare and Recreation (MWR) Department's Youth Activities Center (YAC) to show military children how much they are appreciated.

"It's great to see military families enjoying the carnival. The weather is perfect and I am very pleased with the turnout," said YAC Director Jason McKenzie.

The event featured numerous inflatables that provided lots of jumping, sliding and bouncing - plus, a rock climbing wall, bungee-run, games, face painting by the staff of the Fleet and Family Support Center, free water and snow cones.

"Through the generosity of our sponsors, we are able to keep adding to the event," continued McKenzie.

"This is my second spring carnival and this one is even better. The kids love it. We are really having a good time and appreciate MWR for coordinating this event," said Lt. Robert Bombard, who brought his family to the event.

This year's sponsors were VyStar Credit Union, USAA, University of Phoenix and USA Discounters.

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

DoD maintains support to find missing Malaysia Airlines Flight 370

By Claudette Roulo
American Forces Press Service

The Defense Department is continuing to support the international search mission for missing Malaysia Airlines Flight 370, Pentagon spokesman Army Col. Steve Warren said April 24.

The total cost of the search to date is \$11.4 million, Warren said.

This figure includes \$4,200 per flight hour for the two P-8 Poseidon aircraft involved in the search, he added.

The plane and its 239 passengers disappeared March 8 on a flight from Kuala Lumpur to Beijing.

The costs break down as follows,

Warren said:

- \$4.6 million in operations and maintenance funds;
- \$3.2 million in overseas humanitarian disaster and civic aid funds; and
- \$3.6 million for underwater search equipment and support.

The P-8A Poseidons continue conducting aerial search operations, and the Bluefin-21 autonomous underwater vehicle completed its 12th search mission, the colonel said.

"Bluefin-21 has now completed more than 90 percent of a focused underwater search. Unfortunately, no contacts of interest have been

found," he said.

The department has received no requests for additional underwater search assets, Warren said.

The Military Sealift Command dry cargo ship USNS Cesar Chavez joined the task force April 10 to provide logistical support.

Chavez is the Navy's newest combat logistics force ship, and is operated by a crew of 125 civil service mariners.

The ship also has a complement of 11 U.S. Navy personnel, who provide operational support and supply coordination, a Navy news release said.

The right way to terminate a lease, and steps to take during move out

By Lt. Christy Chance, JAGC
Jacksonville Assistance Office, RLISO SE

A lease is a binding contract between you and the landlord. Therefore, if you need to terminate your lease, there are steps that you need to take to ensure that you are protected legally and financially.

Whether you want to terminate a lease at the end of the contract or earlier, there is a certain protocol you must follow. Living in uninhabitable conditions, renting in an unsafe area, entering active duty service, receiving permanent change of station (PCS) orders, or orders to deploy for a period of not less than 90 days are all reasons why a servicemember might need to terminate a lease early.

The following information applies to servicemembers and their dependents.

Contact the JAG early. Your local legal assistance office can help you through the entire process of breaking your lease, including advising you on whether you can terminate your lease, drafting the notice to vacate, communicating with the landlord on your behalf, as well as attempting to recover your security deposit.

Read your lease. Check your lease to see if it contains a "military clause." While the Servicemembers Civil Relief Act (SCRA) requires landlords to allow servicemembers out of their leases in specific situations, sometimes a military clause in a lease can provide additional protections for you or your family.

- Giving proper notice means that it MUST be in writing. There are six items that should be included in every written notice of intention to vacate: (1) the names of the tenants vacating; (2) the date the notice was written and signed; (3) the intended termination date (4) the address and unit/apartment number of

STATE	Week to Week	Month to Month	Quarter to Quarter	Year to Year
FLORIDA	7 days' notice	15 days' notice	30 days' notice	60 days' notice
GEORGIA	30 days' notice	30 days' notice	30 days' notice	30 days' notice

the residence that is being vacated; (5) a forwarding address; and (6) signature of the tenants. It is extremely important to provide a forwarding address if you want to get your security deposit back. Again, your local legal assistance attorney can help you draft proper notice.

- Notice under the SCRA. If you are terminating your lease under the SCRA because you entered active duty, have PCS orders or are deploying for a period of not less than 90 days, you need to provide written notice to your landlord (as detailed above) AND a copy of your PCS/deployment orders, preferably with at least 30 days notice. If you do not have a copy of your PCS/deployment orders, then you must get verification (preferably in writing) from your commanding officer, stating that you are moving out of the area on orders or deploying for a period of 90 or more days.

- Amount of notice required is determined by the rental agreement (Note that a lease may not require more than 60 days' notice) or if not specified in the lease then the amount of notice is determined by the length of the tenancy:

- Delivery of notice. Check your lease first to see if it details how notice should be delivered. If your lease does not detail how to deliver notice, then the best method is to mail your written notice return receipt requested. Again, your local legal assistance office can help you ensure proper delivery of your notice.

Steps to take when moving out to protect your secu-

rity deposit and protect yourself from owing the landlord money for damages after you move out.

- Check your lease to make sure you are complying with the vacating terms. Your lease may state that you are responsible for repainting, having the carpets cleaned professionally, or similar tasks prior to your move out.

- Get a move out checklist from the landlord. This gives you an idea in terms of what you need to do before moving out in order to comply with the lease agreement.

- Move all of your belonging from the residence. Also remove any trash or debris.

- Return all keys, garage door openers, and key fobs that were included with the residence. It is a good idea to have the landlord sign a letter stating they received the above items along with the date they were returned.

- Request and be present for a walk through inspection with the landlord prior to moving out.

- Take photos and video of the residence after all of your belongings are moved out and you have cleaned the premises. If there is ever a dispute over damages or the state of the residence when you left, those photos and/or videos will be key to proving your case.

If you would like more information or want to find the legal assistance office closest to you, contact us at any of our offices listed at: http://www.jag.navy.mil/legal_services/rlso/rlso_southeast.htm.

White House launches one-stop shopping for vets seeking jobs

By Terri Moon Cronk
American Forces Press Service

First lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, launched the Veterans Employment Center, the first online one-stop shopping tool for veterans, transitioning service members and spouses in search of employment.

The announcement was made April 23 at a third-anniversary celebration for their "Joining Forces" initiative at Fort Campbell, Ky.

Joining Forces mobilizes all sectors of American society to support service members, veterans and their families.

"Our service members haven't always had the time or information they needed to prepare their resumes, to plot

their career goals, to meet with employers and get the jobs they deserve. And that's simply not acceptable," the first lady said.

"As my husband has said, when you've fought for this country around the world, you shouldn't have to fight for a job when you return home.

"Starting today," she continued, "every single service member, every veteran, and every military family will have access to a new online tool that will revolutionize how you find jobs in both the public and private sectors."

The online tool is available at <http://ebenefits.va.gov>.

The new online resource is the first interagency tool to bring together a wealth of public and private job opportunities, a resume-builder, military

skills translator and detailed career and training resources.

In connection with Joining Forces, DoD and the departments of Veterans Affairs, Labor and Education and the Office of Personnel Management worked with employers to design and develop the site and incorporate features of existing online employment tools within government.

"Veterans deserve an authoritative source for connecting with employers," said VA Secretary Eric Shinseki.

"The online Veterans Employment Center is the single, federal source for veterans looking for new career opportunities, service members transitioning to the civilian workforce, and spouses and beneficiaries looking to connect with job opportunities."

Resumes are visible to all employers with an active LinkedIn or Google profile. To prevent spam, applicants' names and email addresses are redacted, and are visible only to employers verified by VA as registered companies with the IRS. The site also is built using open data and an open application programming interface to attract private-sector innovation.

At the Fort Campbell event, Biden noted the success of the Military Spouse Employment Partnership, which began in June 2011 with fewer than 60 companies.

Today, she said, the partnership has 228 partner employers, more than 1.8 million jobs posted on the MSEP Career Portal, and more than 60,000 military spouse hires to its credit.

Community Calendar

Clay County Philippine Festival, May 3, from 9 a.m.- 5 p.m. at Orange Park Town Hall, at U.S. 17 and Kingsley Ave. Entertainment, food, arts & crafts. www.pccfi.org.

USS Iwo Jima (LPH2/LHD7) Reunion, Aug. 27-31 at Crowne Plaza Hotel in Jacksonville. Call 757-723-0317 or <http://ussiwojimashipmates.cfns.net/>

Military Officers Association of America (MOAA) Northeast Florida Chapter meets every third Wednesday, 6 p.m. at NAS Jax Officers' Club. MOAA is open to active duty and retired officers of all military branches. Contact Johnnie.walsh@gmail.com or call 282-4650.

National Naval Officers Association (NNOA) meets the fourth Thursday of each month at 5 p.m. at Jacksonville Urban League 903 Union Street West Jacksonville, FL. For information, contact Lt. Mark Jean-Pierre at 910-459-6858 or retired Lt. Cmdr. Paul Nix at 542-2518 or paul.nix@navy.mil.

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit www.aa09.com.

Orange Park Veterans of Foreign Wars (VFW) Post 5968 and its Auxiliary located at 187 Aurora Blvd. meets on the second Wednesday of the month at 7:30 p.m. VFW is a non-profit veterans service organization composed of combat veterans and eligible service members from the Active, Guard or Reserve forces. Go to www.vfwpost5968.org or call 276-5968.

Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work four hours a day, one day per week. Call 542-5790 from 10 a.m. to 2 p.m. weekdays to volunteer.

Ribbons & Roses, a breast cancer support group at Naval Hospital Jacksonville, meets on the second Tuesday of the month at 7 p.m. Call 542-7857 for more info.

Navy Jacksonville Yacht Club is open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commodore@njyc.org.

COMPASS Spouse-to-Spouse Military Mentoring Program. Helping others help themselves. Visit www.gocompass.org for more info.

Navy Wives Clubs of America DID No. 300 meets the second Thursday of each month at 7 p.m. at Lakeshore Methodist Church, 2246 Blanding Blvd. Call 272-9489.

Fleet Reserve Association Branch 290 monthly meeting is the first Thursday at 8 p.m., 390 Mayport Rd., Atlantic Beach. Call 246-6855.

National Active and Retired Federal Employees Westside Jacksonville Chapter 1984 meets at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. Call 786-7083.

Retired Enlisted Association meets the fourth Wednesday of each month at 1 p.m. at the Fleet Reserve Hall at 7673 Blanding Blvd. Call 772-8622.

Navy wives to gather May 15-17

From Staff

The Navy Wives Club of America (NWCA), Daughters in Dixie #300 chapter, will host the 2014 Eastern Regional Convention at NAS Jacksonville, May 15-17. Members will attend from clubs throughout the Eastern Region to discuss by-laws, as well as fundraising, for the many charitable organizations and scholarships that the NWCA supports.

NWCA is a national non-profit organization, incorporated in 1939 and granted a federal charter in 1984. This organization was formed by a group of military spouses whose common goal was to support, befriend and assist other military spouses adjusting to the military way of life. There are currently 34 clubs in four regions throughout the United States.

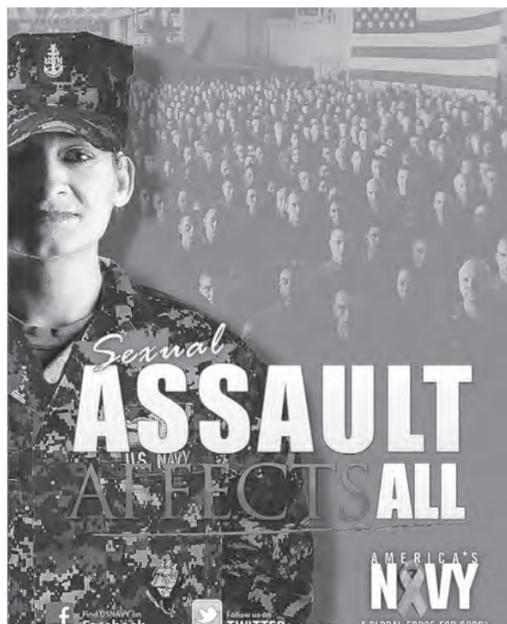
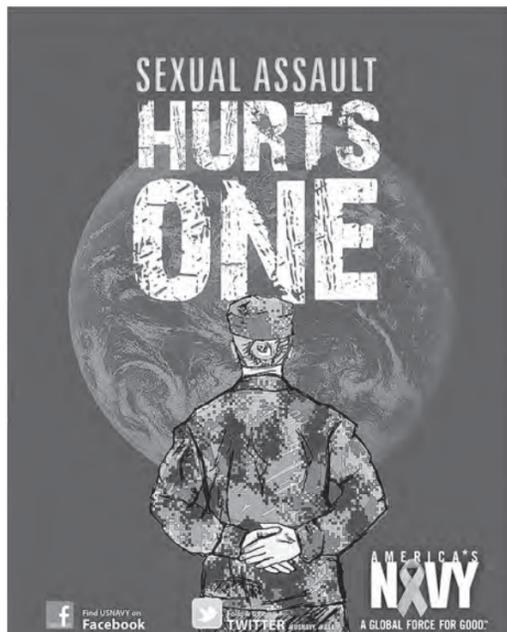
Originally affiliated with NAS Cecil Field, DID #300 was established in 1985. When BRAC closed Cecil Field in 1999, DID #300 moved their monthly meetings (second Thursday) to Lake Shore United Methodist Church on Blanding Blvd.

Over the years, DID #300 members have donated thousands of volunteer hours and dollars to various causes, projects and organizations - including the Florida Fallen Hero's Foundation, the Carillon Bell Tower project located at the Jacksonville National Cemetery, and the USO.

Other projects include Project Healing Waters, the Jacksonville Humane Society, and Wreaths Across America, a remembrance wreath-laying ceremony to honor and remember our nation's Veterans.

The NWCA is open to spouses and widows of enlisted personnel serving in the U.S. Navy, Marine Corps, Coast Guard or the Active Reserve units of these services. Spouses of enlisted personnel, who have been honorably discharged, retired or have been transferred to the Fleet Reserve on completion of duty are also welcome.

If you like to help others in our community, and have fun with people of similar backgrounds, then NWCA may be right for you. For more information, go to their Facebook page under Navy Wives Club of America, Daughters in Dixie #300.



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ORANGE PARK - MOVING SALE 2955 Oak Rd. Doctor's Lake Estates 32065. Fri. 5/2 & Sat. 5/3; 8am-4pm Power tools, ladders, garden equipment, household items, crocks, linens, costume jewelry, frames, furniture, house plants, BARGAIN PRICES!!

SAN MARCO- Huge Garage Sale at Elizabeth Swain Memorial United Methodist Church located at 1620 Naldo Ave. Sat., May 3, 8a-2p Furn, small appls, pics, clothes & more!

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Consumer Electronics offers NOT VALID in Home Appliance Showroom, Appliance and Hardware Stores and Hometown Stores.

Family & Friends savings valid Sunday, May 4, 6-9pm at Sears, Sears Grand and Sears Essentials.
Automotive will honor the event all day. Auto Centers close at 6pm.
All day Sunday, May 4 at Home Appliance Showroom and Appliance and Hardware Stores.
All day Sunday, May 4 and Monday, May 5 at Hometown Stores.
All day Monday, May 5 at Sears Parts & Repair Centers.
Sears.com May 3, 6pm CT to May 6, 9am CT. See store or sears.com for details.



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****Offers apply to regular, sale, savings and clearance prices. Members can choose savings or points. Offers are not combinable. Points earned during Family & Friends will be available Tuesday, May 6. Not valid with other coupons or to reduce credit balances. Excludes: Introductory Offers, Insane Deals, Levi's[®], Land's End[®] merchandise online, baby gear and nursery furniture, fragrance & cosmetics in Puerto Rico, Essie or Ahava cosmetics, personalized jewelry, fine jewelry Hot Buys, custom jewelry, items powered by shoebuy.com, Sealy[®] Ebu, Amalie Select, Taylorsville, Basford, Duntap, Anaheim TI, Serta[®] Ebu, Hadley, Kinsley, Cranford, Gobe, Addie, Beautyrest[®] Black, Comforpedic, Tempur-Pedic[®], Protect-A-Bed, pillows, bedframes, fitness accessories, tires, TVs under 40", video game hardware, Bose[®], prepaid calling cards, iTunes, computers, tablets, eReaders, Canon[®] DSLR, Nikon[®] DSLR and Lenses, Samsung[®], Sharp[®] and Sony UPP[®] merchandise. Electronics offer cannot be combined with Sears card offers. Whirlpool[®], LG[®], GE[®], GE Profile[™], GE Cafe[™], Frigidaire[®], Electrolux, Bosch[®] and Samsung appliances limited to 10% off. Jenn-Air[®], Dacor, sewing machines, water heaters, air conditioners, air cleaners, fans, humidifiers, dehumidifiers, floor care accessories, floor care specialties and floor care deep cleaners, everyday great price items, Colormate 2.5-oz. Mini Candles, Sears licensed partners & websites, Digital Services, catalog orders, Gift Cards, money orders, wire transfers, commercial orders or previous purchases. In the event of a return, savings may be deducted from refund and points may be credited to account. Family & Friends discounts are loaded automatically in cart when purchasing online (5/3/14 6pm CT to 5/6/14 9am CT on sears.com). Online discount applies to items marked sold by Sears only 5/3/14 6pm CT to 5/6/14 9am CT. Event savings in Hackensack, NJ; Paramus, NJ; and St George, UT stores are valid 6pm to 9pm on 5/3/14 only. Sears on Broadway in Oakland, CA and Quarrier Street, Charleston WV stores will hold event all day on 5/2/14. Sears Parts & Repair Centers will hold event all day 5/5/14. Excludes Sears Outlet. Consumer Electronics offers NOT VALID in Home Appliance Showroom, Appliance and Hardware Stores and Hometown Stores.**