



Photo by MC3 Nicholas Garratt

A large crowd gathered Oct. 23, 2010 on the base flight line to watch the Blue Angels perform aerial maneuvers during the NAS Jax Air Show.

## NAS Jax features the Blue Angels

By MC1(SW/AW) John Smolinski  
Staff Writer

U.S. Navy air shows involve many moving parts, which include planning and coordinating hundreds of tasks -- from those who schedule the performers to those who direct traffic and clean up after each day's events.

For the 2014 NAS Jax Air Show, scheduled for Oct. 25-26, a diverse team of professionals joined together with a shared vision to create what is expected

to be two spectacular days of high-flying entertainment for hundreds of thousands of spectators. Oct. 24 is scheduled to be a dress rehearsal that is open to all active duty personnel, reservists, retirees and their families -- as well as school children from kindergarten through 12th grades.

According to Miriam Gallet, NAS Jax public affairs officer, historically, 4,500 school-aged children have been in attendance for the rehearsal air show. Senior leadership from NAS

Jacksonville, including air operations; morale, welfare and recreation (MWR); and security departments among others have spent more than a year planning and preparing for the 2014 show.

"A successful air show hinges upon precision planning and efficiency in execution, beginning with a properly organized air show committee," said Lt. Cmdr. Jay Haddock, NAS Jacksonville assistant operations officer and air show coordinator.

"The entire committee has worked extremely hard over the last 12 months to ensure the success of this air show."

Haddock is not new to air shows, but

this is his first time as air show coordinator.

"I had the chance to witness the last two weeks of preparation and the execution of the 2010 NAS Jax Air Show from the perspective of the Air Operations Department," said Haddock.

"My actual experience planning and executing an event like this is very limited. Thankfully we have numerous individuals from previous years' events still attached to the command and the base. Their prior experience has been invaluable throughout this entire plan-

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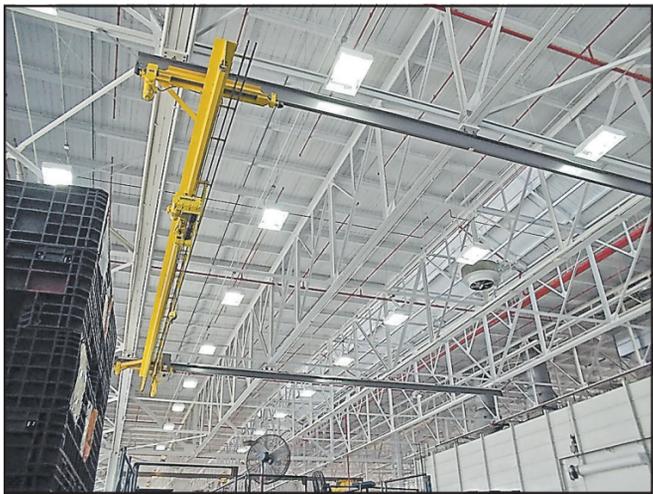


Photo by Mike Chmura

FRCSE Hangar 124 now features a new high tech Induction Lighting System that reduces energy and maintenance costs.

## Going high tech for more efficient hangar lighting

By Mike Chmura  
NAS Jax Energy Manager

Adrian Gray and the Fleet Readiness Center Southeast (FRCSE) energy team have been busy rehabilitating Hangar 124 with a new high-tech lighting system, that will be the first of its kind for NAS Jacksonville aircraft hangars.

The low-life-span, high-ener-

gy consuming High Intensity Discharge (HID) lamp system in the high-bay areas of Hangar 124 are being replaced with new high-efficiency lighting technology known as "induction lighting."

It is a lighting system that consists of a gas discharge lamp (similar to a typical fluorescent lamp) in which an electric field is transferred from

outside the lamp by way of a high frequency airwave signal to the gas inside the lamp in order to generate light.

Lighting magic? Well, it might seem to be so when you contrast it to a typical compact fluorescent light that has to be connected to a power supply by conductors that pass through

See **ENERGY**, Page 8



Photo by MC3 Jackie Hart

## 'Dragonslayers' at work

BM1 Dylan Brooks signals to an SH-60 Seahawk helicopter assigned to the "Dragonslayers" of Helicopter Anti-submarine Squadron (HS) 11 as it prepares to land on board the Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81) Sept. 24. Churchill was underway conducting group training exercises as part of the USS Theodore Roosevelt Carrier Strike Group.

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# This Week in Navy History

## From Staff

### Oct. 9

1873 - Lt. Charles Belknap calls a meeting at the Naval Academy to establish the U.S. Naval Institute for the purpose of disseminating scientific and professional knowledge throughout the Navy.

1942 - First three schools for enlisted WAVES open at Stillwater, Okla. (Yeoman), Bloomington, Ind. (Storekeeper), and Madison, Wis. (Radioman).

1945 - Parade in New York City honors Fleet Adm. Chester Nimitz and 13 other Navy and Marine Corps Medal of Honor awardees.

1945 - Typhoon hits Okinawa, damaging many Navy ships.

### Oct. 10

1845 - Naval School, later the Naval Academy, opens in Annapolis, Md. with 50 midshipmen and seven faculty.

1923 - First American-built rigid airship, Shenandoah, is christened. It used helium gas instead of hydrogen.

1944 - Opening of Leyte campaign begins with attack of four Carrier Task Groups of Task Force 38 on Okinawa and Ryukyus.

1985 - Fighters from USS Saratoga (CV-60) force Egyptian airliner, with the hijackers of the cruise ship Achille Lauro aboard, to Italy, where the hijackers were taken into custody.

### Oct. 11

1776 - Battle of Valcour Island on Lake Champlain, New York. Although defeated, the

American flotilla delayed the British advance and caused it to fall back into winter quarters.

1824 - Marquis de Lafayette visits the Washington Navy Yard during his year long tour of America.

1942 - Battle of Cape Esperance begins: In two-day battle, American task force stops Japanese attack on Guadalcanal and sinks two Japanese ships while losing only USS Duncan (DD-485).

1950 - Task Force 77 aircraft destroy North Korean vessels off Songjin and Wonsan and north of Hungnam.

1967 - Operation Coronado VI began in Rung Sat Zone.

1968 - Launch of Apollo 7, the first U.S. three-man space mission, commanded by Cmdr. Walter Schirra Jr., USMCR Maj. Ronnie Cunningham served as Lunar Module pilot. The mission lasted 10 days and 20 hours. Recovery was by HS-5 helicopters from USS Essex (CVS-9).

### Oct. 12

1914 - USS Jupiter (AC-3) is first Navy ship to complete transit of Panama Canal.

1944 - Aircraft from Carrier Task Force 38 attack Formosa.

1957 - Rear Adm. Dufek arrives at McMurdo Sound, Antarctica to command Operation Deep Freeze III during the International Geophysical Year of 1957-58.

1965 - End of Project Sealab II where teams of naval divers and scientists spent 15 days moored 205 feet below surface near La Jolla, Calif.

2000 - Terrorists in a boat make suicide attack on USS Cole (DDG-67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.

### Oct. 13

1775 - Birthday of U.S. Navy. The Continental Congress establishes Continental Navy, later the U.S. Navy.

### Oct. 14

1918 - Naval Aviators of Marine Day Squadron 9 make first raid-in-force for the Northern Bombing Group in World War I when they bombed German railroad at Thielt Rivy, Belgium.

### Oct. 15

1917 - USS Cassin (DD-43) torpedoed by German submarine U-61 off coast of Ireland. In trying to save the ship, Gunner's Mate Osmond Kelly Ingram becomes first American sailor killed in World War I and later is awarded the Medal of Honor for his heroism. In 1919, he becomes the first enlisted man to have a ship named for him.

1948 - First women officers on active duty sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John Sullivan: Capt. Joy Hancock; Lt. Cmdr. Winifred Quick; Lt. Cmdr. Anne King; Lt. Cmdr. Frances Willoughby; Lt. Ellen Ford; Lt. Doris Cranmore; Lt. j.g. Doris Defenderfer and Lt. j.g. Betty Rae Tennant.

1960 - USS Patrick Henry (SSBN-599) begins successful

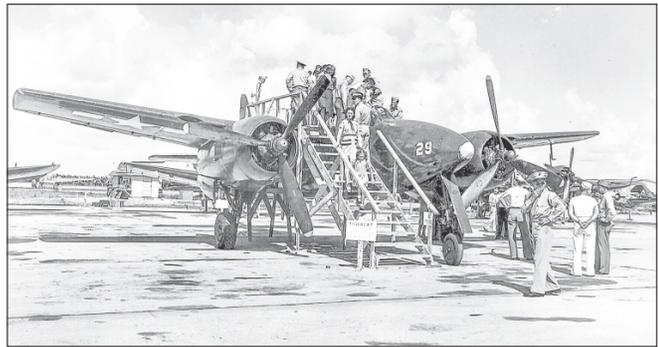


Photo courtesy of Ron Williamson

Attendees at the NAS Jax Air Show in 1945, peer into the cockpit of the Grumman F7F Tigercat. The sleek Tigercat arrived too late to see combat in World War II. It was the first Navy and Marine Corps fighter designed with tricycle landing gear and was powered by two Pratt & Whitney R-2800 engines. The last of 364 Tigercats was delivered in November of 1946.



U.S. Marine Corps photo

Near Aden, Yemen on Oct. 29, 2000, the guided missile destroyer USS Cole (DDG 67), showing the results of the terrorist attack that killed 17 of her crew and injured 39 others, is towed to the open sea by the Military Sealift Command fleet ocean tug USNS Catawba (T-ATF 168). Two days later, she begins her return to the United States on board the Norwegian heavy lift ship S.S. Blue Marlin. On April 19, 2002, a repaired Cole is recommissioned in Pascagoula, Miss. In November 2003, Cole departed for its first six-month deployment since the terrorist attack.

firing of four Polaris test vehicles under operational rather than test conditions.

1965 - U.S. Naval Support Activity at DaNang, Vietnam is established.

# Living with boys can be 'difficult'

By Sarah Smiley

Special Contributor

When I married Dustin, there were certain things I knew about him. I knew that he leaves his keys wherever he feels like it and then he can't find them later. I knew that, left to his own devices, Dustin will put his spoons in one kitchen drawer and his forks in another. I even knew that he has the unusual ability to fall asleep anywhere. Even on a park bench at Disney World.

And I decided to marry him anyway.

Maybe I thought I could change these things. Maybe I loved Dustin for them. (In spite of them?) In any case, what I didn't foresee way back then was that our three boys would end up just like Dustin. No, I didn't give that a lot of thought.

Of course, who knew that we would have three boys?

Answer: I did.

After Ford was born, I said, "Gosh, we are on a roll of having all boys."

"One boy does not make a roll," Dustin said.

After Owen was born, I asked, "Are we on a roll now?"

"The chances are still 50/50 every time," he said.

Fifteen years and three sons later, I am completely out-numbered, and, frankly, fighting a losing battle. Even the dog is a boy.

I live in a house with people who lose things and then yell, "Where's my [baseball, jacket, hat, homework]?" I used to rush to their aid. I stopped when every time I arrived by their side, eager to help, I found them standing in the middle of a room, staring at nothing.

"I can't find it," they say.

"Where have you looked?" I ask.

And that's when they look at me like, I'm supposed to look?

I truly believe Dustin thinks merely standing in a room will cause lost objects to appear. And forget about asking any of them to find something for me.

## From The Homefront

Me: Can you go get my coat from the kitchen?

Them (aka, everyone else I live with): Okay, but where in the kitchen?

Me: I don't know. It's a coat; I don't think it's hiding.

Them: Yeah, but where should I look?

Me: In the kitchen.

Them: Where?

Me: Probably in the toaster.

Them: Okay, I'll try.

These people I live with also have a different understanding of cleanliness and personal hygiene. Mold on bread can be cut out. Week-old pizza is still good. A hole with socks in it can still provide a few more weeks of drafty foot covering. Did I teach them nothing?

Me: Did you wash your hands?

Owen: Yes . . . yesterday.

Randomly used flossers (you're welcome, Dr. Rand) lie on the end tables in our living room. Toenail clippings are in the bathroom sink. And, please, let's not even discuss the bathroom floor.

All of this, by the way, is why scented candles are so popular with women.

It's like I'm living with cavemen half the time. Dustin promises me that the Smiley men are evolving. He does a great impression of the evolutionary chart and what he and his ancestors might look like on it. But maybe I'll see this evolution in hindsight?

Until then, I think I'm devolving.

Every day, I put my keys in the exact same spot. I always know where they are. Except for last Tuesday. My keys were missing. I ran from room to room, staring at nothing and yelling, "Where are my keys? I can't find them?"

Them: Did you look in the bathroom?

Me: Yes, I stood in that room and stared at nothing for at least five minutes.

Them: Did you look in the kitchen?

Me: Why would my keys be in the kitchen? That's

where I keep my coat.

Then my youngest, Lindell, said, "Do you think they are in the car?"

That's when I turned around and snapped. "If I thought they were in the car, do you think I'd be here looking in the house?"

The keys actually were in the car. But that didn't matter. Before I found them, I'd stomp around the house some more and yell, "Where are my keys? Why won't anyone help me find my keys?"

Ford lay on the small couch, flossing his teeth. (You're welcome again, Dr. Rand.) His dirty feet were propped up on the side table next to his other used flosser. Owen lay on the larger couch in yesterday's gym shorts, the ones that are unraveling from the hem.

"All you do is sit there," I yelled. "No one helps me with anything. And have you seen your bathroom lately? Believe me, I saw it when I was in there staring at nothing and looking for my keys. Get up and make your bed or something. Gosh!"

I stomped up the stairs and closed my bedroom door.

Ford yelled up at me, "Geez, why do moms always have to be so cranky?"

## 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!

**A Sailor Asks:** One of my shipmates told me he received no pay this month because his entire paycheck was withheld to pay back money he received in error. He can't pay his bills, let alone buy food and gas. How do I make sure I never find myself in this situation?

**MoneyChic Says:** Errors in pay happen fairly frequently when there is a change that affects a Sailor's pay, such as a promotion, a PCS move, or the start or end of an allotment.

A sailor may have too much or too little deducted from his pay, and when the mistake is corrected, PSD

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# Fleet Forces announces carrier schedule changes

## From U.S. Fleet Forces Public Affairs

Commander, U.S. Fleet Forces (USFF) announced today a decision to change the future schedules of two Norfolk-based aircraft carriers.

USS Harry S. Truman (CVN 75), will replace USS Dwight D. Eisenhower (CVN 69) in upcoming training, operational, and maintenance schedules.

Eisenhower, in turn, will shift into the training, operational, and maintenance schedule that had been planned for Truman.

The commanding officers of the two ships notified the crews earlier today.

As USFF implements the Optimized Fleet

Response Plan (O-FRP), a careful analysis of fleet maintenance, training and operational schedules determined that changing Truman and Eisenhower's long term schedules would better enable the Navy to provide ready forces for national security taskings.

O-FRP offers more stability and predictability for Sailors and families by aligning carrier strike group assets to a 36-month training and deployment cycle.

While changing Truman and Eisenhower schedules impacts the ships' Sailors and families, the change ultimately provides better predictability Navy wide.

As part of this change, Carrier Strike Group (CSG) 10 staff members, who previ-

ously embarked aboard Truman, will now embark aboard Eisenhower.

Conversely, CSG 8 staff members, who previously embarked aboard Eisenhower, will now embark aboard Truman.

This schedule change does not affect any other ship, squadron, or staff schedules.

Together, we will turn type one into

# typenone

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## CNIC promotes Energy Action Month

### From Navy Installations Command Public Affairs

Navy Installations Command (NIC) is committed to doing its part for Energy Action Month. With more than 80,000 facilities and nearly 2 million acres of land to support the fleet, fighter and family, shore installations play a vital role in energy conservation.

Sailors and civilians worldwide are helping make Navy facilities and infrastructure more efficient by working together to improve efficiency in shore energy consumption, and increasing the use of alternative and renewable energy across the enterprise.

Energy is a strategic resource and to best meet the NIC mission, leadership and staffs are reaffirming their commitment to continued awareness in conserving energy and operating more efficiently.

"It is the right thing to do," said Cmdr. Jay Cavnar, NIC's energy branch head. "Every kilowatt-hour, BTU or gallon of fuel that we can avoid using - while still meeting our full mission - allows us to stretch limited resources for mission success."

Throughout the month of October, installations and regional commands are doing their part to contribute to this month's focus, but realize that energy action is a daily effort year-round and not just a one-month drill.

"Observing where we may become more energy efficient throughout the year to support our operations around the world is vitally important to improving fleet readiness," said Lt. Cmdr. Gareth Montgomery, one of NIC's energy action officers. "Improved readiness and efficiency means better operational capability for the warfighter."

According to Sandrine Schultz, NIC's energy program manager, "We must monitor our energy consumption closely to gather actionable information required to implement cost-effective energy initiatives across all Navy installations."

The Navy's website <http://greenfleet.dodlive.mil/energy/energywarrior> offers a free Energy Warrior app, which allows individuals to view videos and discover what Sailors, civilians, and others Navy-wide are doing to lead change and increase combat capability.

## MONEYCHIC

From Page 2

will either reimburse the sailor or take back money that the sailor received in error.

The best way to prevent these situations is to make sure that you have access to MyPay and regularly inspect your end-of-the-month LES.

Be aware of the types of pay to which you are entitled and be sure that you meet the requirements for any special pays. Military.com has information on all types of military pay under "Benefits" and "Military Pay." Also, check the zip code for where you receive your BAH. In Florida, an E-3 with dependents receives \$1,953 for BAH in Key West - compared with \$1,359 in Jacksonville, a difference of almost \$600. If you receive the wrong BAH for several months, you could end up owing a lot of money.

Finally, make sure that allotments are for the correct amount, and know when your allotments should start and stop. As soon as you catch an error, contact PSD, and do not spend money you receive in error.

Prevention is key, but should you become aware that PSD will reclaim funds you don't have anymore, be proactive and contact them as soon as possible about a payment plan.

Should you find yourself with no paycheck and no savings to cover your loss, make an appointment with Navy-Marine Corps Relief Society at 542-3515.



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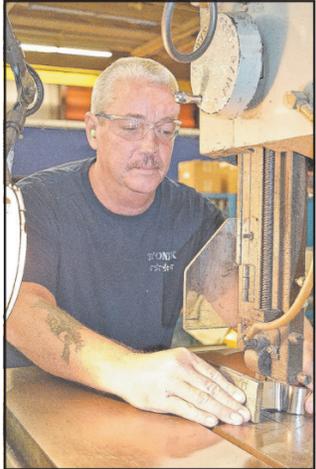
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# Insert blast diffuser project



A worn 20mm gun insert blast diffuser from an F/A-18E/F Super Hornet (right) is placed next to a finished blast diffuser built by artisans at Fleet Readiness Center Southeast (FRCSE). Artisans are manufacturing 200 of the parts to meet the needs of warfighters in the fleet.



Machinist Robert Morris, a contractor with Tyonek Manufacturing Group Inc. at Fleet Readiness Center Southeast (FRCSE), removes an F/A-18E/F Super Hornet 20mm gun insert blast diffuser from a computer numerical control machine at the FRCSE Manufacturing Division on Aug. 21.



In the Fleet Readiness Center Southeast (FRCSE) Numerical Control/Tool and Die Shop, Machinist Derek Pierotti conducts configuration testing of a F/A-18E/F Super Hornet 20mm gun insert blast diffuser on Sept. 9. The machine uses a multi- or single-point contact to determine the exact size, form and position of the part based on design specifications.

## FRCSE manufactures parts to keep fleet ready

By Kaylee LaRocque  
Fleet Readiness Center  
Southeast Public Affairs

Fleet Readiness Center Southeast (FRCSE) artisans are striving to build essential 20mm gun insert blast diffusers used on the F/A-18E/F Super Hornet aircraft well ahead of their production schedule to meet the deployment needs of U.S. warfighters.

The FRCSE Manufacturing Division began the \$305,000 project in early March to create 156 insert blast diffusers, that deflect and disperse high temperature, high pressure gasses from the muzzle blast of the 20mm M61 Vulcan cannon away from the aircraft's windshield.

"We were asked if we could manufacture this product because the original equipment manufacturer was having difficulty meeting the quotas of fleet requirements," said Industrial Manufacturing and Processes Integrated Product Team Lead Angello Evans.

"After reviewing the project requirements with our computer numerical control (CNC) department and determining the availability of stock material, we engaged our additive manufacturing (AM) experts to create a model of the part."

The AM team used the manufacturer's original blueprints to build a computer-aided design and build a model of the insert blast diffuser utilizing a 3D software program.

Engineers then created a three-dimensional shaped mold of the part used to determine exact specifications of the diffuser.

FRCSE CNC Programmer Norman Gay took the lead on the design of the project.

"My job was to create the tooling procedures and write



Fleet Readiness Center Southeast (FRCSE) Materials Engineer Kara Mixson saws apart a sample of a used F/A-18E/F Super Hornet 20mm gun insert blast diffuser that went through the welding process on Sept. 12. Mixson checks the sample for cracks and ensures the fusion of the alloy to the part. Weld inspections are conducted before a welder is certified to work on the project and continued throughout the process.

the code the computer reads so the manufacturing equipment can cut the part," said Gay.

"It took about 10 hours to develop the process and a couple test runs with some tweaking to ensure the tools would be efficient throughout the entire process."

The manufacturing process begins with a 4- by 4- by 2-inch solid piece of metal.

"The metal is secured in a vise and put into the CNC machine," said Machinist Robert Morris, an FRCSE contractor with Tyonek Manufacturing Group Inc.

"The machine is calibrated to specific measurements to cut the piece into the correct shape which takes about 4 hours. We are running the machine for 16 hours a day to ensure the project continues to stay on track."

Once the machine process is finished, Morris removes the part, cuts off any excess metal, mills and sands the piece, and uses a tap to make screw holes for installation.

Batches of 10 pieces are packaged and transferred to the FRCSE Engine Weld Shop where certified welders use a specific alloy to strengthen the part and reduce erosion.

Equipment cleaners at the FRCSE Engine Clean and Finish Shop remove grease residue from the parts before they move on to the FRCSE CNC/Tool and Die Shop where machinists measure the size, orientation and location features of the part.

A material engineering technician at the FRCSE Materials Engineering Laboratory inspects each insert blast dif-

fuser to ensure there are no cracks and the welds are properly fused to the part.

"With the inspections completed and the parts certified, they are then ready to go to preservation, packaging, packing and marking, where they are packaged and shipped to New Cumberland, Pa. and entered into the Naval Supply System for use in the fleet," said June Tillett, manufacturing program manager for the military depot.

FRCSE artisans have completed 111 parts so far at an average of three per day.

"This project is going extremely well and our production rate is well ahead of schedule," said Evans. "We started producing these parts in June and by August had shipped out 81 insert blast diffusers."

"This has been a great team effort," he continued.

"I have one of the best teams around and they do great under pressure. If the warfighter needs something immediately, we assemble our team, do a program objective memorandum and ensure we have what we need for the job. It is amazing that with all the different processes and team members we have here, when something is hot they immediately step up to the plate and get the job done."

Evans stresses the quality of the FRCSE Manufacturing Division's products are top-notch. "All of our products go through numerous inspections," he stated. "So when they leave here, they are good products and ready to be used in the fleet."



After a batch of F/A-18E/F Super Hornet 20mm gun insert blast diffusers are steam cleaned to remove grease residue in the Fleet Readiness Center Southeast engine clean and finish shop, they are packaged and sent to the FRCSE Computer Numerical Control/Tool and Die Shop for measurement specifications.



A batch of insert blast diffusers for an F/A-18E/F Super Hornet 20mm gun are ready for welding after being machined from a solid metal form block at the Fleet Readiness Center Southeast Manufacturing Division on Aug. 21.



Fleet Readiness Center Southeast (FRCSE) Welder Worker Leader Patrick Honsinger welds alloy onto an F/A-18E/F Super Hornet 20mm gun insert blast diffusers to strengthen the stainless steel piece and to reduce erosion at the FRCSE Engine Weld Shop on Aug. 25.



Machinist Robert Morris, a contractor with Tyonek Manufacturing Group Inc. at Fleet Readiness Center Southeast (FRCSE), mills an F/A-18E/F Super Hornet 20mm gun insert blast diffuser at the FRCSE Manufacturing Division on Aug. 21.



Raymond Gomez, an equipment cleaner at Fleet Readiness Center Southeast (FRCSE), steam cleans a batch of F/A-18E/F Super Hornet 20mm gun insert blast diffusers to remove grease residue from the parts in the FRCSE Engine Clean and Finish Shop on Sept. 10.

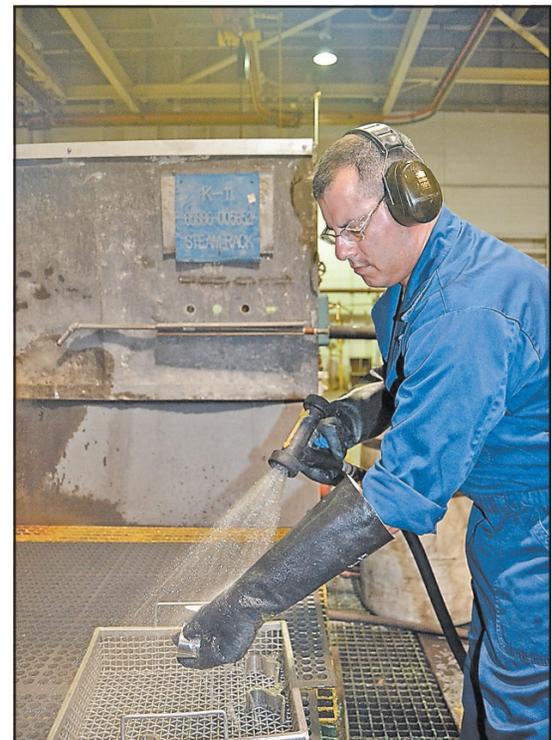
*Photos by Kaylee LaRocque*



Pierotti carefully sets up an F/A-18E/F Super Hornet 20mm gun insert blast diffuser to measure the size, orientation and location features of the part in the FRCSE Computer Numerical Control/Tool and Die Shop on Sept. 9.



Fleet Readiness Center Southeast (FRCSE) Materials Engineering Technician Warren Hansen meticulously checks for cracks in the weld of the hard face and alloy material on an F/A-18E/F Super Hornet 20mm gun insert blast diffuser at the FRCSE Materials Engineering Laboratory on Sept. 12. Hansen ensures the weld meets the specifications on each manufactured piece before certifying it as a finished product.



Gomez rinses a batch of F/A-18E/F Super Hornet 20mm gun insert blast diffusers after steam cleaning the parts to remove grease residue on Sept. 10 in the FRCSE Engine Clean and Finish Shop.

# Navy establishes Information Dominance Forces

From Navy Information Dominance Forces Public Affairs

The Navy established the Information Dominance Forces Command (NAVIDFOR) as the U.S. Navy's newest Type Command, Oct. 1 in Suffolk, Va.

NAVIDFOR is a global readiness-focused TYCOM, responsible for organizing, manning, training, equipping (MT&E) and identifying requirements for all Navy Information Dominance (ID) capabilities.

"The standup of Navy Information Dominance Forces Command is a significant step in the right direction," said Chief of Naval Operations, Adm. Jonathan Greenert, during a recent all hands call for Navy Cyber Forces.

"The Information Dominance Corps Type Command allows for a more holistic approach that was not possible in the past."

NAVIDFOR will consolidate and align missions, functions and tasks

previously managed by separate ID commands to improve the generation and sustainment of ID force readiness across the Navy.

"The Navy's Information Dominance Corps (IDC) requires a dedicated TYCOM that integrates and balances representation from each of the constituent Navy IDC components," said Rear Adm. Diane Webber, NAVIFOR's type commander.

"The standup of the NAVIDFOR TYCOM directly supports integration of ID capabilities throughout the Navy and is a natural progression in the development of an ID force capable of delivering assured command and control, battlespace awareness and integrated fires."

The IDC was formed in 2009 and built on the deep expertise and strengths of the officers/enlisted, active/reserve and civilian workforce from the oceanography/meteorology, information professional, information warfare, naval intelligence and space cadre.

The IDC is an inter-disciplinary corps that possesses an innate understanding of potential adversaries and the battlespace, is able to accurately identify targets, and brings an array of non-kinetic, offensive and defensive capabilities to the fight in the Information Age.

"NAVIDFOR's establishment is the next step in the evolution of ID as a Navy warfighting discipline," said Webber.

"NAVIDFOR will coordinate closely with other ID commands and the Navy's existing platform TYCOMs to fulfill MT&E responsibilities that sustain ID readiness for the Fleet."

Beginning now, resources and personnel are being realigned to support the transition of functions under one TYCOM. NAVIDFOR is expected to be fully operational by Dec. 31, 2014. Rear Adm. Matthew Kohler will relieve Rear Adm. Diane Webber as Commander, NAVIDFOR Oct. 3.



Photo by MC2 Benjamin Dobbs

Mike Domitrz, founder of the Date Safe Project, speaks to Sailors at the Date Safe Project "Can I Kiss You?" presentation in the base theater at Naval Station Norfolk, Sept. 18. "Can I Kiss You?" is a skills-based program addressing dating decisions, consent, respect, bystander intervention and sexual assault.

## Bystander Intervention Training begins for FY2015

From Chief of Naval Personnel Public Affairs

In a message sent to Navy leaders Oct. 2, the Chief of Naval Personnel announced Bystander Intervention to the Fleet (BI2F) training will begin this fall for all active duty and reserve Sailors.

The training will replace the fiscal year 2015 General Military Training (GMT) requirements for fraternization and hazing. The new formal training will provide Sailors realistic peer-led instruction that will help them recognize potential negative situations and how to safely intervene.

Mobile Training Teams (MTTs) will begin visiting commands worldwide in November to start training instructors across the rank structure to allow for appropriate peer-level training to be conducted.

BI2F will be delivered in small groups at each unit with an emphasis on peer-to-peer interaction.

"Based on Fleet feedback, incorporating best practices and lessons learned from recent training, BI2F is intended to reinforce and build upon our core values, especially courage - courage to speak up, courage to intervene, courage to do the right thing before an incident or mishap occurs," said Vice Adm. Bill Moran, Chief of Naval Personnel.

Commander, Naval Education and Training Command (NETC) will release a NAVADMIN that will outline specific training details. All commands are expected to complete training by September 2015.

# Make a difference - VOTE

By Navy Installations Command Public Affairs

With the Nov. 4 general election fast approaching, now is the time to register to vote. All 435 House of Representatives seats and 33 of 100 Senate seats, along with many important state and local offices will be up for grabs, so your vote matters.

The Navy Voting Assistance Program (NVAP) is available to help Sailors navigate through the absentee voting process.

"The process is easy if you know where to go," said Lt. Whitney Abraham, the Navy's voting action officer, at Navy Installations Command. "Just a click of a button

and you're there. I'd hate for an eligible voter to miss out because he or she thought it was too difficult."

For Sailors who have not requested an absentee ballot and would like to vote, they may do so immediately by visiting [www.fvap.gov/military-voter](http://www.fvap.gov/military-voter). Individuals just select their state from the drop-down menu and then choose what they are trying to do, whether it is to register to vote, request an absentee ballot, or update his or her voter information.

"The Federal Voting Assistance Program website guides you through completing a Federal Postcard Application - that's your formal registration and a request for an absentee ballot," said Abraham.

If Sailors have already requested their state ballot but haven't received it, now is the time to use the Federal Write-In Absentee Ballot (FWAB) as a back-up. The online assistant at [FVAP.gov](http://FVAP.gov) will pre-populate the FWAB with candidate lists, depending on the congressional district. If Sailors receive their state ballot after submitting the FWAB, individuals should vote and return the state ballot regardless.

Sailors are encouraged to pass this information on to spouses, voting-age dependents, other military voters, and overseas voters. For further assistance, contact your unit or installation voting assistance officer, or email us at [vote@navy.mil](mailto:vote@navy.mil).

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Photo by AE2(AW) Samantha Jones

## Domestic violence awareness

In recognition of Domestic Violence Awareness Month, NAS Jax Commanding Officer Capt. Roy Undersander joins Fleet and Family Support Center (FFSC) staff Oct. 1 to sign a proclamation and rally support for victims. (From left) Family Advocacy Supervisor Rose Ann Lickenbrock, Sexual Assault Victim Advocate LaTresa Henderson, Domestic Violence Victim Advocate Erica Schneider, FFSC Director Myrna Wilson, Domestic Violence Victim Advocate Earl Godoy, and Family Advocacy Educator Erika Clark.

# NAS Jax Junior, Senior Civilians of the 4<sup>th</sup> Quarter

By AE2(AW) Samantha Jones  
Staff Writer

Congratulations to Nicholas Challen from Air Operations and Linda Doktor of the Safety Department for being named NAS Jacksonville Senior and Junior Civilians of the 4<sup>th</sup> Quarter respectively.

Due to the retirement of both the Ground Electronics maintenance officer and Ground Electronics assistant maintenance officer, Challen took the initiative to fill the void left by these individuals. Over the past three months, Challen has assumed all of the responsibilities for projects vastly outside his position, delivering impeccable results.

"It's an honor to be recognized amongst all the amazing professionals here at NAS Jacksonville. I appreciate the award and am grateful for the recognition," said Challen.

During this quarter, Doktor



Photo by AE2(AW) Samantha Jones

**Junior Civilian of the 4th Quarter, Linda Doktor, works diligently to ensure NAS Jax Sailors complete their required Enterprise Safety Applications Management System training.**

devoted countless hours assisting the NAS Jacksonville team and safety offices throughout the Southeast Region success-

fully navigate the challenges associated with the changes to the government purchase card. Doktor also documented more



Photo by Shannon Leonard

**NAS Jax Commanding Officer Capt. Roy Undersander congratulates Nicholas Challen on his selection for Senior Civilian of the Quarter for the 4th Quarter FY 2014.**

safety hazards than any other occupational safety and health (OSH) technician in her pay grade in the entire Southeast Region.

"Linda Doktor works hard

behind the scenes to help make everyone's job easier. She is always willing to do everything she can to help," said Deputy Safety Manager Maxwell Bassett.

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# AIR SHOW

From Page 1

ning process.”

Sponsorship plays an important role in the success of an air show. NAS Jacksonville’s MWR department is active from the beginning of the planning process to make sure the financial support is there to put together a successful air show.

“In October last year we started this process of signing up sponsors for the show,” said Shannon Leonard, MWR marketing and sponsorship director.

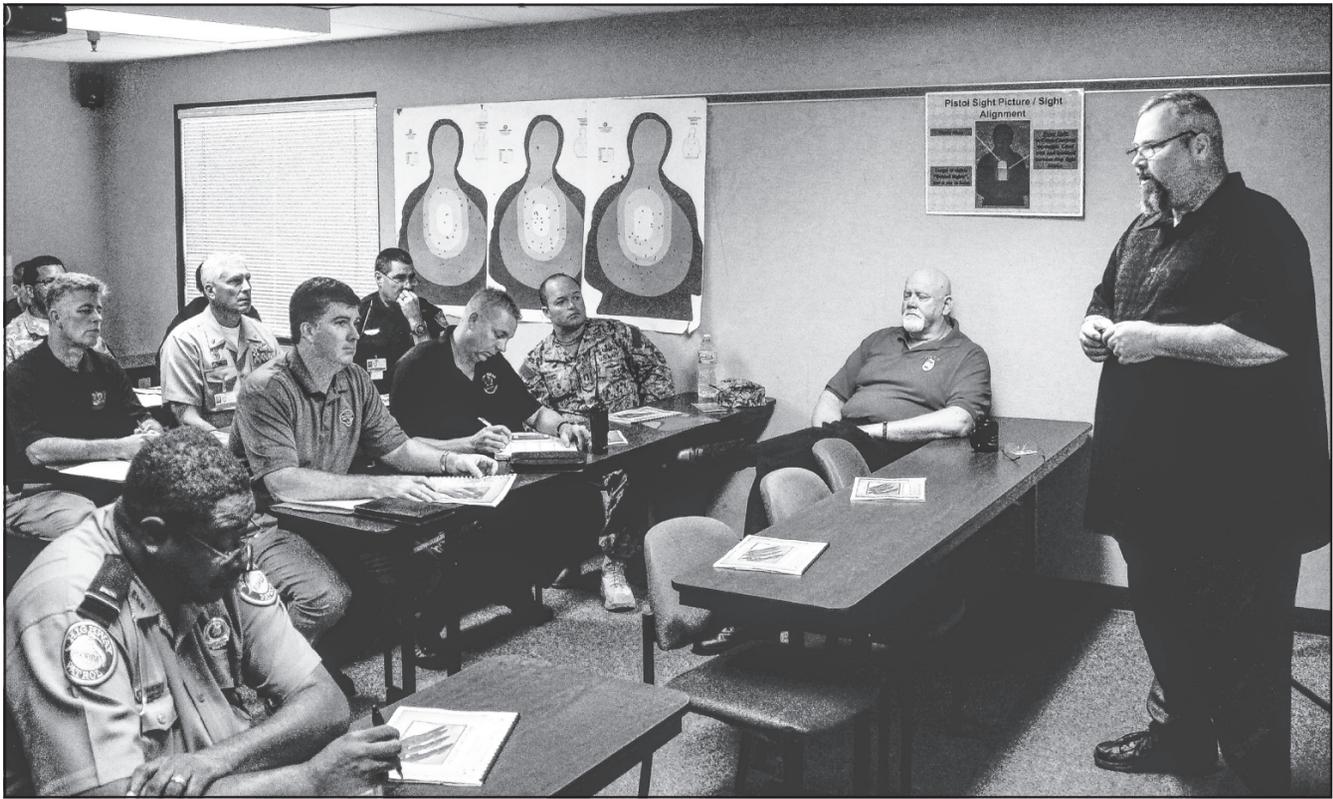
“In order to support the air show financially: to pay for the performers, the pyrotechnics, the fuel for the jets and sell the advertising to help us get the word out about the show, sponsorship is crucial. If you do not have sponsors, you will not have a successful show.”

For Maj. Olimpia Jackson, NAS Jacksonville Security Department air show coordinator, planning and communication has been her focus since she became involved with the air show six months ago.

“We haven’t done an air show in a few years,” said Jackson. “And for some of the officers, this is their first time doing the air show. The first thing I did was to reach out to those who have done this before, contact outside agencies and get everybody together to work out all the details.”

Twelve local agencies are working with NAS Jax Security Department to help provide force protection measures that have been established to meet numerous air show safety and security requirements.

“We need them,” said Jackson. “We don’t have the manpower to do this alone. We are grateful for all the support we get from the local law enforcement community and other agencies.”



Photos by MC1(SW/AW) John Smolinski

**NAS Jax Security Department conducts training for local law enforcement agencies that will be working alongside them during the 2014 NAS Jax Air Show. The air show is open to the public.**

All the planning and preparation by the security department revolves around its main mission of force protection.

“We open up this base to the community and we have to maintain its safety,” said Jackson.

“A successful show is one with no injuries. Everyone comes on the base, enjoys the show and leaves safely.”

The air show will host civilian and military performers and also feature static displays of military aircraft from the 1940s all the way to the modern era.

“This year’s civilian performers are the best in the air show industry and are truly some of the most entertaining pilots in the world,” said Haddock. “They range from highly dynamic acrobatic performers to daredevil wing walkers to the always crowd pleasing 300-mph jet school

bus. We will also be showcasing the Navy’s aviation legacy through the performances of the F4U-5NL Corsair and the A-4 Skyhawk.

“The Air Force’s Air Combat Command F-22 Demonstration Team will also perform precision aerial maneuvers to demonstrate the unique capabilities of the world’s only operational fifth-generation fighter aircraft. They also team up with the P-51 Mustang to present the Air Force Heritage flight,” said Haddock.

The air show supports NAS Jacksonville’s distinct heritage as being the ‘Birthplace of the Blue Angels’ in 1946. This year’s air show features Navy Flight Demonstration Squadron, the Blue Angels, who will take to the air at 3 p.m. on Saturday and Sunday for an unforgettable aerial performance.

“Considering that NAS

Jacksonville has not hosted an air show in three years,” said Haddock. “I anticipate the weekend crowd to be at or above 200,000 spectators

**Morale, Welfare and Recreation Marketing and Sponsorship Director Shannon Leonard sorts air show posters for distribution around the base and the community in preparation for the upcoming 2014 NAS Jax Air Show scheduled for Oct. 25-26.**



# ENERGY

From Page 1

the lamp by way of electrodes.

“But, induction lamps are wireless,” said Gray. “There are no electrodes connecting them to the power source – just a remote high frequency signal that tells the gas inside to get excited and produce light. The advantages of this high tech system are extended lamp life, lower maintenance costs, and higher efficiency.”

The goal of FRCSE is to triple the available light levels in the spaces for production purposes, while reducing the power consumption by close to 30 percent by using induction lighting systems.

Gray likes the advantages of induction lighting in hangar bays and the progress of the installation. “Induction lighting is really a good idea for areas where access to overhead space is restricted, because the lamps last between 70,000 and 100,000 hours (over 15-20 years). The ballasts typically last 7-10 years, so the combined effect is to reduce maintenance costs by about 50-75 percent while reducing energy consumption – a double-benefit for our industrial spaces. So far the installation is progressing nicely, and the energy reduction numbers will doubtlessly fol-



Photo by Mike Chmura

**The new long-lasting Induction Lighting System at FRCSE Hangar 124 will reduce maintenance calls for lamp replacements.**

low.”

He adds, “Since we have aircraft that can’t be moved for up to one year, replacing the burned-out lamps above them has always been difficult. This technology allows us to avoid having to move our planes to do re-lamping, which is an expensive proposition.”

Induction lighting systems for high bay areas such as aircraft hangars will likely compete with LED technology in the years to come at NAS Jacksonville. As the need arises, old, inefficient HID lighting systems – which are still prevalent in many high bay areas – will be phased out. As prices for these highly efficient lighting technologies continue to fall, the advantages of replacing old lighting systems begin to look brighter and brighter.

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# FRCSE employee thrilled to paddle on dragon boat team

By Kaylee LaRocque  
Fleet Readiness Center Southeast Public Affairs

Gloria Ederer, a Fleet Readiness Center Southeast (FRCSE) program management analyst, participated in the annual Jacksonville Dragon Boat Festival at The Jacksonville Landing Sept. 27, paddling with her team of breast cancer survivors.

The team called "The Mammoglamms," is sponsored by In the Pink: A Boutique for Women Living With Cancer, a non-profit agency that promotes breast cancer awareness and promotes the sport of dragon boating through festivals and exhibitions.

Dragon boating began in southern China about 2,000 years ago. It became a recommended sport for women breast cancer survivors when Canadian Sports Medical Specialist Don McKenzie started a dragon boat team in 1996. He believed the sport would benefit survivors by providing strenuous upper body activity and a supportive environment. Today, the sport is gaining popularity in the United States, Europe, Asia, Canada and Australia.

"I was 29 years old when I was diagnosed with breast cancer in 1989," said Ederer. "It was not very common at the time for someone to have it at such a young age. My father worked for the Medical University of South Carolina (MUSC) and his good friend happened to be the head of surgery. I trusted my doctors with the options they gave me and became the first lumpectomy patient at MUSC. It was a brand new procedure. I also went through a new treatment plan of radiation and chemotherapy."

While attending an event in Charleston, S.C. many years later, Ederer overheard a young woman discussing a dragon boat team. She inquired how to join and was soon paddling with a team of breast cancer survivors.

"The team was created by a family friend who worked at the MUSC as a way to help breast cancer survivors recover physically and mentally," said Ederer. "I joined for the exercise, camaraderie and support that everyone gave one another. Even as a 15-year breast cancer survivor, I was still the youngest survivor on the team. I believe I was a source of inspiration."

Four years later, Ederer moved to Jacksonville to marry her husband, Mike Ederer, also an employee at FRCSE. She started working as a contractor at FRCSE which later turned into a federal position in 2009. "There were no dragon boat teams in Jacksonville at the time, so I continued to crew in



Gloria Ederer, Fleet Readiness Center Southeast program management analyst and member of the Dragon Boat Team "The Mammoglamms," (second row, on right) paddles with her team.



Photo courtesy of Gloria Ederer

Gloria Ederer, Fleet Readiness Center Southeast program management analyst and member of the Dragon Boat Team "The Mammoglamms" (left), and team captain Martha Sweet, proudly display the first place trophy for fundraising efforts during the annual Dragon Boat Festival at The Jacksonville Landing on Sept. 27. The team contributed \$2,200 to In the Pink: A Boutique for Women Living with Cancer, a non-profit agency that promotes breast cancer awareness and promotes the sport of dragon boating through festivals and exhibitions.

Charleston," she explained.

"In 2012, I learned there was a team here so I contacted them and joined. We held our first festival in Jacksonville last year but I couldn't paddle because I had surgery on my thumbs. I wanted to be on the boat so they made me the drummer keeping cadence."

"Drumming is a very important role but for me, it is very difficult," added Ederer. "You sit at the front of the boat on a small seat and try to hold on as the boat moves while beating the drum. My passion is paddling so I'm very excited to be in the boat this year doing what I love."

Dragon boat teams usually consist of 22 people with 10 sitting in two rows along with a drummer and steer person. While one side paddles right, the other paddles left. Practice is the key to



Photos by Kaylee LaRocque

Members of the Dragon Boat Team, "The Mammoglamms," paddle to the finish line on the St. Johns River during the Dragon Boat Festival on Sept. 27. Nearly 50 teams competed in the annual event at The Jacksonville Landing.



Gloria Ederer, Fleet Readiness Center Southeast program management analyst and member of the Dragon Boat Team "The Mammoglamms" (center), takes a breather after paddling in the first heat.

keeping everyone in sync. "We practice three times a week on the intracoastal waterway," Ederer said. "It's a great way to de-stress and be outdoors enjoying nature."

The Mammoglamms earned the bronze medal in the Breast Cancer Survivor category during Jacksonville Dragon Boat Festival and the first place trophy for raising \$2,200, the highest monetary contribution raised by a team. "It was a great time and I was thrilled to paddle with my team this year," said Ederer.

Dragon boating is not necessarily a competitive sport. "We are out there to promote physical and mental fitness," Ederer added. "It's an individual sport to improve paddling skills and it's a team sport as none of us could do this without the support of our teammates."

All ages at all fitness and health levels are encouraged to try this sport. For more information on dragon boat-

ing in Jacksonville, visit <http://www.meetup.com/Jax-Saltwater-Slayers-Mammoglamms-Teams>.

October is National Breast Cancer Awareness Month which is an annual campaign to increase knowledge of the disease. The campaign promotes breast cancer prevention, early detection, treatment, finding a cure and support to breast cancer survivors. According to the Centers for Disease Control and Prevention, more than 200,000 women are diagnosed with breast cancer and more than 40,000 women die from the disease each year in the United States. Approximately, 2,000 men are diagnosed and nearly 400 die of breast cancer.

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# Hagel orders improvements in military health care

By Cheryl Pellerin  
DoD News, Defense Media Activity

Defense Secretary Chuck Hagel has ordered improvements in the Military Health System, saying a 90-day review of the system that found it comparable in access, quality and safety to care offered on average in the private sector is not good enough for service personnel and their families.

"We have the finest military in the world," Hagel said during a briefing Oct. 1 on results of the review. "Our men and women in uniform and their families deserve the finest health care in the world."

In May, the defense secretary ordered a comprehensive review of the Military Health System, or MHS, to be led by Deputy Defense Secretary Bob Work.

It sought to assess whether access to medical care in the MHS met defined standards, whether the quality of health care in the MHS met or exceeded defined benchmarks, and whether the MHS had created a culture of safety with effective processes for ensuring safe and reliable care of beneficiaries.

### Pockets of excellence

"The review found pockets of excellence, significant excellence which we're very proud of," Hagel said, "and extraordinary doctors, nurses and staff who are deeply dedicated to the patients they serve."

But he said, "It also found gaps, however, and facilities that must improve."

The bottom-line, the secretary said, "is that the military



Secretary of Defense Chuck Hagel and Deputy Secretary of Defense Bob Work, right, brief the press on the Military Health System, Oct. 1.

health care system provides health care that is comparable in access, quality and safety to average private-sector health care. But we cannot accept average when it comes to caring for our men and women in uniform and their families. We can do better; we all agree that we can do better."

Hagel said he's directing the department to take steps to ensure that the entire military health care system is not just an average system but a leading one.

### First steps

"These are first steps but they will help our hospitals and clinics foster a stronger culture of safety, quality and accountability," he added, "a

culture that must become second nature to all who execute DoD's critical health care system and our mission."

Hagel has also directed all health care facilities identified as outliers in categories of access, quality and safety to provide action plans for improvement within 45 days.

The secretary has also directed Dr. Jonathan Woodson, assistant secretary of defense for health affairs, and the military services surgeons general to ensure that the department has unified standards for purchased and direct care.

Hagel also ordered them to establish a mechanism by which patients and concerned

stakeholders can provide ongoing input.

### System-wide performance management

"I'm also directing the department's health care leadership to establish a system-wide performance management system that will help scrutinize lapses and monitor progress," the secretary added.

"And to enhance transparency I'm requiring that all ... data on our health care system be made publicly available."

By the end of the year, Hagel said, DoD will have a detailed implementation plan to ensure that MHS becomes the top-performing system those in the department expect it to be and want it to be.

Work said the Defense Department has no higher priority than its men and women.

### Sacred compact

"They are the true secret weapon that the United States has . . . and they deserve the finest health care that we can possibly provide. It's a critical part of the sacred compact that we have made . . . and when the secretary asked me to do this I was actually quite excited."

Work said he was born into a Marine family and experienced the MHS in the continental United States and overseas, as a Marine, through NROTC, and later as a Marine with a family - wife who is a former Army nurse and a daughter.

"I feel that I have a lot of first-hand experience on what this system provides. I know it pretty well and I share the secretary's commitment on getting it right," he said.

Work said the department was happy to hear that its health care system is comparable on average with the national civilian health care system.

### A leading organization

"But as the secretary said, he does not expect us to be average. He wants us to be a leading organization and he has tasked us to do so," Work added.

He said that after meeting with veterans' service organizations and other interested groups, the department now has a good idea about areas where improvements are needed.

"This will be the start of a process in which we all commit ourselves to becoming a leading organization."



Photos by Clark Pierce



First Coast Navy Fire & Emergency Services (FCNF&ES) kicked off Fire Prevention Week Oct. 4 with informational displays at NAS Jax Navy Exchange. Firefighter Elizabeth Vopper explains the kinds of tools available in the fire truck to an NEX shopper and her 25-month-old daughter.



Fire Inspector Michael Minnie fills bags with interesting fire prevention information for a pair of Cub Scouts from Pack 802.

## Teaching about fire safety

Firefighters encouraged children to tour their fire truck. They also explained about firefighters' gear bags, helmets, protective clothing and other safety equipment.

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# 'Let's advocate for mammograms and breast self-exams'

By Nikki Levinson-Lustgarten, R.N.  
Naval Hospital Jacksonville  
Breast Care Coordinator

When a woman hears the words "breast cancer," the world narrows dramatically. Though not the leading cause of death in women, it's one that can dramatically affect her quality of life and relationships.

Breast cancer is the second-most common cancer (after skin cancer) in American women, according to the Centers for Disease Control and Prevention. While most breast cancers occur in women 50 and over, about 11 percent of new cases are found in women younger than 45.

Each year more than 220,000 people are diagnosed with breast cancer and 40,000 die from it. One percent of these are men. While the incidence has remained steady, the death rate has dropped—due in large part to the tremendous effort made to encourage women to have annual mammograms.

I'm a strong advocate of breast self-exam (BSE) and mammography. Despite the controversy over mammography frequency, women continue to vote with their breasts and have one annually. And since a cancer may have been developing for five to seven years before it can be identified on a mammogram, monthly BSE is crucial.

Some cancers found on mammograms look like tiny grains of salt or sand. This includes ductal carcinoma in-situ (often called pre-cancerous), which has a greater than 95 percent cure rate. While the majority of breast cancers start in the ducts, some begin in the lobules—the glands that produce milk.

Lobular cancer is very difficult to detect with traditional mammography because it's less likely to cause a firm breast lump. It often appears as a thickening of the tissue, a new area of fullness, or a swelling or change in the texture of the skin (such as dimpling).

Treatment for breast can-



Photo by Jacob Sippel

Naval Hospital Jacksonville Breast Care Coordinator Nikki Levinson-Lustgarten, R.N., educates patient Elizabeth Jackson on identifying early signs of breast cancer. October is Breast Cancer Awareness Month, and focuses the public on prevention, screening tests, treatment and the search for a cure.

cer generally includes surgery, chemotherapy, hormone medication, and possibly radiation therapy. Surgery ranges from a simple lumpectomy (removing only the affected tissue) to removing both breasts (mastectomy) with reconstruction. Advances have allowed oncologists to better identify tumor components and treatments. No longer is everyone getting toxic medications. Some may take a hormone-blocking medication for five to seven years, while others have chemotherapy that's less physically taxing. Even radiation has become more targeted, with less disruption to other body parts such as the heart and lungs.

To help reduce your risk of breast cancer:

- Keep a healthy weight.
- Exercise regularly — at least four hours a week.
- Get enough sleep.
- Don't drink alcohol, or limit

## Hospital hosts 'Breastival' Oct. 15

From Naval Hospital Jacksonville Public Affairs

Everyone is welcome at Naval Hospital (NH) Jacksonville's "Breastival" for breast cancer awareness Oct. 15 from 9 a.m. to 12:30 p.m., near the first floor pharmacy.

The event includes a 9:30 a.m. kick-off with a cake cutting by NH Jacksonville Commanding Officer Capt. John Le Favour. Numerous community organizations will be on hand, providing tools and education to prevent and manage breast cancer. To find out more, contact NH Jacksonville Breast Care Coordinator Nikki Levinson-Lustgarten, at 542-7857.

alcoholic drinks to no more than one per day.

- Avoid exposure to chemicals that can cause cancer.
- Try to reduce your exposure to radiation during imaging tests (like X-rays, CT scans, PET scans, mammograms).
- If you're considering hormone replacement therapy or birth control pills, ask your doctor about the risk and if it's right for you. For hormone therapy, it's usually recommended to use the lowest dose needed for as short a time as

possible.

- Breastfeed your baby, if possible.

It used to be a celebration when breast cancer patients reached the five-year mark. While some breast cancers can recur within two years, we're now looking to the 10-, 15- or 20-year survival mark.

What else can we do? Particularly during October, Breast Cancer Awareness Month, let's celebrate the research and technologies that have allowed people diagnosed

with breast cancer to live longer, with fewer problems and side effects.

Let's continue to advocate for annual mammograms and monthly BSE.

Let's grow closer to our families who have supported us — and the communities that have fought for us.

Let's continue to be the best we can possibly be and achieve the dream of a cure — something I'm passionate about, as a survivor of my mother's breast cancer.



U.S. Navy photo

## Triennial water testing

Deborah Martin, CYP program assistant, uses a faucet at the NAS Jacksonville Child Development Center Infant Room to wash 8-month-old Tristan Jones' hands. The station recently completed its mandated Safe Drinking Water Act triennial testing for lead and copper from faucets and water fountains at 60 sites, including the child development and youth activities centers. The Navy wide mandated testing for lead in drinking water will be conducted Oct. 10-12 at various locations.

## Come Celebrate Harvest Fest

NAS JAX Chapel is hosting its annual Harvest Fest to appreciate service members and their families. All military families are welcome to attend this lively festival. It will include a variety of games & free food!

WHERE: BASE CHAPEL GROUNDS  
WHEN: NOVEMBER 1, 2014  
TIME: 11 A.M.—3 P.M.



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Sponsored in part by **PETSMART Charities**



CS2 Frances Rosas and GSM3 Weixin Lu of NAS Jacksonville trade punches in the Barracks Bash boxing ring.



NAS Jax Liberty Center Recreation Aide Jordan Dage challenges AD3 Loryn Sauerwein of HSM-72 to a jousting duel.



At the MWR Fall Barracks Bash on Sept. 25, ACC Dax Bonnett of NAS Jacksonville mans a grill on behalf of the Chiefs' Mess who volunteered to barbecue the food.



ATAN Andrews Gullickson of Fleet Readiness Center Southeast (left) races YN3 Alec Hipolito of Navy Operational Support Center Jacksonville on the bungee run.

Photos by Morgan Kehnert

Photos by Morgan Kehnert

# Sailors cut loose at Fall Barracks Bash

By Morgan Kehnert  
MWR Marketing

Hundreds of Sailors and some Marines enjoyed a slightly overcast yet breezy afternoon Sept. 25 at the Fall Barracks Bash presented by NAS Jax Morale, Welfare and Recreation (MWR) Department and the Liberty Program.

The free event featured hamburgers and hotdogs cooked by the Chiefs' Mess, free T-shirts and prizes that included gift certificates from Buffalo Wild Wings, Navy Exchange, Firehouse, Zaxby's, AMC movie tickets, Jaguars tickets, a Sony Action Cam and much more.

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

"Part of the reason it is so successful is because we constantly change the entertainment provided as well as the prize giveaways to keep it interesting. It is a pleasure for us to plan and implement an event like this that has such a high impact on our military personnel."

Barracks Bashers looking for competitive entertainment could choose from the 26-foot climbing wall, volleyball, air hockey, a basketball slam dunk competition, Gladiator Jousting, Xbox Kinect games set up on the inflatable screen, bag toss, a Bungee Run, Drunk Goggle Tricycle Race and the inflatable boxing



MWR Liberty Center Manager Tom Kubalewski presents the grand prize raffle drawing winner PRAN Micah Littlepage of VP-45 with a Sony Action Cam.

ring and Twister.

In addition to the sponsor booths at the event, the Coalition of Sailors Against Destructive Decisions (CSADD) comprised of Sailors from multiple commands had a booth set up to speak with Sailors.

CSADD is a peer-to-peer mentorship program used Navy wide, and geared toward Sailors 18 to 25 years old.

To prevent them from destructive behavior, the CSAAD is also used as a tool to help build leadership skills within the group.

MWR thanks everyone who partici-

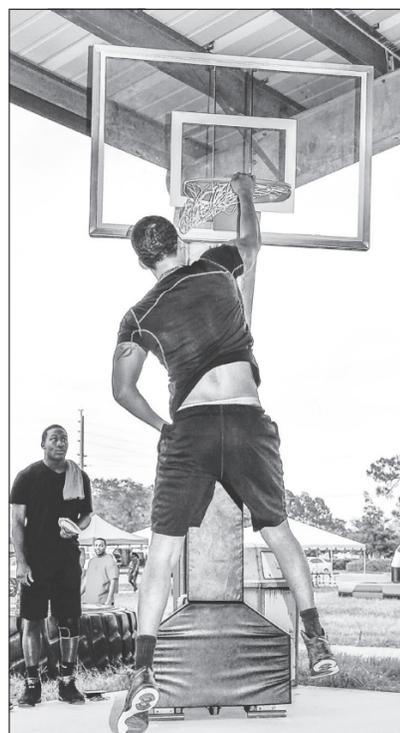


A new event to the Barracks Bash was the Drunk Goggle Tricycle Race. YNSN Alinaya Arnick (left) and ABHAN Cynthia Trevizo of NAS Jacksonville have a hard time pedalling while wearing goggles that give a sobering view of what alcohol impairment can do.

ated in or volunteered for this event. Sponsors University of Phoenix, USAA, VyStar Credit Union and Columbia College were generous in their support of the Fall 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.*

During the basketball slam dunk competition at the Fall Barracks Bash, PS3 Newsome of Naval Hospital Jacksonville blew away the competition and took home the first prize award of \$25 to Buffalo Wild Wings.



# Get to know your Balfour Beatty Communities Web site

By Diana Heintz  
Community Manager, Balfour Beatty Communities, NAS Jacksonville

Did you know Balfour Beatty Communities provides a comprehensive housing Web site for both current and prospective residents at NAS Jacksonville?

Go to nasjacksonvillehomes.com to access community information, housing policies and procedures, news, updates, important forms and contact information.

The Web site also provides prospective residents the opportunity to learn more about the available housing at NAS Jacksonville and the community amenities it offers:

**Residents' section** of the Web site you'll find important information on how to apply for housing, tips for planning a move, as well as details about current leasing specials.

You can even perform a custom home search based on rank and number of bedrooms. Current residents who will soon be departing can also find the information they need about clearing housing.

**Neighborhoods** - This section provides detailed information about all of the family housing areas and home styles available at the installation.

The listings provide specifics on each home's style, unique features, as well as floor plans, photos (where available) and an area map.

This section also includes a complete list of amenities available to residents,

such as community centers, fitness facilities and playgrounds.

**Community Life** - Balfour Beatty Communities strive to provide quality housing and enjoyable communities for all of our residents.

In the 'Community Life' section of the Web site you can find the latest information about what is happening in the housing community, including details on upcoming events and activities.

This section also features an overview of LifeWorks, Balfour Beatty Communities' resident relations program, and even a few activities for our youngest residents in the Kids Corner.

**Resident Resources** - In the important 'Resident Resources' section, you will find all the information about living in housing at NAS Jacksonville.

From policies, forms and submitting

a service request to schedules for trash/recycling pick-ups and lawn care, this section has it all.

You'll also find extensive home, community and seasonal safety information, as well as a detailed overview of housing utilities and related energy conservation programs.

And for those still getting to know the local community, the 'Area Resources' page features a list of important contacts and links for everything from healthcare facilities to public transportation and school information.

If you currently live in housing, or are considering it, be sure to visit nasjacksonvillehomes.com and stay in-the-know about every aspect of our community, from how to move in to how to move out and everything you need in between.



**Dewey's**

Call 542-3521

Free Texas Hold'em Tournaments  
Monday & Thursday at 7 p.m.

Friday Social Hour 4-9 p.m., live entertainment, \$.50 wings and \$7.95 pizza your way

Friday Night Live Entertainment  
Karaoke Oct. 17, 24 & 31  
2nd Tyme Around Band Oct. 10

Lunch bingo - Monday through Friday begins at 11:15 a.m.

**Freedom Lanes Bowling Center**

Call 542-3493.

Mondays: All you can bowl for \$5, 4-6 p.m.  
Wednesdays: All you can bowl for \$5.95, 4-10 p.m.  
Thursdays: Free bowling for active duty 11 a.m. - 1 p.m., Color Pin bowling 4 - 10 p.m. \$2.50 games  
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 - Oct. 18, 1 - 4 p.m., \$20 per person  
Scratch Sweeper - Oct. 25, 1 - 4 p.m., \$30

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

Fall Bowling Leagues are now forming!

**Fitness & Aquatics**

Call 542-2930

Indoor Pool Hours  
Monday - Friday Lap swim 5 - 8 a.m., 11:30 a.m. - 12:30 p.m., & 4 - 5 p.m.  
Open recreation swim 5 - 7 p.m.  
Monday - Friday  
Open recreation swim 11 a.m. - 2:30 p.m. Saturday & Sunday

Command Sports Challenge  
October 16 & 17, 8 a.m. - 1 p.m.

Barktoberfest  
October 18, 9 a.m. - 12 p.m. at the Vet Treatment Facility  
Dog costume contest and prizes!

5th Annual Zumba Party  
October 15, 11 a.m. - 1 p.m. behind the fitness center

Monster Dash 5K  
October 31 at 11:30 a.m.

**I.T.T. Events**

Call 542-3318

E-mail them directly at [jaxs\\_nas\\_mwritt@navy.mil](mailto:jaxs_nas_mwritt@navy.mil).

ITT current ticket promotions include the following:

Armed Forces Vacation Club Resort Condo Rentals [www.afvclub.com](http://www.afvclub.com) installation \$349-\$369  
Busch Gardens HOWL-O-SCREAM CURSED - \$38.25  
Universal Halloween Horror Nights \$45.25 - \$76.50!  
Universal Special 3Day park to park for the price of a 1day park to park until Nov 30  
Florida Theatre Tickets available - Beyond Glory & Celtic Thunder -more to come!  
FSCJ Broadway Artist Series on sale now!  
Thrasher Horne Center for the Arts on sale now 1/2 price!  
Hunter Hayes \$56.00  
Transiberian Orchestra \$54.00  
FL Gators vs. Missouri \$28.00 (limited quantity)  
Monster Jam Tickets Feb. 21, 2015 Everbank Field - \$21 - \$47.50  
Daytona 500 - \$62.00-\$212.0 /Sprint

Fanzone - \$70.00 10:00 - \$20 Shuttle leaves at 10:00am  
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  
Victory Casino Cruise Trip January 17 - \$28.00  
Jacksonville Jaguar tickets \$50.00 - \$70.00  
Catty Shack Ranch Wildlife Sanctuary \$8.50 - \$13.50  
AMC gold ticket - \$8.50  
Jacksonville Zoo - \$8.50 - \$17  
Spooktacular \$9.00  
Trapeze High Fleming Island - \$35 (includes dinner) \$40 - \$57.75  
Disney World Orlando Armed Forces Salute ticket FL (Sept 28-Oct 3, 2015) \$173.75 - \$ 203.25  
Jacksonville Symphony - \$27.50  
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 Special 2Pack \$82.50  
ITT offers Shades of Green, Disneyworld Hotels, Universal Hotels and off property hotels

**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.*

Ripley's Believe it or Not Trip  
October 11 at 2 p.m.

Free Florida Gators Game Trip  
October 18

Free Jags vs. Browns NFL Game

October 19 at 11 a.m.  
**NAS Jax Golf Club**  
Golf course info: 542-3249  
Mulligan's info: 542-2936  
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 - Oct. 21  
Retirees, DoD and sponsored guests - Oct. 9 & 23

**Mulberry Cove Marina**

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

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

**Auto Skills Center**

Call 542-3227  
22 work bays, wheel balancing, tool checkout, paint booth and welding  
ASE certified mechanic onsite

**Youth Activities Center**

Call 778-9772  
Family Fitness Center hours  
Monday - Friday, 9 a.m. - 1 p.m.  
Bring your child to work out with you!

Halloween Egg Hunt  
Oct. 30, 7 - 8 p.m. at McCaffrey Softball Complex  
Wear your best costume and come ready to hunt for Halloween eggs!

Movie Under the Stars featuring Planes Fire & Rescue  
Patriot's Grove Park at 7:30 p.m.  
Free popcorn and drinks on sale

**Flying Club**

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Call for introduction flight  
Additional ratings are available including instrument, complex and commercial  
Find more info. online at [jaxnfc.net](http://jaxnfc.net)

**Command Sports Challenge Oct. 16 & 17**

Every command on NAS Jacksonville is encouraged to participate in this festival of fitness. The events on Oct. 16 are the 1,500 meter dash, dodge ball, 3-on-3 basketball, ultimate Frisbee, and swim relay. Events on Oct. 17 are the fitness challenge, 3-on-3 sand volleyball, bean bag toss, tug-o-war, and the canoe race. Commands may pickup a rules and registration form at the base gym. Rosters are due by noon on Sept. 30.

**Men's Open Doubles Tennis Tournament Oct. 27 at 5 p.m.**

Open to active duty, selective reservists, DoD civilians and DoD contractor men. The tournament is held at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. Call NAS Jax Athletics to sign up by Oct. 24.

**Women's Open Doubles Tennis Tournament Oct. 27 at 5 p.m.**

The tournament is open to active duty, retirees, dependents over 18, selective reservists, DoD civilians and DoD contractor women. The tournament is held at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. Call NAS Jax Athletics to sign up by Oct. 24.

**Captain's Cup Monster Dash 5k Oct. 31 at 11:30 a.m.**

The race is free to all authorized gym patrons. Runners earn Captain's Cup points for their commands for participating. Runners can sign up at the NAS Jax Gym or the Fitness Source by the Oct. 24 deadline. The race is held on Perimeter Road at the end of Mustin Road before the Antenna Farm. Registration will also be at the race site from 10:30-11:15 a.m. Awards go to the top male and top female runner for age groups: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; and 50 over.

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

**NAS Jax Captain's Cup Sports**

**Standings**

**As of Oct. 3 Skeet League**

| Teams                 | Wins | Losses |
|-----------------------|------|--------|
| NAVFAC Sons of Guns   | 5    | 0      |
| NAS Jax               | 4    | 0      |
| HS-11                 | 2    | 0      |
| NAVFAC World War Z    | 4    | 1      |
| VP-8                  | 4    | 1      |
| NAVFAC Reigning Clays | 3    | 2      |
| NAVFAC Soap Gang      | 3    | 2      |
| VP-30 II              | 3    | 2      |
| CNATTU Blue           | 2    | 2      |
| CNATTU Gold           | 2    | 3      |
| FRCSE Claybusters     | 1    | 3      |
| NAVFAC Skeeters       | 1    | 3      |
| NAVFAC Smoke Wagons   | 1    | 3      |
| NAVFAC Lost Birds     | 1    | 4      |
| NAVFAC Sky Busters    | 1    | 4      |
| VP-30 I               | 1    | 4      |

**Indoor Volleyball**

| Teams   | Wins | Losses |
|---------|------|--------|
| VP-30   | 3    | 0      |
| AIR OPS | 2    | 0      |
| VP-8    | 2    | 0      |
| TPU/PCF | 2    | 1      |
| FRCSE   | 1    | 1      |
| NAVFAC  | 1    | 1      |
| VR-62   | 1    | 1      |
| FACSFAC | 0    | 2      |
| NCTS    | 0    | 2      |
| VP-16   | 0    | 2      |
| VP-45   | 0    | 2      |

**Intramural Softball**

| Teams               | Wins | Losses |
|---------------------|------|--------|
| NAVHOSP Dirty Birdz | 4    | 0      |
| VP-30 Dirty 30      | 2    | 0      |
| VP-8                | 2    | 0      |
| VP-45 Pelicans      | 1    | 0      |
| HSM-72              | 2    | 1      |
| FRCSE Rabid Possums | 1    | 1      |
| FRCSE Renegades     | 1    | 1      |
| HSM-74              | 1    | 1      |
| NBHC                | 1    | 1      |
| VR-62               | 1    | 1      |
| CRS-10              | 1    | 2      |
| NMC Braves          | 1    | 3      |
| FACSFAC             | 0    | 0      |
| FRCSE 900           | 0    | 0      |
| FRCSE Honey Badgers | 0    | 0      |
| FRCSE Wrecking Crew | 0    | 0      |
| VP-16               | 0    | 0      |
| CBMU202             | 0    | 2      |
| CNRSE               | 0    | 2      |
| NCTS Frezq          | 0    | 3      |

**7-on-7 Flag Football**

| Teams                 | Wins | Losses |
|-----------------------|------|--------|
| NBHC Bad Company      | 1    | 0      |
| HSM-72 Proud Warriors | 1    | 0      |
| NAS Jax               | 1    | 0      |
| NMC Titans            | 1    | 0      |
| VP-30 Staff           | 1    | 0      |
| VP-8 Tigers           | 1    | 0      |
| VP-30 ZAWWBS          | 1    | 0      |
| VR-62                 | 1    | 0      |
| FRCSE                 | 0    | 0      |
| FRCSE Thundercats     | 0    | 0      |
| HITRON                | 0    | 1      |
| FACSFAC               | 0    | 1      |
| NAVHOSP               | 0    | 1      |
| NCTS Jax              | 0    | 1      |
| NOSC                  | 0    | 1      |
| VP-26                 | 0    | 1      |
| VP-45                 | 0    | 1      |
| VP-62                 | 0    | 1      |
| VR-58                 | 0    | 1      |

**Increasing core strength for a better push-up**

By MWR Fitness Staff

How many times have you heard the command, "Drop and give me 50!"

Well that's one way to get better at push-ups - but it may not be the most effective. Repetition is usually the first training technique to go to when focusing on strength gains in a particular exercise.

So, if you want to get better at push-ups, simply do more of them, right? Well not exactly.

The push-up utilizes the following muscles groups; chest, triceps, shoulders and core.

The first three muscle groups seem pretty obvious, but what's with all this "core training" you keep hearing about.

Well core strength is essential to perform functional job-related activities (e.g., lifting, pushing,



Photo by AE2(AW) Samantha Jones

**Incorporating core-strengthening exercises into your training regimen will improve your push-up performance better then repetition alone.**

pulling, carrying) as well as many is your core? refers, in its most general of definitions - to the body minus the other activities. But what exactly In basic anatomy, the core

legs and arms. Functional movements are highly dependent on the core, and lack of core development can result in a predisposition to injury.

The major muscles of the core reside in the area of the belly and the mid to lower back. Peripherally, your core include the hips, the shoulders and the neck.

Poor core strength may affect your ability to perform the push-up correctly.

Below are core-strengthening exercises you can include in your push-up training program:

- Pillar Bridge
- Lateral Pillar Bridge
- Glute Bridges
- Glute Marching
- Bird Dog



Photo by MC2 Martin Carey

U.S. Navy and the Special Operations Command sitting volleyball teams compete during the Warrior Games. More than 200 wounded, ill and injured service members and veterans from the Army, Marine Corps, Navy, Air Force and Special Operations will compete in seven sports over the following six days.

## Team Navy brings home 28 medals from Warrior Games

By Robin Hillyer-Miles  
Fleet and Family Readiness Public Affairs

The 39 seriously wounded, ill and injured Sailors who competed on Team Navy won 28 medals – including 12 gold medals – at the fifth annual Warrior Games Sept. 28 - Oct. 4 in Colorado Springs, Colo.

“The premise of the Warrior Games is that, for these athletes, their best days are still ahead of them,” said the Honorable Juan Garcia, III, assistant secretary of the Navy (Manpower and Reserve Affairs), who attended part of the Warrior Games.

“Once you are part of the Navy and Marine Corps family, it doesn’t expire – that’s for the rest of your life.”

Among the highlights of this year’s Warrior Games was Team Navy’s gold-medal win against the Marines in sitting volleyball Oct. 2.

After two tight sets, Team Navy stormed ahead in the third set to sink the Marines 2-1. It was the team’s first medal in sitting volleyball since the inception of the Warrior Games.

“I’m still on cloud nine,” said Team Navy sitting volleyball coach Rik Mullane at the conclusion of the match. “I am just so happy for these guys and girls. They worked so hard.”

Team Navy also excelled in the track and field competition Oct. 2 at Fountain Fort Carson High School’s Garry Berry field, winning seven gold, six silver and two bronze medals.

During the final event of the day, four members of Team Navy clinched gold after a stunning performance in the men’s 4 x 100-meter relay. The wounded warrior athletes came from behind to complete the race in just 48.15 seconds.

“One thing I absolutely love about the Warrior Games is it’s not a pity party,” said retired HM3 Redmond Ramos, who won several medals in track.

“I like to say: It’s not a bunch of disabled people who are competing, it’s a bunch of people competing who are disabled. And I think that makes a huge difference. This is a tough competition and we’re all here to win.”

“It’s just a great experience to be here with people who have been hurt, but they’re not letting it stop them,” he added.

In shooting competitions Oct. 3 at the Olympic



Photo by Robin Hillyer-Miles

Team Navy member retired HM3 Nathaniel Hamilton waits at the start line for his recumbent cycling race to begin at Warrior Games 2014. Team Navy is sponsored by Navy Wounded Warrior -- Safe Harbor, the Navy’s wounded warrior support program.

Training Center, Team Navy scored three gold medals and one silver medal. AN Sadie Strong became only the second female ever to win gold in a Warrior Games shooting event, finishing at the top in the air rifle prone (open) finals.

Retired EOD1 John Kremer repeated last year’s gold medal win in the air rifle prone (SH1) competition, and retired Lt. j.g. Laura Root also won gold for a second consecutive year, besting her competition in the air rifle standing (open) category.

“I’m just so glad I got to come to the Warrior Games again, and to be able to compete in a sport I love,” said Root.

The Navy wheelchair basketball team also received a bronze medal on Oct. 3 after fiercely battling and ultimately falling to the Army the previous day.

Thirty-nine wounded warrior athletes competed on behalf of Team Navy this year. The Warrior Games brought together approximately 200 service members with upper-body, lower-body, spinal cord injuries, traumatic brain injuries, visual impairments, serious

illnesses and post-traumatic stress who participated in seven sports.

Team Navy is sponsored by Navy Wounded Warrior (NWW) - Safe Harbor, the Navy and Coast Guard’s wounded warrior support program.

## Campbell: Afghanistan drawdown remains on schedule

By Nick Simeone  
DoD News, Defense Media Activity

Despite an uptick in casualties among Afghan security forces, the drawdown of U.S. and NATO forces remains on course, the top U.S. and NATO commander in Afghanistan said Oct. 2.

Troop levels will decrease from current levels of just under 40,000 to about 12,000 by the end of this year, when the NATO mission transitions to one of training, advising and assisting Afghan forces, said Army Gen. John Campbell, the commander of the International Security Assistance Force and U.S. Forces-Afghanistan.

“I’m very confident the Afghan forces have the capability to withstand the fight internally. They’re very confident as well,” the general

said.

### Still expects challenges

Speaking to Pentagon reporters by satellite from Kabul, Campbell said he still expects challenges going forward, but that “there’s nowhere that we have Afghan security forces that the Taliban can get the terrain and hold the terrain.”

Campbell acknowledged that Afghanistan continues to be “a very tough environment” in which to operate. He put the overall number of casualties among Afghan security forces this year between 7,000 and 9,000.

“But that’s because they’ve been in the lead almost completely this summer, more so than they were last year,” the general said.

Newly elected Afghan president Campbell spoke just three days

after the swearing-in of newly elected Afghan President Ashraf Ghani. One of the first actions of Ghani’s unity government was to sign agreements providing the legal framework for NATO and U.S. forces to remain in the country into 2015 under what will become Operation Resolute Support.

Already, Campbell said, a new tone has been set by the Ghani administration, which has put relations with Afghan and international forces on a new footing.

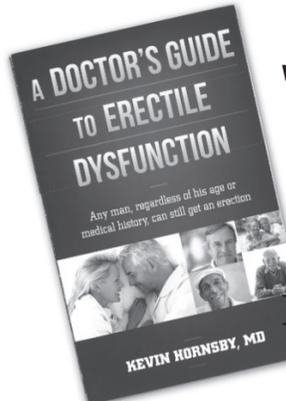
“President Ghani has embraced the Afghan security forces, the police and the army. That made an immediate impact on them and their morale,” the general said. “And again, I think that’s going to be a great window of opportunity for Afghanistan as we move forward.”

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# Airstrikes causing ISIL to change tactics

By Jim Garamone  
DoD News, Defense Media Activity

Operations against the so-called Islamic State continue apace with 334 airstrikes against the terror group, Pentagon Press Secretary Navy Rear Adm. John Kirby told reporters at the Pentagon Oct. 3.

Those airstrikes, the admiral added, are causing the Islamic State of Iraq and the Levant (ISIL) to change its tactics.

Kirby briefed on the situation in Iraq and Syria and the coalition that is building against ISIL. He said there have been, to date, 248 airstrikes in Iraq and 86 in Syria.

While U.S. forces are carrying the

primary load now, more and more coalition nations are participating. Australian Prime Minister Tony Abbott announced today his government has approved airstrikes against ISIL.

The Defense Department has launched a new web page on defense.gov that focuses on the operations against ISIL. It contains an interactive map that will detail continued airstrikes in Iraq and Syria, including mission objectives, number of airstrikes and aircraft utilized, the admiral said. The direct link to the page is [www.defense.gov/counter-isil](http://www.defense.gov/counter-isil).

## New tactics

The airstrikes are having an effect and the ISIL terrorists are changing tac-

tics, Kirby said.

"Not surprisingly, they have gotten better at concealment," the admiral said.

"Before the airstrikes . . . they pretty much had free reign. They don't have that free rein anymore, because they know we're watching from the air."

The terrorists have had to disperse, in part, because of the airstrikes inside Syria against fixed targets – headquarters buildings, command-and-control nodes, finance centers and oil refineries.

## ISIL remains dangerous

Though the terrorists are being degraded, they remain a potent and dangerous threat, Kirby said. The

group continues to threaten areas in Fallujah and Ramadi in Iraq and areas in Northern Syria on the border with Turkey.

"We expect that they will continue to change their tactics, based on the increasing pressure they're going to get, not just from the air, but from the ground, with Iraqi security forces," Kirby said.

And, while the enemy changes, coalition forces will adjust, too, the admiral said.

"Everybody paints them as this great adaptive, capable, agile enemy," Kirby said.

"We're pretty adaptive, capable and agile ourselves."

# DoD may deploy up to 4,000 troops to combat Ebola

By Jim Garamone  
DoD News, Defense Media Activity

The Defense Department could deploy up to 4,000 service members to Liberia as part of Operation United Assistance against Ebola, Pentagon Press Secretary Navy Rear Adm. John Kirby told reporters at the Pentagon Oct. 3.

There are 205 U.S. service members in Liberia today with another 26 in neighboring Senegal. All service members are supporting the lead federal agency for American participation in the crisis -- the U.S. Agency for International Development.

Defense Secretary Chuck Hagel "has approved the potential deployment of up to 4,000 [service members]," Kirby said. "But I want to make one thing real clear, that that's a potential deployment. That doesn't mean it is going to get to that number."

## Testing labs operational

Operations are moving forward in Liberia. "Over the last 36 hours, two Ebola testing laboratories manned by personnel from the U.S. Naval Medical Research Center are now fully operational," Kirby said. The labs can process about 100 samples each day.

U.S. personnel are also on track for completing a hospital for infected medical personnel on Oct. 18. "Construction of two treatment centers for other Ebola victims will begin today and should be completed by the end of the month," the admiral said.

Kirby forecast a significant increase in the operations tempo in Liberia and with it an increase in troops.

## Troop deployments

The U.S. Army announced the units that will deploy to the region beginning in mid-month and running through November. With the previously announced unit deployments, this will

bring the total Army commitment to about 3,200 soldiers.

More than 1,800 Fort Campbell, Kentucky-based soldiers will arrive in Liberia sometime late this month. Other soldiers will deploy from the 101st Sustainment Brigade, the 86th Combat Support Hospital of the 44th Medical Brigade, and a Military Police company from the 16th Military Police Brigade.

These units will provide medical and logistic support, as well as site security, to the Joint Task Force. Soldiers will deploy from other bases as well including, Fort Hood, Texas; Fort Carson, Colorado; Fort Bliss, Texas; Fort Bragg, North Carolina; Fort Stewart, Georgia; Fort Benning, Georgia; Fort Eustis, Virginia and Aberdeen Proving Ground, Maryland.

## U.S. government response to Ebola threat

"As we continue our support to the broader U.S. government response to

the Ebola crisis, I want to emphasize that our operations remain focused on four lines of effort: command and control, logistics support, training, and engineering support," Kirby said.

Troops going to the region will be monitored before, during and after deployment, Kirby said.

"Before they go, they are ... especially going to get trained on Ebola and what the disease is like, what it means, what it does," Kirby said.

"Because, as I said, the troops that we're sending down there are not health care professionals. They are not doctors, nurses, corpsmen. They are logisticians and engineers."

Health experts will explain the best way to protect themselves from the disease. They will also explain the symptoms of Ebola.

"While the troops are there, they're going to be constantly monitored on a regular, frequent basis," Kirby said.

# USS Theodore Roosevelt rescues fishermen at sea

By MC2((SW) Brian Reynolds  
USS Theodore Roosevelt Public Affairs

Sailors and Marines at sea on board aircraft carrier USS Theodore Roosevelt (CVN 71) (TR) sprang into action to assist the crew of a fishing vessel engulfed in flames off the east coast of Florida, Sept. 29.

TR watch standers spotted a rescue flare around 4:30 a.m. approximately 90 miles off the coast and coordinated rescue efforts with nearby Naval Air Warfare Center (NAWC) vessel 38 to assist two fishermen who had climbed into a life raft.

"Earlier that morning we actually contacted them and asked them to change their course and speed because they were in our operating area," said QM2 Katie Sluder, who was on watch during the evolution. "About an hour later, we spotted the flare."

"By the time flames went through my air ports and through my roof, [NAWC 38] knew we were in trouble," said Douglas Meagley, one of the fishermen from the burning fishing vessel,

Captain Star. "Then we got in the life raft and shot off a flare."

"[The fishing boat] was a fiberglass boat," said Meagley. "Once it caught on fire, it was over. Once the boat caught on fire, we climbed into the life raft. We were probably in the raft for only 20 minutes before they [NAWC 38] got to us."

NAWC 38 crew members pulled the fishermen from the water and transferred them to TR's ready response team who took them to the carrier via rigid-hull inflatable boat (RHIB) for a medical evaluation.

"We manned the ready life boat at approximately 5:45 a.m. because of a boat in distress," said BM3 Henry Cole, the coxswain aboard the RHIB that responded to the incident.

Following their medical evaluation, an HH-60H Seahawk helicopter from the "Dragonslayers" of Helicopter Anti-Submarine Squadron 11, flew the fishermen from TR to NAS Jacksonville, Fla.

Although the fishermen's boat was destroyed, they both escaped the incident uninjured with help from the TR.



Photo by MCSN William Spears

Fire destroys a fishing boat Sept. 29 in the Atlantic Ocean as seen from aircraft carrier USS Theodore Roosevelt (CVN 71) (TR). Two fishermen took to their life raft after unsuccessfully fighting the fire. Theodore Roosevelt assisted Naval Air Warfare Center (NAWC) 38 in the rescue of the two fishermen, about 90 miles off the coast of Florida. The survivors were transported from TR aboard an HS-11 "Dragonslayers" HH-60H Seahawk helicopter bound for NAS Jacksonville.

# Marine lost at sea identified

From Commander, U.S. Naval Forces Central Command Public Affairs

Commander, U.S. Naval Forces Central Command in Manama, Bahrain announced Oct. 3 the death of a Marine who was supporting operations in the U.S. Central Command area of responsibility with the 11th Marine Expeditionary Unit as part of the Makin Island Amphibious Ready Group.

Cpl. Jordan Spears, 21, of Memphis, Ind., was lost at sea Oct. 1, in the North Arabian Gulf. He was assigned to Marine Tiltrotor Squadron 163, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, I Marine Expeditionary Force, Marine Corps Air Station Miramar, Calif.

U.S. forces in the North Arabian Gulf suspended a search and rescue operation for Spears Oct. 2, after efforts to locate him were unsuccessful.

Spears went into the water Oct. 1, when the aircraft he was aboard appeared to lose power and descended to the surface of the ocean shortly after takeoff from USS Makin Island (LHD 8). Another air crewman also exited the aircraft at the same time and was safely recovered. He is in stable condition aboard Makin Island.

The pilot of the aircraft, a U.S. Marine Corps MV-22B Osprey, was eventually able to regain control and safely land back aboard Makin Island. There were four personnel aboard the aircraft when it took off, two pilots and two enlisted aircrew. Spears was one of the two enlisted aircrew who exited the aircraft when it appeared the Osprey might crash into the ocean.

U.S. Navy, Marine Corps and Coast Guard personnel conducted an extensive search of the area using all available assets, which continued throughout the night of Oct. 1, and the next day.

The Navy and Marine Corps will investigate the cause of the incident.

USS Makin Island, with embarked elements of the 11th Marine Expeditionary Unit, is currently on a scheduled deployment to the U.S. Central Command Area of Responsibility, where it is supporting operations in Iraq and Syria, and throughout the region.



Photo by MC2 Christopher Lindahl

An MV-22 Osprey attached to Marine Medium Tiltrotor Squadron (VMM) 163 launches from the flight deck of amphibious assault ship USS Makin Island (LHD 8). Marine Cpl. Jordan Spears was declared lost at sea on Oct. 1 in the North Arabian Gulf.



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COMMUNITY SALE - LOCATED  
OFF US-17. Sat. Oct. 11th, 8am-1pm**

**ICW Eagles Creek/Ashley Woods  
Community Garage Sale.**  
Oct. 11th-12th two day event, 8am  
-last patron leaves. Kernan Blvd &  
Ashley Melisse. www.ecwax.com

**INTRACOASTAL Sat. Oct. 11, 8a-?**  
Hickory Creek Comm. Yard Sale,  
Multiple Families Cascara Dr. 32225

**INTRACOASTAL WEST**  
Kensington Community Yard Sales  
Sat. Oct. 11th at 8am-?  
On Atlantic Blvd. East of Kernan  
www.KensingtonAssociation.com  
and click on Garage Sales  
for a list of featured addresses.

**ORANGE PARK Sat, Oct 11 8a-2p.**  
1233 Dolphin St 32073. Emptying out  
excess items holiday decor, etc.

**Medical**

**DIABETIC TEST STRIPS NEEDED**  
\$ | BUY sealed / unexpired boxes \$  
Call Bob at (904) 712-9015

**Misc. Merchandise**

**ATTENTION FLORIDA TIMES-  
UNION NEWSPAPER COLLECTORS**  
I am trying to locate the August  
2007 edition that featured the  
article and pictures of the "33 MEN  
ARRESTED IN PROSTITUTION  
POLICE STING". THAT is the edi-  
tion that contains what I am seek-  
ing! IF YOU have that paper,  
(Probably dated August 9, 10, 11, or  
12, 2007; Please Call ME at 580-  
695-5719. I will pay you for the  
paper, (or a complete copy of the A  
& B Sections), your time, and your  
phone charge, (If any). Richard Carl

**NEW Werner wood folding**  
office ladder in box \$100. Alum.  
16' ext. ladder (2) 8' 565. Roof  
supplies 904-384-7809

**GIRL'S 20" BIKE, pink,**  
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