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Commemorating 9/11**Remembrance, renewal and resilience****From Staff**

When asked for comment concerning the 13th anniversary of 9/11, NAS Jacksonville Commanding Officer Capt. Roy Undersander paused in reflection saying, "Sept. 11 reminds all of us that Americans are at their best when they unite in response to crisis."

"Our service men and women have made countless sacrifices since that fateful day to ensure freedom for the United States and other countries around the world."

Remembering the tragic timeline:

- The World Trade Center, North Tower

At 8:46 a.m. American Airlines Flight 11 crashed with a speed of roughly 490 mph into the north side of the north tower of the World Trade Center, between floors 94 and 98.

- The World Trade Center, South Tower

At 9:02 a.m. United Airlines Flight 175 crashed with a speed of about 590 mph into the south side of the south tower, banked between floors 78 and 84. Killed: 2753.

- The Pentagon

At 9:37 a.m. American Airlines Flight 77 crashed into the western side of the Pentagon. All 59 passengers lost their lives, as did 125 Pentagon personnel. Killed: 184.

- Shanksville, Pennsylvania

At 10:03 a.m. United Airlines Flight 93 crashed in a field southeast of Pittsburgh in Somerset County, Pa. Killed: 40.



DoD photo by Tech. Sgt. Cedric Rudisill

FBI agents, firefighters, rescue workers and engineers work at the Pentagon crash site on Sept. 14, 2001, where a hijacked American Airlines flight slammed into the building on Sept. 11. The terrorist attack caused extensive damage to the west face of the building and followed similar attacks on the twin towers of the World Trade Center in New York City.

Hagel: Suicide prevention means watching out for each other**DoD News, Defense Media Activity**

Message to the Force on Suicide Prevention Month, as written by Secretary of Defense Chuck Hagel, Washington, D.C., Sept. 2.

To the men and women of the Department of Defense:

Preventing military suicide is one of DoD's highest priorities, and something I'm personally committed to as Secretary of Defense. As we observe Suicide Prevention Month, we must rededicate ourselves to actively working not only every month, but every day to fulfill our collective responsibility to watch out for each other and take care of each other.

Human beings are fragile, and suicide is a complex and devastating event that affects us all. The painful loss of life and its heartbreaking aftermath spread beyond the individual



U.S. Secretary of Defense Chuck Hagel makes opening comments in a Sept. 7 meeting at the Georgian State Chancellery in Tbilisi, Georgia.

and immediate family, taking a toll on fellow service members,

friends, neighbors, coworkers, and society itself. While preventing suicide takes all of us working together, it begins with a personal commitment.

When someone is going through challenges and comes to you for help, it doesn't make them weak. It means they're strong, because asking for help when you need it takes courage and strength. What we need to remember what our entire country needs to remember is that these brave individuals shouldn't be avoided or stigmatized. They need to be embraced. Whether you're a service member, a veteran, a DoD civilian, or a friend or family member of someone who is, you have the power to make a difference. It only takes one person to ask one question or make one call and that single act can save a life.

If you need help, if you know someone who is, or even if

you just need someone to talk to, contact the Military Crisis Line via phone, online chat, or text message. Just call 1-800-273-8255 and press 1; visit www.militarycrisisline.net [<http://www.militarycrisisline.net/?source=GovDelivery>]; or text 838255.

It's free, confidential, and trained professionals are always there for you 24 hours a day, 365 days a year.

The battle to prevent suicide cannot be waged on a single front. It will only be won if we stand together and take every opportunity in our homes, at our duty stations, and in conversations with friends and mentors to support each other and be there for those in our communities who need our help. By fighting as one team, we will help prevent suicide.

Thank you and your families, for all that you do for our country.

Hurricane preparedness: Are you ready?**By MC2(SW/AW/EXW) Stacy Laseter**

Navy Region Southeast Public Affairs

It's the middle of the 2014 hurricane season with a possible storm brewing in the Atlantic, so there's no better time to ask yourself this question: Are you ready?

Although the Atlantic hurricane season lasts from June 1 to Nov. 30, the bulk of the named systems form during the latter part of the season, according to the National Oceanic & Atmospheric Administration.

And while the first part of this hurricane season has been quiet, NOAA records show that 321 hurricanes have made landfall in the southeastern United States. That places Region Southeast installations squarely in the target zone.

So how do you prepare? Start with a plan.

"Make a plan that your family understands," Navy Region Southeast Regional Emergency Management Officer Scott Crossley said.

"Plans should include a meeting location if your family is separated, out of town contact numbers, local evacuation routes, medicines, what you'll do with your pets, important papers



Visualization of hurricane Floyd approaching the coast of Florida in 1999.

you'll need, and more. You can't be too prepared."

In addition to an evacuation plan, it's recommended families have at least three days of emergency supplies, according to the American Red Cross, including one gallon of water per person per day, non-perishable foods and hygiene products. Hurricane season will come and go, but as Crossley points out, being prepared is not a seasonal event.

"It's not just for hurricane season," said Crossley. "You need to

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This Week in Navy History

From Staff

Sept. 11

1814 - In Battle of Lake Champlain, Commodore Thomas MacDonough defeats a British Squadron.

1939 - Bear (AG-29) is commissioned by the U.S. Navy for Antarctic operations under command of Rear Adm. Richard Byrd.

1941 - President Franklin Roosevelt announces order to the Navy to "shoot on sight" vessels threatening U.S. shipping or ships under U.S. escort.

1942 - Pharmacist's Mate First Class Wheeler Lipes performs emergency appendectomy on Seaman First Class Darrell Rector on board USS Seadragon on patrol in South China Sea.

1943 - Italian Navy surrenders to Allies.

1945 - Operation Magic Carpet, the return of troops to the U.S., begins.

2001 - American Flight 77 hijacked by terrorists struck the Pentagon. Casualties include 33 Sailors, six Department of the Navy civilians, and three Navy civilian contractors reported missing, at Arlington, Va. Two commercial airliners also struck the World Trade Center in New York City - destroying both towers.

2002 - The "Don't Tread on Me" first Navy Jack is flown by Navy ships marking the first anniversary of the terrorist attacks on the Pentagon and World Trade Center.

Sept. 12

1916 - First demonstration of automatic stabilization and direction gear in aircraft.

1944 - Fifth Fleet carrier aircraft begin three-day attack on Japanese shipping and facilities in Visayas, Philippines.

1952 - USS Coral Sea (CVB-43) took Marshall Josip Tito for a one-day cruise in the Adriatic Sea where he was shown flight operations.

1961 - Navy task force sails to aid the Galveston area after hurricane Carla hits Texas.

1966 - Launch of Gemini 11, piloted by Cmdr. Charles Conrad Jr. and Lt. Cmdr. Richard Gordon Jr. Their mission lasted two days and 23 hours and included 44 orbits at an altitude of 1368.9 km. Recovery was by HS-3 helicopter from USS Guam (LPH-9).

1967 - Operation Coronado V began in Mekong Delta.

1992 - Joint Task Force Hawaii activated to provide humanitarian aid after Typhoon Iniki struck

Hawaiian Islands

Sept. 13

1814 - British bombardment of Baltimore's Fort McHenry inspires Francis Scott Key to pen the "Star Spangled Banner."

1847 - Marine brigade leads U.S. forces that storm Chapultepec Castle near Mexico City, inspiring one line of the Marine Corps Hymn.

1906 - Sailors and Marines from USS Denver land in Havana at the request of the Cuban government to preserve order during a revolution.

1939 - Navy suspends transfers to the Fleet Reserve after 20 years service and retains men on active duty.

1985 - Commander, Middle East Force orders escort of Military Sealift Ships in Persian Gulf because of Iranian seizure of merchant vessels.

Sept. 14

1899 - Gunboat Concord and monitor Monterey capture two insurgent schooners at Aparri, Philippine Islands.

1939 - Atlantic Squadron Neutrality Patrol ships deploy

Sept. 15

1944 - Invasion of Peleliu, Palau Islands, after several days of intensive carrier aircraft bombing and ship bombardment.

1950 - U.S. forces under Vice Adm. Arthur Struble achieve an amphibious landing at Inchon, Korea.

1967 - Operation Crimson Tide in Mekong Delta.

Sept. 16

1854 - Cmdr. David Farragut takes possession of Mare Island, the first U.S. Navy Yard on the Pacific.

1917 - Navy Department authorizes establishment of 16 naval air stations abroad.

1922 - Cmdr. Halsey Powell in USS Edsall (DD-219) became the senior officer directing the evacuation of 250,000 Greek refugees from Turkey after war between Greece and Turkey.

1940 - President Roosevelt signs Selective Training and Service Act, the first peacetime draft.

1958 - USS Grayback (SSG-574) fires first operational launch of Regulus II surface-to-surface guided missile off Calif. coast; Missile carries first U.S. mail sent by guided missile.

1966 - USS Oriskany (CV-34) helicopters rescue 44-men crew of British merchant ship August Moon near Hong Kong.

Sept. 17

1861 - Union landing party from USS Massachusetts



U.S. Navy photos

After losing their starboard engine in July 1958 on anti-submarine patrol 180 miles off the coast of Mayport, the VP-45 crew of this Martin P5M flying boat taxied the aircraft from the open sea and up to the St. Johns River to NAS Jacksonville. The Navy tug Umpqua escorted – but did not tow – the aircraft from NS Mayport.



A Lockheed P2V-2 Neptune, assigned to the "Flying Phantoms" of VP-18, flies over NAS Jacksonville on a training mission in July 1953. The "dash 2" variant flew with a crew of 10, and included dorsal and tail gun turrets. VP-18 was disestablished in October of 1963. Patrol and reconnaissance Sailors should know that one of the most famous Neptune aircraft is the P2V-1 "Truculent Turtle" which set a world distance record in 1946 by flying non-stop and unrefueled from Perth, Australia to Columbus, Ohio – a distance of 11,236 miles – in 55 hours, 18 minutes.

takes possession of Ship Island south of New Orleans, La. This was the headquarters for Adm. David Farragut's Gulf Coast Blockading Squadron.

1944 - Navy task force lands Army troops on Angaur, Palau Islands supported by Navy carrier aircraft and shore bombardment.

Chirping fire alarm tests patience

From The Homefront

By Sarah Smiley

Special Contributor

I knew this day would eventually come, but I always thought it would be while Dustin was on deployment. Every morning while Dustin was away, I'd wake up and stare at the faint, blinking light on the fire alarm, fixed to the highest point of the vaulted ceiling above our bed, and wonder, "How will I replace that battery when it dies?"

The blink seemed to taunt me. Often I imagined that its pattern had quickened. (Did this mean the battery was low?) Then, just as suddenly, the blink would slow down again. (And what exactly did that mean?)

As far as I could tell, if the battery died while Dustin was away, the only reasonable solution would be for me and the kids to move to a hotel until he got back. That's how much I feared the fire alarm. Because you know what happens when a fire alarm battery dies: it chirps as erratically as it used to blink, and always in the middle of the night. The chirping continues until the battery is replaced, and for an alarm on a vaulted ceiling above a bed, that involves moving furniture and getting a 6-foot ladder.

So I watched, and I waited. But the battery never died while Dustin was gone. It died last week when Dustin was home and waiting to do a Fantasy Football draft.

We heard the first chirp while we were in the kitchen. I prayed that it was coming from the hallway or the basement. Those alarms are easy to fix. But the faintness of the sound made my cheeks turn cold: the chirp was coming from upstairs.

It's always hard to find the chirp once it begins. One person is positive it's coming from a bedroom; another

is sure it's coming from the basement. Everyone runs to where they think the sound is coming from. Then, when the chirp happens again, they run to a new spot. And they wait, staring at the ceiling.

Chirp! Everyone changes places again. Suddenly I heard Dustin from upstairs: "Oh no. Not that one."

It was important that I got our youngest son to bed so he'd be asleep and less distracting when Dustin did his Fantasy Baseball draft. So I cheerfully offered to take care of that while Dustin figured out the fire alarm. Except, Lindell's room is directly across from ours, so the commotion of the chirps plus the clanking of the metal ladder and the sound of Dustin moving furniture was in the periphery as I read aloud a calming bedtime story.

"And then Flat Stanley became as flat as a pancake," I said, flipping the page.

Chirp. Clank. Squeak.

Dustin came very close to saying not-so-nice words under his breath as he teetered on the top step of the ladder and tried to reach the fire alarm.

Chirp. Clank. Squeak. Grunt.

Then Dustin appeared in Lindell's doorway, smiling. "I did it," he said. "All fixed."

Chirp.

Dustin's face went flat. "You've got to be kidding me!"

This is Annoying Facts of the World No. 1: the new fire alarm battery never works the first time you put it in.

Dustin climbed the ladder again while I read to Lindell. Dustin was panicking now about missing his

draft. He made more noise as he stomped up the ladder.

Ten minutes later, as Dustin was walking down the stairs, satisfied with his work.

Chirp.

"No!" he screamed and ran back up again.

He tried different batteries. Maybe that first one was bad. Every time he thought he had fixed it, the alarm chirped again.

I came into the room to see if I could help. Not that either of us expected that I actually could, but it's nice to offer. Dustin was sweaty. His face was red. The ladder wobbled beneath him as he again reached for the alarm.

Chirp.

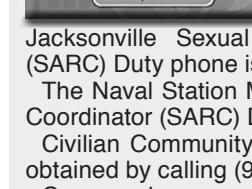
Suddenly, I realized the noise was not coming from the ceiling, but from the floor, where we have a carbon monoxide detector plugged into an outlet. On its screen were the letters B-A-T-T L-O-W.

"Oh, it's this thing," I said breezily, already removing the old battery and replacing it with a new one.

Dustin stared down at me from the ladder. "Excuse me?"

And that's when I knew that, in hindsight, I probably could have handled this while he was gone.

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) 542-5455

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

Hey, MoneyChic!

Hey, MoneyChic! I'm looking for a way to lower my monthly expenses, and I hear some people talk about ditching cable. I don't think I can live without any TV. What are alternatives to cable that will save money?

MoneyChic says: Indeed, ditching cable is becoming a popular trend, and for good reason. People who ditch it find all the entertainment they need for a fraction of the cost of cable. A common scenario for going without cable is to get a flat antennae that goes on the wall for broadcast channels – along with a device that streams internet content, or a TV that is internet-capable.

Did you know that broadcast channels like NBC,

PBS and FOX come through very clearly with the flat terrain here in Florida, and broadcast channels come through in even better HD than cable channels? With a streaming device like a Roku, Chromecast, or Apple TV, you can access tons of content with subscriptions to services like Amazon Prime, Hulu Plus or Netflix. After the initial investment in equipment (approx. \$100), you will pay for high-speed Internet connection and your streaming subscription of choice each month (approx. \$60/month). Consumers need to research the combination of equipment and services

See MONEYCHIC, Page 3

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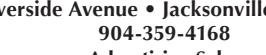
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NATO photo

Defense Secretary Chuck Hagel, NATO Secretary General Anders Fogh Rasmussen and British Prime Minister David Cameron talk together Sept. 5, during a meeting on the final day of the NATO Summit in Wales.

Kerry, Hagel discuss ISIL threat with allies, partners

By Cheryl Pellerin DoD News

Defense Media Activity

With the NATO summit in Wales as the backdrop, Secretary of State John Kerry and Defense Secretary Chuck Hagel met Sept. 5 with allies and partners to discuss the threat posed to Iraq, the region and the international community by the Islamic State of Iraq and the Levant (ISIL).

"We and the ministers agreed today that there is no time to waste in building a broad international coalition to degrade and, ultimately, to destroy the threat posed by ISIL," Kerry and Hagel said in a joint statement issued after the meeting.

The formation of a new and inclusive government in Iraq will be a critical step in this effort, they said. "We are hopeful that this process can be completed over the coming days," they added, "and we discussed in detail how NATO allies can extend immediate support to a new government in its efforts to unify the country against ISIL."

Multiple lines of effort

To be effective, an international coalition to defeat ISIL must coordinate across multiple lines of effort, the statement said. These include:

- Military support to Iraqi partners;
- Stopping the flow of foreign fighters;
- Countering ISIL's financing and funding;
- Addressing humanitarian crises; and
- De-legitimizing ISIL's ideology.

"We discussed each of these lines of effort today, and how to build on the contributions that many NATO allies and partners are already making in Iraq," the statement said. "We agreed to engage in an immediate conversation with a new Iraqi government about accelerating these efforts, including the potential for additional training and equipping of the Iraqi security forces at the federal, regional and provincial level."

The meeting also included discussion of further cooperation to address the humanitarian crisis in Iraq, and noted the shared effort by the military forces of the United States, France, Australia, and the United Kingdom to deliver humanitarian supplies to the citizens of Amerli in northern Iraq, the statement said.

"This town had been surrounded for two months by ISIL, but today is receiving humanitarian aid and supplies led by a UN team on the ground," Kerry and Hagel said in their statement. "Such a common effort will be essential as we move forward."

Security Council resolution

The two Cabinet officials said that they and the ministers noted the strong Chapter 7 United Nations Security Council Resolution enacted last month that calls on all member states to take decisive action to stop the flow of foreign fighters, counter ISIL's financing and combat its incitement. "We agreed today that NATO allies in particular should work in concert towards these goals," they said.

Specifically, they added, a multinational task force will be formed to share more information about the flow of foreign fighters into Syria and from Syria into Iraq. "These foreign fighters represent an acute threat to our NATO allies," the statement said. "We also agreed to

work in concert to stifle ISIL's sources of revenue, including any trade in petroleum products, and hold accountable those who violate international prohibitions on such trade."

The secretaries noted that President Barack Obama has said the effort to degrade and destroy the threat posed by ISIL will take time and persistence. "It will also require a unified approach at the international, regional and local level combining military, law enforcement, intelligence, economic and diplomatic tools," they added. "Our NATO allies and partners today have confirmed their readiness to be a full part of this coordinated approach, and over the coming days, we will continue the discussion with our partners in the region, who have an important role to play across these lines of effort."

The effort will be a focus of the U.N. General Assembly, whose 69th session will convene Sept. 16 at U.N. Headquarters in New York, where Kerry and Hagel said work would continue to establish a truly global coalition.

"Acting together, with clear objectives and common purpose, we will degrade and destroy ISIL capabilities and ensure that it can no longer threaten Iraq, the region, and the world," they added.

NATO leaders weigh in

At the NATO summit this morning, Secretary General Anders Fogh Rasmussen said the principal foundations of global security are being challenged in a way the alliance has not seen since the end of the Cold War.

"In a dangerous world," he added, "we must continue to respond to these multiple challenges with unity and with strength. We must ensure that NATO remains ready, able and willing to defend all Allies against any threat."

NATO will ensure it the right forces and equipment in the right place for as long as required, the secretary general said.

In his remarks this morning, Prime Minister David Cameron of the United Kingdom, which hosted the summit, also addressed new and evolving dangers.

"To the east, Russia is ripping up the rulebook with its annexation of Crimea and its troops on sovereign soil in Ukraine. To the south, an arc of instability bends from North Africa to the Middle East. Last night we discussed the threat posed by ISIL in Iraq and Syria," he said.

NATO members are united in their condemnation of what he called barbaric and despicable acts, Cameron added.

"They should be very clear, these terrorists: their threats will only harden our resolve to stand up for our values and to defeat them," he said. "To do so - and to deal with all the threats we face - our great alliance must now evolve and refocus on the new capabilities that we need to keep our people safe."

One of the changes needed, he said, is for NATO to extend its partnerships and build a more effective security network that fosters stability around the world.

"To do this, NATO must become not just an organization that has capability but an exporter of capability," Cameron said. "I hope we can agree to use our expertise to provide training and mentoring of forces in Jordan and Georgia, and also in Iraq when the new government has been established."

MONEYCHIC

From Page 2

that will serve them best.

You will not be able to view everything available on cable channels, so if there is a particular show or channel that you can't live without, then you may want to keep your cable subscription and consider pairing down your package or inquiring about a promotion to save money. If your cable or Internet bill has increased lately, call the company and say that you are dissatisfied

with the cost and are considering other options. Ask if they have a military discount that will lower your bill. If all else fails with the representative, try calling back to talk to someone else. Often representatives will find a promotion to save you money, and they will recommend that you call back each year to ask again for the promotion (don't forget to make an electronic reminder for yourself).

MoneyChic is provided by Navy-Marine Corps Relief Society at NAS Jax.

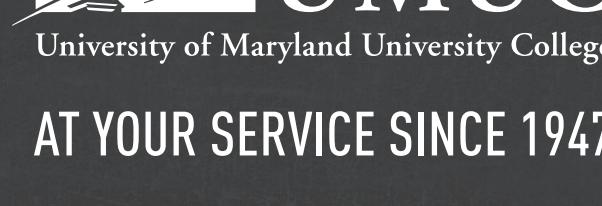
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Military spouse Alana Brown has been bringing her two boxers, Rocky and Tigreso, to the NAS Jax VTF for several years now.

"The care my dogs receive here is unbeatable."



The NAS Jax Veterinary Treatment Facility staff provides the highest quality health care to pets owned by active duty and retired personnel, their dependents and Reservists on active duty. (Top row, from left) Capt. Andrew Choset, Operations Assistant Steven Randle-Salley, Capt. Whitney Waldsmith, Veterinary Technician Ashley Cooper, Dr. Gregory Cooper, (bottom row, from left) Operations assistant Wendy Basinski, black Labrador Oakley, Dr. Heidi Graves, veterinary technician Faith Conkle.



Spc. Jesus Gutierrezlara weighs toy Pomeranian Emma-Leigh during a health certificate appointment.



Dog handler MA1 Andrew Barnhart restrains military working dog Anouk while Waldsmith bandages her foot to help heal her broken toe.



Waldsmith checks a patient's eye for cataracts during a post-operation check up.



Spc. Jesus Gutierrezlara positions Cooper, an English Mastiff, for an x-ray.

Soldiers provide top-notch care at base animal clinic

By AE2(AW) Samantha Jones
Staff Writer

The NAS Jax Veterinary Treatment Facility (VTF) is professionally staffed by Army Veterinary Corps personnel who provide medical and surgical care for the base military working dogs, as well as privately owned pets of service members.

"We are fortunate to have a more fully equipped VTF than most bases," said VTF Officer In Charge U.S. Army Capt. Whitney Waldsmith.

"We take care of the six military working dogs stationed here at NAS Jax, six working dogs from NS Mayport, and few Transportation Security Administration working dogs. I'm fortunate to have a highly motivated staff; my sergeants are awesome at their jobs," continued Waldsmith.

The military working dogs receive comprehensive medical care. They are seen twice a year for physicals that include blood work, urine and stool samples, radiographs, vaccines, and dental cleanings.

"The handlers know their dogs better than anybody else, so their input on how their dogs are doing is really important," said Waldsmith.



Doly, a military working dog, remains calm as dog handler MA1 Keith Danalewich assists Waldsmith as she takes a swab of the patient's ear.



Veterinary Technician Faith Conkle checks Achilles' heart rate while owner, Roelof Wesseling, helps soothe the German shepherd.



Waldsmith removes stitches from Princess' eye 10 days after eye surgery.

FY-2015 General Military Training requirements announced

By Susan Henson

Center for Personal and Professional Development Public Affairs

The Navy's General Military Training (GMT) schedule for fiscal year 2015 (FY-15), announced Sept. 2, outlines significant changes for the program, according to Naval Administrative Message (NAVADMIN) 202/14.

"We listened to what the fleet had to say and what command leaders recommended, and as a result the Navy is giving command triads greater flexibility and more say in how their individual commands deliver GMT topics," said Capt. Ferdinand Reid, commanding officer of the Center for Personal and Professional Development, which administers the GMT program.

The feedback came from a variety of levels throughout the Navy and was provided to the Navy's Flag/Senior Executive Planning Board for Training, with input from U.S. Fleet Forces Command, as well as

numerous others, according to the message.

The outcome of this coordination was the consolidation of several training topics into fewer lessons and eliminating anger management as a topic altogether.

Another significant change is command leaders will have the option of what subjects to deliver that satisfy the personal financial management (PFM) GMT requirement.

"This allows commanders to best meet the needs of their command by tailoring the training to their Sailors' knowledge level and requirements," said Reid.

Examples of PFM topics include car buying strategies, credit management, home buying, and financial planning for deployment.

The NAVADMIN also lists required training for FY-15, provides updated guidance for unit commanders regarding which lessons must be delivered face to face, and gives discretion on how some lessons

are delivered to Sailors in their commands.

"All the required lessons are listed on the Navy Knowledge Online (NKO) GMT page along with the standardized training materials. Content is also available on Navy eLearning for certain topics that aren't required to be delivered in face to face sessions," said Reid.

GMT is an opportunity for command leaders to have targeted, meaningful conversations with their Sailors about character, integrity and professionalism using the GMT content as their road map, he said.

In keeping with guidance that supports the Navy's efforts of reducing administrative distractions to eliminate administrative burdens on the fleet, FY-15 GMT topics are divided into two categories.

Category one training must be conducted as face-to-face sessions led by facilitators at the command level. Commands are directed to use senior leadership, such as chief petty officers and com-

mand training team members, to deliver this category of training.

"We encourage commands to partner with local subject matter experts and collateral duty officers to complement the standardized GMT content. This will help expand the impact of the training experience for Sailors," Reid said.

FY-15 training topics in category one include Equal Opportunity; Hazing Policy and Prevention; Sexual Assault Prevention and Response Awareness; and Suicide Awareness and Prevention.

The topics listed on the NKO GMT page not identified as category one are considered category two. The delivery method for category two lessons is at the discretion of unit commanders. Several, but not all, category two lessons are available as web based training and can also be delivered in face to face sessions. When multiple delivery methods exist, commanders may also choose to combine them in order to most

effectively balance command operational requirements with training opportunities.

To help commands plan their training, the NKO GMT page has a planning calendar that lays out suggested months for training delivery coinciding with national and Navy wide communication themes.

These won't be the only changes to the Navy GMT program, said Reid.

"We're constantly reviewing GMT materials with the intent of delivering the most up to date training to meet fleet needs and Sailors' learning styles," he said.

"Because of this, we update the GMT page on NKO on a monthly basis, at a minimum. So keep checking the NKO GMT page and please send us feedback on how we can improve GMT lessons and the overall program."

Sailors with feedback should submit it to the Center for Personal and Professional Development (CPPD) via email at gmt.distribution(at)navy.mil.

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This site provides key information to help keep you and your family safe and tells you what to do if disaster strikes. NFAAS recommends that after a severe weather event, it's critical to alert your chain of command on you and your family's status.

It's not just mustering. It's also providing Fleet and Family Support necessary information on your specific needs. It's called a needs assessment. This is key to make those needs known so Navy Family personnel can address them as quickly as possible.

The Navy Region Southeast web site - http://www.cnic.navy.mil/regions/cnrse/om/emergency_management/hurricane_season_2014.html - has additional information on how to prepare for hurricanes, as well as the American Red Cross - <http://www.redcross.org/prepare/location/home-family>.

So don't wait until the storm is here.

The time to prepare is now.

Are you ready?

HURRICANES

From Page 1

plan and be prepared year round."

YN1 Serge Kabanda, CNRSE flag writer, whose entire career has been located in states prone to hurricanes, understands the need to "be ready."

"Disaster preparedness is important, especially if you don't live alone," said Kabanda.

"Even if you have pets, you should always have an emergency plan. A hurricane. A fire. Even being robbed. Just be ready for anything that could happen and know what to do. Being prepared means you don't have to panic whenever things actually do happen."

So what do you do if something does happen? If an evacuation is ordered, the Regional Operations Center, commonly known as the ROC, springs into action.

The resources section, which includes administrative, logistics, and financial personnel, uses the Total Workforce

Management System, or TWMS, to automatically generate the names of all military and civilian personnel in the affected area.

Orders are printed and made available so Sailors can travel to their designated safe haven, which is usually identified ahead of time by the installation.

Specific guidance will be provided on authorization of families to travel, depending on circumstances of the incident. Once the event, such as a hurricane, has passed and it's safe to return, personnel and families are directed to return.

Mission essential personnel and emergency response personnel may be required to remain at their installation for the duration of the evacuation order.

Each installation, as well as the Navy Region Southeast headquarters, has emergency information cards. They provide specific instructions on mustering, as well as emergency contact numbers and Web sites, including the Navy Family Accountability and Assessment System Web site - <https://>

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Jackson signs suicide prevention month proclamation

By Twilla Smith

Navy Region Southeast Public Affairs

Rear Adm. Mary Jackson, commander, Navy Region Southeast, signed a suicide prevention awareness proclamation aboard Naval Air Station Jacksonville Sept. 2.

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

According to the American Foundation for Suicide Prevention, in the United States, one person dies by suicide every 13.3 minutes. Annually, more than 30,000 lives are lost in our country, making death by suicide one of the most disruptive and tragic events a family and a community can experience. It is estimated that for every suicide, there are from eight to 25 attempted suicides.

"The Navy's choice of 'Every Sailor, Every Day' as the theme for Suicide Prevention Month emphasizes that the loss of one Sailor to suicide is one loss too many," Jackson said. "The Navy has a great tradition of looking out for shipmates, but we can always do more. We should always be looking for ways to help Sailors help themselves and come to their aide any time when they show signs of distress, not just during Suicide Prevention Month."



Photo by Twilla Smith

Rear Adm. Mary Jackson, surrounded by personnel from Navy Region Southeast Fleet and Family Support program, signs Suicide Prevention Month Proclamation on Sept. 2, aboard NAS Jacksonville. The Navy's 2014 suicide prevention message "Every Sailor, Every Day" stresses the necessity of the Navy community to strengthen connections with those around them.

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

According to Dianne Parker, Navy Region Southeast assistant suicide prevention outreach coordinator, continuously providing program information to all personnel that explain prevention tips and how to recognize indicators is a sure way to have a successful program.

"Unfortunately, suicide is one of the top issues military members and their families deal with," she said.

"Our goal is to be proactive in reducing the number of suicides within the Navy through education and awareness initiatives, and this proclamation serves as the kickoff of suicide prevention month."

The Navy's 21st Century Sailor and Marine Program initiative encourages Sailors, commands, families, and civilian employees to empower themselves by taking personal responsibility for their health, wellness and growth — the important step in building resilience. "I Pledge to Act," a web-based effort encouraging all Sailors, families and members of the Navy community to take steps to build personal resilience, support their shipmates and intervene if they notice signs of distress, is one way to help with suicide prevention and awareness.

"The program recognizes that in the military community, suicide has been the second or third leading cause of death for the last decade," Parker said. "The goal is to try to recognize warning signs and help our fellow Sailors, their family member and civilians."

Despite great strides in our country to understand mental illness and encourage improvements in conversation surrounding it, too many people still suffer in silence. Cmdr. William Stallard, director of Navy Region Southeast's Chaplains Religious Enrichment Development Operations explains, "Suicide has been one of the most chal-

lenging problems throughout the ages. Professionally, I have studied this phenomenon for 25 years; also I have had countless interactions with persons who were suicidal. Last year as duty chaplain, I responded to 5 suicides and 1 homicide, so I know firsthand how difficult it is on the families of those who kill themselves, the impact on the command's morale and the unplanned loss; plus the toll it takes on the first responders and caregivers."

The Navy's 2014 suicide prevention message "Every Sailor, Every Day" stresses the necessity of the Navy community to strengthen their connections with those around them and to make sure open communication, individual responsibility, peer support and bystander intervention are a part of everyday activities.

Completed suicide has second and third order effects such as moral and psychological injury to family and friends; thus it is imperative we do the best job possible as suicide prevention coordinators, facilitators and leaders in order to strive to ameliorate this traumatic social problem within the military and beyond," Stallard said.

For more information about the Navy's 21st Century Sailor and Marine Program and Suicide Prevention Month, go to http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/default.aspx.

Jackson signs ombudsman recognition proclamation

By Twilla Smith

Navy Region Southeast Public Affairs

Rear Adm. Mary Jackson, commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) aboard Naval Air Station Jacksonville Sept. 2.

The proclamation signing commemorated the 44th anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy families. Ombudsmen are military spouses who understand the challenges that often come with the military lifestyle.

Although they do not wear military uniforms, they stand firmly beside Sailors and their families to help any way they can.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the importance behind the proclamation is that it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"When Navy families are dealing with everyday life issues, it is always great to know you have someone in your corner," Parker said.

"That is what an ombudsman does and why she or he is an important part of the command support team. The daily efforts in ensuring families know where to find the resources available to them is invaluable".

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit http://www.cnic.navy.mil/ffr/family-readiness/fleet_and_family_support_program/ombudsman_program/ombudsman_program_overview.html.

Aviation command retention bonus is back

From Chief of Naval Personnel

After a year's worth of work and staffing, Navy leadership approved the restoration of the Aviation Command Retention Bonus (ACRB) Sept. 5. This will increase the pool of talented and qualified officers with command experience to fill critical commander and captain jobs.

Below are the top-five things you need to know about ACRB:

1. The potential for an improving economy has increased job opportunities in the civilian sector for skilled O5 aviators. With this

See **ACRB**, Page 17

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Navy Region Southeast Sailor commissioned as LDO

By MC2(SW/AW/EXW)
Stacy Laseter
Navy Region Southeast Public Affairs



Photos by Tolette Jackson

MA1 Eliot Fiaschi replaced his dixie cup and chevrons with a combination cover and one gold bar during his commissioning ceremony as a limited duty officer (LDO), Sept. 5.

Fiaschi, the Navy Region Southeast regional kennel master, joined the Navy in 2002 and has completed tours of duty in Pearl Harbor, Hawaii, Portsmouth, Va., Bahrain, and Guam, as well as three individual augmentee tours to Iraq and Djibouti. He says he is always ready for a new experience.

"I wanted a new challenge, and I wanted to make changes," Fiaschi said. "I figured the best way to do that is to be in charge of implementing policy."

The LDO program is based on an individual's skill and expertise, and it's a chance for senior enlisted personnel to bridge the gap to the officer ranks. According to Lt. Robert Estrella, CNRSE harbor security officer and Fiaschi's supervisor, the Sailors who are selected as LDO play an important role in the Navy.

"There definitely needs to be continuity between enlisted and officers, and LDOs fill that role. They're subject mat-



Navy Region Southeast Chief of Staff Capt. Steven Blaisdell (left) presents newly commissioned Ensign Eliot Fiaschi with his Navy and Marine Corps Commendation medal.

ter experts and they are a sort of tie-in between enlisted and officer ranks," Estrella said.

Fiaschi has advice for Sailors who might want to become a Navy officer.

"Keep your record clean, make sure everything is up to date, and get a little bit of everything, like volunteering and school. Do a little bit of it all," Fiaschi said. "And don't quit if you don't pick it up the first time."

"I think he'll make a good officer. He has great professionalism, and he also has unlimited foresight and forward thinking. He knows how to manage programs very well, which is key to being an officer," Estrella said.

"The Navy did a great

job by picking him."

In order to meet the eligibility requirements for LDO, a Sailor must have U.S. citizenship, be serving in pay grade E-7 through E-9 or an E-6 who has passed the exam for E-7 and been determined board eligible, and active-duty applicants for LDO must have at least eight, but not more than 15 years of active duty service.

Sailors interested in the LDO or chief warrant officer commissioning programs should contact their command career counselor to find out how to earn their own gold bars.

For related news, visit the Navy Region Southeast Navy NewsStand page at www.navy.mil/local/nrse/.



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Photo by AE2(AW) Samantha Jones

Outstanding Sailors recognized

Thirteen NAS Jax sailors were recognized at an awards quarters held Aug. 29. (First row from left) NAS Jax Commanding Officer Capt. Roy Undersander, MA2 Christopher Ortiz, AME2 Ruby Gill, ABE2 Ronnie Shephard, ABHAN Cynthia Trevizo, LS1 Diana Martinez, NAS Jax Command Master Chief CMDCM(AW/SW) Teri McIntyre, (second row from left) MA2 Glenn Patton, AC2 Joseph Barry, QM3 Tirzah Hendrick, BU2 Camaren Walker, (third row from left) YN2 Jeffrie Key, ET1 Erik Paulsen, MA1 Ronald Hughes and MA1 Thomas Kelly.

Navy Region Southeast administrative officer promoted to commander

By Twilla Smith
Navy Region Southeast Public Affairs



U.S. Navy photo by Twilla Smith

Navy Human Resources Officer Vanessa Givens is pinned on Sept. 2 by CNRSE Rear Adm. Mary Jackson and her husband, Ricky, upon her promotion to commander aboard NAS Jacksonville.

After graduating from BOOST in 1995, she attended Florida Agricultural and Mechanical University (FAMU). In 1998, she graduated from FAMU with a Bachelor of Science degree in accounting and received her commission as a Naval Surface Warfare Officer.

Her first assignment as a commissioned naval officer was aboard USS Spruance (DD-963), as the anti-submarine warfare officer. Upon completion of her 15-month tour aboard Spruance, she reported to USS Vicksburg (CG-69).

See PROMOTION, Page 17

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NAS Jacksonville Commanding Officer Capt. Roy Undersander (right) and Executive Officer Capt. Howard Wanamaker receive their annual influenza vaccinations at the Aug. 29 base tenant command meeting. The Centers for Disease Control and Prevention recommends an annual flu vaccine for everyone six months of age and older. Flu vaccine will be available soon for all patients at Naval Hospital Jacksonville.



Naval Hospital Jacksonville Commanding Officer Capt. John Le Favour (left), Executive Officer Capt. Christine Sears, and Command Master Chief Bennora Simmons give a thumbs-up after receiving their annual influenza vaccines at the hospital on Aug. 29.



Get ready, Flu prevention season begins now

From Staff

The peak season for the flu is the dead of winter, but the illness can strike at any time between autumn and spring, according the Association of Mature American Citizens.

That's why the Centers for Disease Control and Prevention (CDC) recommends getting your flu shots as early as October.

It's particularly important for older people to take precautions.

The Centers for Disease Control and Prevention (CDC) says that the older you are the greater the risk of complications resulting from the flu.

The agency says: "It's estimated that 90 percent of seasonal flu-related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States

each year occur in people 65 years and older. This is because human immune defenses become weaker with age."

So, check with your doctor or local pharmacy to find out when this year's flu shots will be available in your area and book an appointment as early as possible.

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Photos by AE2(AW) Samantha Jones

'Tridents' ordies load a Maverick

(From left) AOC Anthony Bond directs as AOAN Tameka Sledge, AO3 Theresa Hulten, CWO4 Selena Richardson and AO1 Craig Achord of VP-26 position an AGM-65 Maverick to be loaded under the wing of a P-3C Orion. The AGM-65 Maverick is an air-to-surface tactical missile designed for close air support.



AO3 Theresa Hulten (third from left) attaches a cable to the Maverick ordnance trolley in order to lift the weapon up to the bomb rack while AO3 Christian Rexrode works the hoist (far right) at the NAS Jax Combat Aircraft Loading Area (CALA).

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FRCSE celebrates Women Equality Day

By Kaylee LaRocque
Fleet Readiness Center Southeast
Public Affairs

Fleet Readiness Center Southeast (FRCSE) held a women's panel discussion in recognition of Women's Equality Day Aug. 26 highlighting the successes of five top female leaders working at the military depot.

The event, sponsored by the FRCSE Women's Advisory Group (WAG), offered the audience insight to the variety of job opportunities, challenges, and success stories of the panelists who were asked a series of questions relating to their career paths, goals and role models.

FRCSE Executive Officer Capt. Chuck Stuart kicked off the event. "Today, we commemorate the 94th anniversary of the certification of the 19th Amendment, which granted women the right to vote," he said.



Photos by Kaylee LaRocque

Fleet Readiness Center Southeast (FRCSE) Mechanical Engineer Alvernia Johnson (second from left) talks about her career path during a women's panel discussion sponsored by the FRCSE Women's Advisory Group in celebration of Women's Equality Day at the military depot on Aug. 26. Other FRCSE panelists included (from left) Production Director Holly Martinez, Senior Enlisted Leader AFCM (AW/SW) Shalonda Jackson, Research and Engineering Competency Site Manager Elizabeth Nealin and Aviation Resource and Readiness Analysis Department Director Caridad Rocque.

"It's hard to believe that less than 100 years ago, women did not have the right to vote," Stuart continued.

"On this Women's Equality Day, we honor those who fought tirelessly for this right, but we know that there is much more work to do. While our theme today is 'Celebrating Progress,' we must continue

to define barriers, so we can address them."

FRCSE panelists included: Production Director Holly Martinez, Mechanical Engineer Alvernia Johnson, Senior Enlisted Leader Aircraft Maintenance Master Chief (AW/SW) Shalonda Jackson, Research and Engineering Competency Site Manager

Elizabeth Nealin, and Aviation Resource and Readiness Analysis Department Director Caridad Rocque.

FRCSE Public Affairs Officer Terresa White moderated the event asking each panelist to give a brief overview of their career paths and querying them on such topics as how to promote women's rights in



Fleet Readiness Center Southeast (FRCSE) Senior Enlisted Leader AFCM (AW/SW) Shalonda Jackson (center) talks about some of the challenges she's faced in her military career, as FRCSE Research and Engineering Competency Site Manager Elizabeth Nealin (right) and Alvernia Johnson, an FRCSE mechanical engineer listen before offering their remarks.

everyday situations, career obstacles, role models, and advice to women looking for success within the organization. The audience was also encouraged to ask questions of the influential panelists to

See **FRCSE PANEL**, Page 17

Ball Cap may now be worn with Navy Working Uniform

From Chief of Naval Personnel Public Affairs

Beginning Sept. 1, Sailors are authorized to wear the Navy and command ball caps in place of the eight-point cover with the Navy Working Uniform (NWU) Type I, II or III.

Based on feedback from the Fleet, Secretary of the Navy Ray Mabus and Chief of Naval Operations Adm.

Jonathan Greenert made the decision in July to expand the ball cap wear policy.

According to NAVADMIN 200/14, command ball caps are organizational clothing that may be purchased with appropriated funds.

Sailors may purchase command ball caps with personal funds, just as they purchase command badges, patches, belt buckles and other permissible uniform items.

Additionally, wardrooms, chief petty officer messes, first class petty officer associations, junior enlisted associations, and other organizations may purchase command ball caps with their funds.

Department of Defense guidance prohibits the use of morale, welfare and recreation's non-appropriated funds to purchase command ball caps.

The eight-point cover remains the

basic uniform component cover for the NWUs and will be the only appropriate cover for personnel uniform inspections and special occasions to ensure a uniform appearance within the command.

The Navy and command ball cap will remain authorized, optional head gear worn with Navy flight suits, Navy blue coveralls, flame resistant coveralls, and the Navy physical training uniform.



The Children's Corner: More than a place to go – it's a place to grow

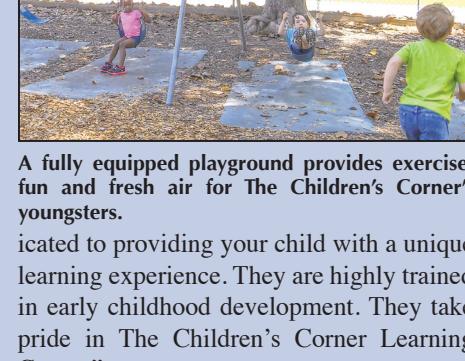
The Children's Corner Learning Center and Daycare in Orange Park was established in 1988 by Nancy Mitchell based on the philosophy that each child is unique and develops at his or her own rate.

"We operate on the principle that children learn best when they are having fun," Mitchell said. "And we've created a safe, comfortable environment where children can express their individuality, socialize with other children and their adult caregivers and have a lot of fun learning."

The fully-accredited Children's Corner consistently ranks as one of the top schools based on school readiness scores by the state of Florida.

Mitchell, who taught in Clay County schools for 10 years and has a master's degree in elementary and early childhood education, and her staff take great care to ensure that their facility will remain the top-ranked daycare center in Orange Park.

"Our staff sees to it that preschool, day-care and VPK children are involved in activities appropriate for their ages and developmental levels," she said. "We have a loving, caring and supporting staff who encourage the academic and overall wellbeing of the children in our care. The staff is ded-

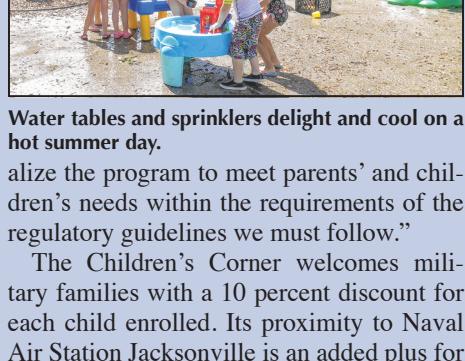


A fully equipped playground provides exercise, fun and fresh air for The Children's Corner's youngsters.

icated to providing your child with a unique learning experience. They are highly trained in early childhood development. They take pride in The Children's Corner Learning Center."

The stability of the staff gives the children a sense of continuity. The fact the facility is privately owned gives parents the reassurance that everything possible will be done to accommodate their needs and their children's needs.

"We have the advantage of being able to be more flexible," Mitchell said. "We can give one-on-one consideration and person-



Water tables and sprinklers delight and cool on a hot summer day.

alize the program to meet parents' and children's needs within the requirements of the regulatory guidelines we must follow."

The Children's Corner welcomes military families with a 10 percent discount for each child enrolled. Its proximity to Naval Air Station Jacksonville is an added plus for families stationed there.

The year-around schedule includes a variety of summer camps in addition to the programs offered during the school year. The facility has programs for children from 18 months through the sixth grade (about 12 years of age). Activities include field trips, swimming, and other interesting pursuits designed to keep children busy, happy and having fun.

Free Voluntary Pre-Kindergarten is available at The Children's Center during the school year.

Transportation is provided to and from local Clay County schools, including Fleming Island, Montclair, Lakeside, Grove Park and nearby Orange Park Elementary. Hours are 6:30 a.m. to 6 p.m. Monday through Friday.

Full- and part-time schedules are offered. Children can receive a full week of services or a few hours of socialization activities each day or all day several days a week – multiple part-time options are available.

In addition to meeting state guidelines for education, staff members are certified in CPR and first aid. They also are trained in the use of the on-site defibrillator.

"Parents are welcome to visit the center at any time," Mitchell said. "We have an open-door policy and encourage parent volunteering."

The Children's Corner, 1720 Smith St., Orange Park, invites you to call (904) 278-8651, visit the website at www.thechildrenscornerop.com. Or stop by and see for yourself how children who are comfortable, relaxed, well cared for and having fun thrive at The Children's Corner.

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

Sunday: Family Day \$1.50 all day, per person, per game
Monthly Handicap Single Tournament - Sept. 20, 1 - 4 p.m., \$20 per person
Scratch Sweeper - Sept. 27, 1 - 4 p.m., \$30

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

Fall Bowling Leagues are now forming!

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Outdoor Pool Hours through September 30, 2014
Monday - Friday Lap swim 6 - 8 a.m., Swim lessons 8 - 11 a.m., open recreation swim 11 a.m. - 7 p.m.
Saturday and Sunday - Open recreation swim 11 a.m. - 6 p.m.

I.T.T. Events

Call 542-3318

E-mail them directly at jaxs_nas_mwr@navy.mil

ITT current ticket promotions include the following:

Monster Jam Tickets Feb. 21, 2015

Everbank Field - \$21 - \$47.50

Universal Halloween Horror Nights

\$45.25 - \$76.50!

FCCJ Broadway Series on sale now!

Thrasher Horne Center for the Arts on sale now ½ price!

Pre-Season Basketball Pelican's vs. Wizards Veteran's Memorial Arena

\$38.00

Casting Crowns \$30.25 & \$35.75

Gator Football vs. Kentucky and Missouri \$27.00 each

Daytona 500 - \$62.00-\$212.0 / Sprint

Fanzone - \$70.00 ALSO AVAILABLE IS DAYTONA 500 SHUTTLE DEPARTING

10:00 - \$20

Daytona 300 - \$55.00/Child (ages 12 and under) - \$9.35/Sprint Fanzone - \$20.00

Budweiser Duels - \$55.00/Child (ages 12 and under) - \$9.35/Sprint Fanzone -

\$20.00

Sprint Unlimited Unreserved/Reserved

-\$30.00-\$55.00/Child 12 & under \$9.35

Sprint Fanzone -\$20.00

Rolex 24 -January 24-25, 2015 -\$25.00/

Garage Access -\$25.00

Tampa Lowry Zoo - \$15.75 - \$19.75 / Zoo
Boo - \$11.50-\$14.75

Mt. Dora Trip October 25 - \$20

Victory Casino Cruise Trip January 17 -

\$28.00

Jacksonville Jaguar tickets on sale now,

section 147 & 148 - \$70

Catty Shack Ranch Wildlife Sanctuary

\$8.50 - \$13.50

AMC gold ticket - \$8.50

Jacksonville Zoo - \$8.50 - \$17

Trapeze High Fleming Island - \$35

St Johns Riverboat in Sanford, FL.

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Disney World Orlando Armed Forces

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\$173.50 - \$203.25

Jacksonville Symphony - \$27.50

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installation \$349-\$369

Amelia Island Museum of History \$4 -

\$10

MOSH \$7 - \$12

Pirates Museum St. Augustine \$4 -

\$21.75

St Augustine Alligator Farm \$6.75 -

\$13.50/ Nile Zip Line \$35.25

Kennedy Space Center AD - \$44.50 / CH

-\$35.50

Wild Florida Airboats (Kenansville, FL)

\$18 - \$46.75

Forever Florida \$22.75 - \$52.75

Book Shades of Green, Disneyworld

Hotel properties, Universal Hotels and off property hotels near attractions at

ITT!

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.

FREE Florida Gators Football Game Trip

Sept. 13 at 2 p.m.

Paintball Trip

Sept. 20 at 9 a.m.

Jags vs. Colts NFL game

Sept. 21 at 11 a.m.

NAS Jax Golf Club

Golf course info: 542-3249

Mulligan's info: 542-2936

Dog Days of Summer Special

Play 18-holes with cart and green fees
Monday - Friday for only \$20! Not applicable on holidays.

Monday - Friday play 18-holes with cart for only \$16 after 1:30 p.m.

Military Appreciation Days

Play 18-holes with cart for \$18

Active duty - Sept. 23

Retirees, DoD and sponsored guests - Sept. 11 & 25

Mulberry Cove Marina

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HS-11	1	0
NAVFAC Reigning Clays	1	0
NAVFAC Skeeters	1	0
NAVFAC Sky Busters	1	0
NAVFAC Sons of Guns	1	0
VP-8	1	0
VP-30 II	1	0
NAS Jax	0	0
CNATTU Blue	0	1
FRCSE Claybusters	0	1
NAVFAC Lost Birds	0	1
NAVFAC Smoke Wagons	0	1
NAVFAC Soap Gang	0	1
NAVFAC World War Z	0	1
VP-30 I	0	1
VP-45 Pelicans	0	1

A mind is responsible for the traffic light, the blood bank, ice cream, peanut butter, the doorknob, the microphone, the elevator, clothes dryer, lawn mower, pacemaker, the hypervisor, guided missiles, mailbox, air conditioner, automobile, television, vacuum, radio, baby monitor, first open-heart surgery, cateter, laser, extinguisher, doorstop, home security camera, the golf tee, fire escape, potato chip, food preservation, synthesized cortisone, the guitar, railroad telegraph, steam seal, printing press, bicycle frame, rocket catapult, space station, gas mask, ice cream scoop, window cleaner, much faster clock, electric snuff switch, telephone transmitter, power line analysis module, door lock, electric lamp bulb, biscuit cutter, chamber modom, almanac, horse shoe, ball point, letter key, chain, furniture caster, ironing board, sugar-coating system, lemon squeezer, portable weighing scales, wrench, telephone, telephone jack, screwdriver, screw, tape measure, cotton lowering device, clothes wringer, corrugating apparatus, squat pants, gophers, carpet, and so on and so on. The list is endless. Indeed, it's time to stop and celebrate the fact that each and every one of these items has been created by man. The next African American to happen along, you can keep open the possibility of tomorrow's great ideas. Because all of the things that the human mind has created, perhaps the most amazing is the one that has yet to be created. And that possibility is a terrible thing to waste.

To support and to learn more about great African American inventors, please visit us at www.aaic.org.

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City announces job & resource fairs for military veterans

From Staff

The City of Jacksonville's Military Affairs and Veterans Department will host a two-day Veterans Stand Down event, with a job fair for active-duty military, veterans and their families on Sept. 19 (10 a.m. - 3 p.m.) followed by a resource fair for homeless and at-risk veterans on Sept. 20 (9 a.m. - 3 p.m.) at the Jacksonville Fairgrounds near EverBank Field.

The job fair is open to active-duty military, veterans and family members. More than 50 businesses are participating.

The resource fair is focused on homeless and at-risk veterans - providing resources such as health screenings, dental services, clothing, barbering services and access to resource agencies. Wal-Mart is donating 20 bicycles to be given to area veterans in need.

For more information, call the City's Military Affairs & Veterans Department at (904) 630-3680 or visit www.coj.net/JobsForVets.

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\$1 OFF ADMISSION
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KIDS UNDER 12 FREE
-MAY BE DUPLICATED-

Navy's spokeswoman promoted to rear admiral

By MC1 Stuart Phillips
Defense Media Activity

The United States Navy promoted Dawn Cutler to the rank of rear admiral lower half during a ceremony at the Women in Military Service for America Memorial at Arlington National Cemetery, Sept. 3.

Secretary of the Navy Ray Mabus spoke about Cutler's past performance as a public affairs officer (PAO) and commended her ability to step into the role as the Navy's acting Chief of Information (CHINFO) on short notice nine months ago.

"She was ready, she didn't take any time to get up to speed," said Mabus. "She knew what she had to do and she had the wealth and breadth and depth of experience that a job like this takes. In fact one of the things that has been noticeable about her career - the people she has served as PAO for ... all went on to get four stars from the time she was their PAO. And she was their PAO usually when they had one star. I can't tell you how much I'm looking forward to my next job. Because it is clear the only thing those folks had in common was Dawn Cutler."

The 30th Chief of Naval Operations, Admiral Jonathan Greenert, spoke on the importance of the role of CHINFO and the responsibilities that come



Photo by MCC Peter Lawlor

Secretary of the Navy (SECNAV) Ray Mabus promotes Capt. Dawn Cutler to the rank of rear admiral (lower half) on Sept. 3 before family and friends at the Women in Military Service for America Memorial. Cutler was promoted upon her appointment as the Navy chief of information.

with the title.

"She will be the chief of all Navy information. And in this world of being hyper connected, information is power. And the management of it is the management of power. And if we do this right, we'll get the Navy's narrative right both externally and internally," said Greenert.

See CHINFO, Page 17



Photo by Kaylee LaRocque

FRCSE PA specialist retires

Fleet Readiness Center Southeast (FRCSE) Commanding Officer Capt. John Kemna presents the Department of the Navy Meritorious Civilian Service Medal to FRCSE Deputy Public Affairs Officer Marsha Childs during her retirement ceremony at the military depot on Aug. 29. Childs earned the award for exceptional public affairs support in coordinating numerous distinguished visitor tours, town hall meetings, and scripting and co-producing historical videos in honor of the command's upcoming 75th anniversary in 2015. Childs retired after 27 years of federal service.



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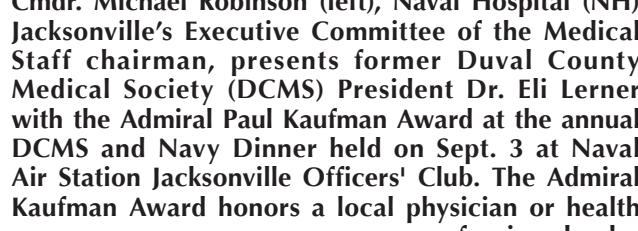


Photos by Yan Kennon

Gillingham visits hospital

Cmdr. Michael Robinson (right), Naval Hospital (NH) Jacksonville's Executive Committee of the Medical Staff chairman, briefs Rear Adm. Bruce Gillingham (left), commander Navy Medicine West and former NH Jacksonville commanding officer, on facility improvements and patient care capabilities during a Sept. 2 tour of the hospital.

Rear Adm. Bruce Gillingham, commander Navy Medicine West and former Naval Hospital (NH) Jacksonville commanding officer, addresses NH Jacksonville leadership and Duval County Medical Society (DCMS) members during an awards dinner held at Naval Air Station Jacksonville Officers' Club. Approximately 100 guests attended the annual dinner that provides an excellent forum for presenting important medical issues relevant to both the Navy and private sector institutions. It also allows collegial interaction between military and non-military physicians and their families. DCMS, is the oldest and most prestigious medical society in Florida, serves as the voice for organized medicine in Duval County.



Cmdr. Michael Robinson (left), Naval Hospital (NH) Jacksonville's Executive Committee of the Medical Staff chairman, presents former Duval County Medical Society (DCMS) President Dr. Eli Lerner with the Admiral Paul Kaufman Award at the annual DCMS and Navy Dinner held on Sept. 3 at Naval Air Station Jacksonville Officers' Club. The Admiral Kaufman Award honors a local physician or health care professional who delivers outstanding community service to beneficiaries and staff. Also awarded was NH Jacksonville's Circle of Excellence Award to Diane Troyano, patient relations manager at the hospital.



Photo by Arlene Stiles

Sixth-grader Robert Jones of Jacksonville's Liberty Pines Academy was awarded a \$1,500 U.S. Savings Bond from the NEX A-OK Student Reward Program. His parents and sister joined NEX Jax General Manager Marsha Brooks (left) and NEX Store Manager Kitty Case (right) in congratulating him on Sept. 2 at NAS Jax.

NEX gives back to students through A-OK reward program

By Kristine Sturkie
NEXCOM Public Affairs Specialist

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August.

Any eligible full-time student who has a "B" grade point average equivalent or better, as determined by their school system, may enter the drawing. Homeschooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active duty military mem-

bers, reservists and military retirees enrolled in grades 1-12. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID that entitles the student to 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded more than \$640,000 to students with the help of its generous vendor partners.

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3 POINT SHOOTOUT

BASKETBALL COMPETITION



The winner of the three point shoot will represent the Navy at the NBA basketball game between the New Orleans Pelicans and the Washington Wizards on October 8th at the Jacksonville Veteran's Memorial Arena. This event is only open to Active Duty Navy personnel assigned to a command at NAS Jacksonville. Call (904) 542-2930 for info.

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The Comedy Zone & GiGi's Restaurant are located inside the Ramada Mandarin at I-295 & San Jose Blvd. 3130 Hartley Road, Jacksonville FL 32257 | ComedyZone.com | 904.292.4242.

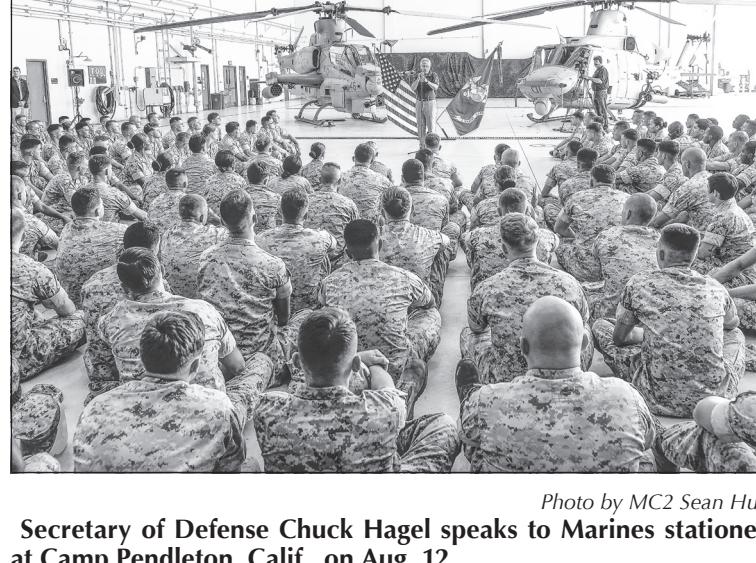
Hagel issues guidance for veterans' discharge upgrade requests

By Army Sgt. 1st Class
Tyrone Marshall Jr.
DoD News, Defense Media Activity

Defense Secretary Chuck Hagel announced supplemental guidance to military records boards to ensure consistency in considering veterans' discharge upgrade requests related to post-traumatic stress disorder, Defense Department spokesman Army Col. Steven Warren told Pentagon reporters Sept. 3.

"Recent attention has been focused on the petitions of Vietnam veterans to upgrade their discharges based on claims of unrecognized post-traumatic stress disorder," Warren said.

"In these cases, post-traumatic stress was not recog-



Secretary of Defense Chuck Hagel speaks to Marines stationed at Camp Pendleton, Calif., on Aug. 12.

nized as a diagnosis at the time of service, and in many cases, diagnoses were not made until decades after service was completed."

This supplemental guidance, Warren said, issued in a DoD memorandum, applies to veterans who assert that they suffered post-traumatic stress

related to their service.

"It will help review boards ensure fair and consistent results across the military services and ease the application process for veterans who are seeking redress," he said.

The DoD memo says the supplemental guidance is not intended to interfere with or impede the Military Department Boards for Correction of Military/Naval Records' statutory independence to correct errors or remove injustices through the correction of military records, and that it will help to ensure consistency across the military services.

Hagel notes in the memo that the boards are neither courts nor investigative agencies.

Therefore, he wrote, his supplemental guidance details medical considerations, mitigating factors and procedures for review.

According to the memo, the policy guidance also will assist the boards in carefully considering every petition brought regarding discharge upgrade requests by veterans claiming post-traumatic stress disorder, including a comprehensive review of all materials and evidence provided by the petitioner.

Hagel's guidance also mandates liberal waivers of time limits, ensures timely consideration of petitions, and allows for increased involvement of

See **SEC DEF**, Page 17

Bataan ARG deployment extended in 5th Fleet

From USS Bataan (LHD 5)
Public Affairs Office

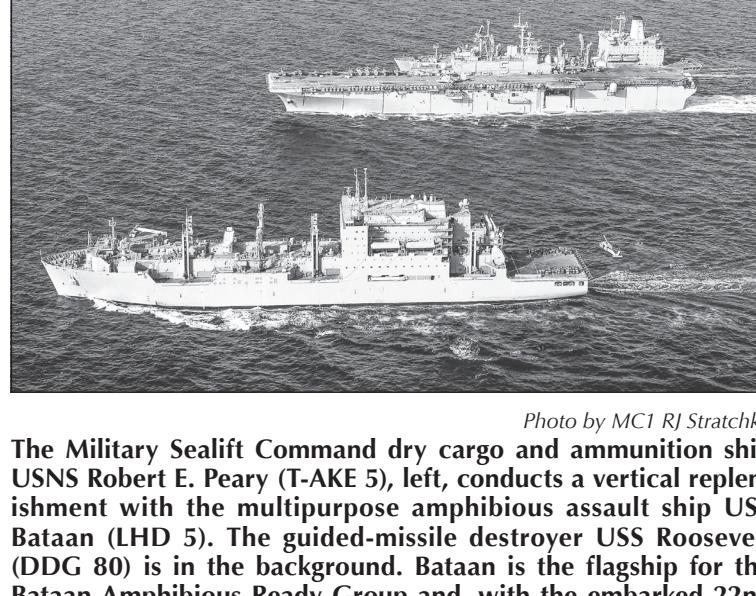
The Secretary of Defense ordered the Bataan Amphibious Ready Group (ARG) and embarked 22nd Marine Expeditionary Unit (MEU) Aug. 30, to remain in the U.S. 5th Fleet area of responsibility (AOR) until the beginning of October.

Bataan ARG includes USS Bataan (LHD 5), USS Mesa Verde (LPD 19), and USS Gunston Hall (LSD 44).

The Bataan ARG and 22nd MEU are being extended to assure a continuous ARG/MEU physical presence in the Arabian Gulf and uninterrupted support for potential tasking.

This extension provides time for USS Bataan's relief, USS Makin Island and the embarked 11th MEU, to arrive on station for a "face-to-face" turnover before Bataan departs for her homeport of Norfolk, Va.

The Bataan ARG/22nd



The Military Sealift Command dry cargo and ammunition ship USNS Robert E. Peary (T-AKE 5), left, conducts a vertical replenishment with the multipurpose amphibious assault ship USS Bataan (LHD 5). The guided-missile destroyer USS Roosevelt (DDG 80) is in the background. Bataan is the flagship for the Bataan Amphibious Ready Group and, with the embarked 22nd Marine Expeditionary Unit (22nd MEU), is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

Marine Expeditionary Unit entered the U.S. 5th Fleet AOR March 13.

The U.S. 5th Fleet AOR

encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Gulf of Aden, North

Arabian Sea, and the Red Sea.

The expanse comprises 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab al Mandeb at the southern tip of Yemen.

The BATARG is commanded by Capt. Neil Karnes, commodore, Amphibious Squadron (PHIBRON) Six, and comprises the multipurpose amphibious assault ship USS Bataan (LHD 5), amphibious transport dock ship USS Mesa Verde (LPD 19), and amphibious dock landing ship USS Gunston Hall (LSD 44).

Bataan, commanded by Capt. George Vassilakis, left her homeport in Norfolk, Va., Feb. 8, on a scheduled deployment as the flagship of the Bataan Amphibious Readiness Group.

The 22nd MEU is commanded by Col. William Dunn and comprises a ground combat element, Battalion Landing Team 1st Battalion, 6th Marine

Regiment; aviation combat element, Marine Medium Tiltrotor Squadron (VMM) 263 (Reinforced); logistics combat element, Combat Logistics Battalion 22; and its command element.

The 22nd MEU's Air Combat Element has been flying non-traditional Intelligence, Surveillance and Reconnaissance (NTISR) missions from USS Bataan over Iraq using its AV-8B Harrier aircraft since Aug. 8.

Since deploying in February, the ship's crew has operated in several locations in the 5th Fleet and 6th Fleet regions.

The ship's tasking includes providing the regional combatant commander with a versatile sea-based, expeditionary force that can be tailored to a variety of missions, including quick reaction crisis response options in maritime, littoral and inland environments in support of the nation's maritime strategy.

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America departs Peru, sets sail for homeport

By MC1 John Scorsa
USS America (LHA 6) Public Affairs

The future amphibious assault ship USS America (LHA 6) departed Callao, Peru, Sept. 3 after a three-day port visit.

This was the crew's final port visit on the ship's maiden transit, "America Visits the Americas" as the ship continues to make its way from Ingalls Shipbuilding in Pascagoula, Miss. to its homeport of San Diego.

The crew visited Cartagena, Colombia; Guantanamo Bay, Cuba; Rio de Janeiro, Brazil; and Valparaiso, Chile before visiting Callao, Peru.

While in Peru, the ship hosted a reception in the ship's hangar bay for more than 300 guests. The distinguished guests included the Honorable Brian A. Nichols, U.S. Ambassador to Peru; Gen. John F. Kelly, commander, U.S. Southern Command; as well as senior Peruvian, U.S. government and military officials.

During the visit, the ship's military and civilian crew had the opportunity to experience their host nation and to serve as goodwill ambassadors.

While in port, 25 America Sailors participated in a community relations (COMREL) project with Peruvian Navy sailors at Immaculate Conception Municipal School. The volunteers teamed up with the Peruvian sailors to paint portions of the school and refurbish the lawn.

"It's impressive the impact that a group of Sailors and Marines can have in a community during a few short hours," said Rear Adm. Frank L. Ponds, Commander, Expeditionary Strike Group 3, currently embarked on America. "They are great ambassadors for the U.S. because of their can-do spirit and desire to be of service to others during port visits."

America's soccer team also played a friendly match against the local Peruvian Navy team. After the game, members from both teams exchanged mementos and enjoyed a barbecue prepared by the Peruvian Navy. In addition, members of the America crew participated in rugby and basketball games with Peruvian Navy sailors.

"I am very proud of the Sailors and Marines serving on board America," said Capt. Robert A. Hall, Jr., America's commanding officer. "Throughout this maiden transit, the crew has far exceeded what the expectations typically are for a ship in this phase. From COMREL projects to meaningful exchanges with various countries, everyone on this journey has contributed to something much greater than the ship. They have contributed to the strong bond that exists between the U.S. Navy and navies throughout South America."

WOASF Golf Tournament set for Sept. 19

From Staff

Wings Over America Scholarship Foundation (WOASF) is hosting its NAS Jax Golf Tournament to benefit scholarships for Navy dependents Sept. 19 at 7:30 a.m.

The event is open to the public. Individual fees are \$75 and foursome fees are \$300 and include golf cart, breakfast, lunch, prizes and awards. Shotgun start at 9 a.m. All proceeds benefit WOASF, a 501(c) 3 non-profit foundation. To register, please visit www.wingsoveramerica.us or call 757-671-3200 ext. 2.

The Wings Over America Scholarship Foundation



Photo by MC3 Huey Younger Jr.

Rear Adm. Frank L. Ponds (center) commander of Expeditionary Strike Group 3, speaks with Peruvian Minister of Foreign Affairs Gonzalo Gutierrez (right) during a tour of the future amphibious assault ship USS America (LHA 6). America is traveling through the U.S. Southern Command and U.S. 4th Fleet area of responsibility on her maiden transit. The ship is scheduled to be commissioned on Oct. 11 in San Francisco.

Following the ship's departure from anchorage, America conducted a series of formation drills with seven Peruvian naval ships. Hall described the experience as the prime example of partnership building and training.

"Safely performing complex evolutions with another Navy so soon after departing the shipyard is a testament to the quality of Sailors we have in America's bridge and combat information center watch teams," said Hall. "I was impressed with the flawless communication between the Peruvian Navy ships and our own watch standers, as well as the professionalism of the Peruvian Navy ship handlers."

America is now on the final leg of its journey to its homeport of San Diego and is expected to arrive mid-September. As the maiden transit comes to an end, the crew continues to strive toward refining its processes and preparing to join the fleet.

U.S. Naval Forces Southern Command, U.S. 4th Fleet and U.S. Marine Forces South support U.S. Southern Command's joint and combined military operations by employing maritime forces in cooperative maritime security operations in order to maintain access and build enduring partnerships to enhance regional security and promote peace, stability and prosperity in the Caribbean, Central and South American regions.

America is currently traveling through the U.S. Southern Command and U.S. 4th Fleet area of responsibility. America is the first ship of its class, replacing the Tarawa-class of amphibious assault ships.

As the next generation "big-deck" amphibious assault ship, America is optimized for aviation, capable of supporting current and future aircraft such as the tilt-rotor MV-22 Osprey and F-35B Joint Strike Fighter. The ship is scheduled to be ceremoniously commissioned Oct. 11 in San Francisco.

FRCSE PANEL

From Page 12

gain insight into their roles within FRCSE.

"I think the best way we can promote equality for women in the workforce is to look at the qualifications required for the job," said Nealin.

"It doesn't matter what flavor of individual a person is if they meet those qualifications."

Jackson added, "When we can put on blinders and not see people for the color of their skin or their gender, I think that's the only way a difference will be made to ensure women are treated equally across the board at all times."

White praised the panel on their accomplishments acknowledging that some of their fields could be considered male-dominant careers. She encouraged them to share their struggles as women in their chosen career paths.

ACRB

From Page 8

bonus, the Navy gets a "two-fer," that will provide compensation for our most talented operators to continue their service, as well as motivation for junior officers to pursue an aviation command career path.

2. The bonus will be paid to O5 commanding officers (COs) (operational, operational training or spe-

cial mission) in two installments of \$18K, COs may apply for the bonus upon taking command. First payment can occur during the command tour, second payment will be one year later.

3. COs who take the bonus are obligated to serve through their 21st and 22nd years of service – ensuring the Navy has needed O5s with command experience, encouraging retention until these

for success are tenacity and drive," added Nealin. "It's not education or socioeconomic background, it's your own personal motivation."

The FRCSE WAG provides an open forum for FRCSE employees to discuss topics related to women in the workplace and promotes an effective work environment for men and women to achieve rewarding careers. Team members initiate educational programs and career development for women in the workplace and encourage recruitment of women in non-traditional jobs.

Congress designated Aug. 26 as Women's Equality Day in 1971 to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. The amendment was passed following a peaceful civil rights movement by women beginning in 1848 at the world's first women's rights convention, in Seneca Falls, N.Y.

officers are in zone for promotion to O6.

4. Specifics will be promulgated in an upcoming NAVADMIN and will be detailed on the Navy Personnel Command Aviation Career Continuation Pay (ACCP) website at <http://www.public.navy.mil/bupers-npc/officer/detailing/aviation/ocm/pages/>

5. A similar bonus for Surface Warfare Officers is in the works.

CHINFO

From Page 14

Cutler expressed gratitude for her supportive family and spoke fondly of the ideals instilled by her father, a former Sailor.

"He taught me about service to others, selflessness, dedication, that people are important, and treating them with dignity and respect is a must no matter what," said Cutler. "He taught me that being anchored in faith and having a moral compass is essential. Simply put, if you just do the right thing – you'll be just fine."

Retired Rear Adm. Bill Thompson, the first Navy public affairs flag officer, and Lt. j.g. Kat Dransfield, the Navy's newest public affairs officer, placed one-star shoulder boards on Cutler during the promotion ceremony.

Cutler is a native of Portland, Oregon. She is a 1989 graduate of Oregon State University, where she received a Bachelor of Science in Business Administration and earned her commission as a General Unrestricted Line Officer through Navy Reserve Officers Training Corps program. She holds a Master of Arts in National Security and Strategic Studies from the Naval War College.

As the U.S. Navy's Chief of Information, Cutler is the principal spokeswoman for the Department of the Navy and provides strategic counsel to the Secretary of the Navy and the Chief of Naval Operations. She leads the Navy's public affairs community consisting of more than 2,500 active and reserve officer, enlisted and civilian communication professionals.

PROMOTION

From Page 9

where she served as the ship's navigator.

In 2002, Givens transitioned from surface warfare officer to the Navy's human resources officer community. Since then, she has served as a member of the Defense Equal Opportunity Management Institute, aboard Naval Station Mayport as the administrative officer. She also served an interim tour in Tikrit, Iraq, and as training officer on USS Enterprise (CVN-65). Cmdr. Givens current assignment is as the administrative officer for Navy Region Southeast.

SEC DEF

From Page 16

medical personnel in board determinations.

The defense secretary's guidance also provides in petitions for changes in characterization of service, boards should give liberal consideration to service treatment record entries that document one or more symptoms that meet the diagnostic criteria of post-traumatic stress disorder or related conditions.

Hagel has directed the military services to implement his guidance within 45 days.

"This is our responsibility and the right thing to do for veterans," Hagel said.

"This new guidance reflects our commitment to those who served our country during times of war many decades ago."

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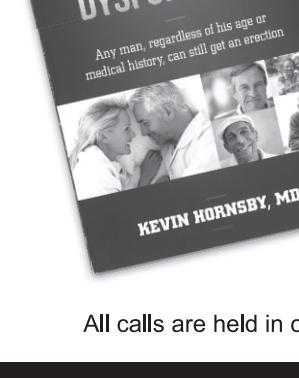
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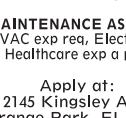
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