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THE

Periscope

KING S BAY, GEORGIA

2009 CHINFO Award Winner

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Thursday, August 14, 2014

F/A-18s pound Iraqi rebels

Humanitarian aid effort continues in Northern Iraq

From Navy Public Affairs and Department of Defense Public Affairs

Two Navy F/A-18 Super Hornets assigned to Carrier Air Wing 8 embarked on USS George H. W. Bush (CVN 77) struck Islamic State of Iraq and the Levant targets near Erbil, Iraq, Aug. 8.

Strikes continued Aug. 10, aircraft struck and destroyed an ISIL armed truck that was firing on Kurdish forces in the approaches to Erbil. After the strike, U.S. forces monitored the movement of

a second ISIL armed truck moving away from the vicinity of the strike, subsequently striking and destroying it.

Also, U.S. aircraft struck and destroyed an ISIL mortar position, destroying it and damaging a nearby ISIL armed truck and later destroyed an ISIL armed truck. In another strike, U.S. aircraft damaged another armed ISIL vehicle.

In the Aug. 8 strike, the F/A-18s dropped 500 pound laser-guided bombs against a mobile artillery piece near Erbil, the capital of Iraq's Kurdistan region, Pentagon Press Secretary Navy Rear Adm. John Kirby said, adding that ISIL was using this artillery to shell Kurdish forces defending the city, where U.S. personnel are located.

The decision to strike was made by Army Gen. Lloyd J. Austin III, commander of U.S. Central Command, under authorization granted him by the commander in chief, the admiral said.

"As the president made clear, the United States military will continue to take direct action against ISIL when they threaten our personnel and facilities," Kirby said.

Shortly after 10 a.m. EDT Aug. 8, a remotely piloted aircraft struck a terrorist mortar position, Kirby said in a statement. When ISIL fighters returned to the site moments later, he added, the terrorists were attacked again and were killed.

See Iraq, Page 3



Navy photos by Mark Turney
Top, above, the 'Pac-N-Play' is lowered into the water.

Below, Diving Supervisor ND2 Thomas Hurd and ND2 Jeremy Lewis, left, discuss the deployment of the cage.



'Pac-N-Play' supports TRF's working divers

By Mark Turney
Trident Refit Facility Kings Bay Public Affairs Officer

Their world is dark, damp and often times dangerous. They can't see but a foot or two around them and they work in an atmosphere not native to humans. When things go wrong for Navy Divers they can go bad really fast, and when things are lost it can take a Herculean effort to find the items and find those items they must.

Recently, Trident Refit Facility Navy Divers deployed what they laughingly refer to as the Pac-N-Play, mostly because it looks like an adult-sized playpen, though their co-designers in the Nuclear Regional Maintenance Department call it the Shark Cage.

The Shark Cage it was designed from the ground up to help the divers

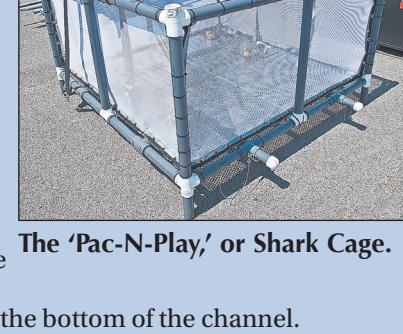
keep track of items in the dark waters of the waterfront, provide them a stable platform from which to work and in the event something is dropped the basket will hopefully catch the item before it falls into the 10-foot deep silt at the bottom of the channel.

While the concept of a platform of this type is already in use elsewhere, the deployment of the Shark Cage was a first for Trident submarines.

It is the deployment of the Shark Cage that makes this design unique.

The assembly has strong magnets called Bear Paws and

See Divers, Page 7



The 'Pac-N-Play,' or Shark Cage.

Le Favour at NH Jax helm

Captain relieves Capt. Gayle Shaffer at Naval Air Station

By Yan Kennon
Naval Hospital Jacksonville Senior Writer

Capt. Gayle Shaffer turned over leadership of Naval Hospital Jacksonville — comprised of its hospital and five branch health clinics — to Capt. John Le Favour during a change of command ceremony Aug. 8.

Approximately 400 military and civilian guests attended the time-honored Navy tradition at the All Saints Chapel aboard Naval Air Station Jacksonville, presided over by Rear Adm. Terry Moulton, commander of Navy Medicine East and Naval Medical Center Portsmouth.

Moulton praised Shaffer's leadership and outstanding performance, and acknowledged her several accomplishments as commanding

officer.

"It's clear that you and the Naval Hospital Jacksonville team are dedicated to delivering high-quality compassionate care to our military, their families, and those entrusted to our care," he said. "You can be proud of your accomplishment."

Moulton presented Shaffer with the Legion of Merit Award, on behalf Vice Adm. Matthew Nathan, Navy surgeon general and chief of Bureau of Medicine and Surgery, for her exceptional meritorious conduct in the performance of outstanding services and achievements.

"The past two years have been an incredible journey and the highlight of my naval adventure," Shaffer said. "We have witnessed

See NH Jax, Page 7



Navy photo by Yan Kennon

Capt. Gayle Shaffer, left, turns over command of Naval Hospital Jacksonville to Capt. John Le Favour as Rear Adm. Terry Moulton, commander of Navy Medicine East and Naval Medical Center Portsmouth acknowledges during a change of command ceremony at All Saints Chapel aboard Naval Air Station Jacksonville.



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Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

Officer wives' coffee Aug. 20

The Kings Bay Submarine Officers' Spouses' Association invites officer spouses from all commands to learn more about the club and the community at its Annual Welcome Coffee, Wednesday, Aug. 20 at the Dolphin House, 110 Sea Hawk Ct., St. Marys. Join KBSOSA members for coffee, refreshments and fellowship from 9:30 to 11:30 am. Child care is available. E-mail Melanie Weerheim at melr14@hotmail.com for child care information. Contact Jean Wines at kingsbaysosa@yahoo.com or (713) 962-2831 to RSVP and for other information.

Kingsland Catfish Fest Aug. 30

The 32nd Annual Labor Day Weekend Kingsland Catfish Festival will be 7 a.m. to 6 p.m., Saturday, Aug. 30 in downtown Kingsland's Historic Royal District along U.S. 17 and Georgia 40. It includes a parade, arts and craft booths, Southern-fried catfish with grits, hushpuppies, coleslaw and sweet ice tea, other food booths, antiques and collectibles, a children's amusement area, a 5K run and a classic car and tractor exhibition. For more information, visit www.visitkingsland.com and click on the Catfish Festival link or go to www.kingslandcatfishfestival.com.

Poker run benefits NMCRS

The Armed Forces of America Motorcycle Club will have its 16th annual 41 for Freedom Poker Run to raise funds for the Navy-Marine Corps Relief Society Saturday, Aug. 16, with registration 4 to 5 p.m. at the USS Bancroft Memorial. The ride will end at the club's clubhouse at 5444 N. Georgia 17 in Kingsland with food and entertainment. Cost is \$15 per hand. For more information, contact club secretary Ruben Hilerio, Jr., at rhlilerio@yahoo.com.

Cell Phones for Soldiers starts

Habitat for Humanity of Camden County and nonprofit Cell Phones For Soldiers Inc. are asking Camden County residents to help troops call home by donating gently-used cellular phones. Beginning July 15, residents can donate their phones at Habitat in Kingsland at 302 South Lee St. Cell phones can be dropped off 9 a.m. to 5 p.m., Tuesday through Saturday at Habitat's ReStore. For more information, e-mail linda@hfhcaden.org or call (912) 729-3633. Also, visit www.hfhcaden.org for additional Habitat opportunities.

St. Marys offers music series

The next Music in the Park free series is 6 to 8 p.m. at the St. Marys Waterfront Park amphitheater. *The Just Jazz Quartet* returns Aug. 16 and *Back From the Brink* Sept. 20. Additional Music in the Park dates will be Aug. 9, 16 and Sept. 16. For more information, call the St. Marys Welcome Center at (912) 882-4000.

Fernandina market Saturdays

The Fernandina Beach Market Place farmers market, on N. 7th Street in downtown Fernandina is 9 a.m. to 1 p.m. every Saturday. For more information, visit the website at Fernandina-BeachMarketPlace.com or call (904) 557-8229.

Marine Corps League drive on

The Kings Bay Detachment No. 1229 of the Marine Corps League is looking for members. Meetings are the second Tuesday of each month. The league volunteers aid and assistance to Marine and Navy Corpsman widows and orphans and observes historical Marine anniversaries. For more information, e-mail MarineCorpsLeagueKingsBay@gmail.com.

Base lost & found has found items

There is lost and abandoned property, such as watches, rings and cell phones, at Naval Submarine Base Kings Bay Navy Security. If you have any information reference to any items, contact Detective Michael Palmer, Monday through Friday, at (912) 573-9343 or by e-mail, Michael.j.Palmer@Navy.mil.

Security issues sticker reminder

It is the policy of Naval Submarine Base Kings Bay that no motor vehicle with any sticker, decal, emblem or other device containing profane or lewd words or pictures, describing sexual acts or excretory functions on parts of the human body, be allowed on base.

Know when to make emergency call

From Naval Submarine Base Kings Bay Fire Department

It is important that everyone in your home knows that 911 is the number to call for emergency help.

An emergency is anytime you or somebody else needs help from police, fire, or emergency medical personnel.

When you call, you need to know what to expect.

If you are using your cellphone to call 911, Camden County will answer your call. This person will ask what type of emergency you are having.

Kings Bay Fire Dept.

If you need fire or medical help, you will be connected with a Fire Department dispatcher who will begin by asking you several questions. You will be asked your name, address, phone number, and to describe the emergency fully.

Try to remain calm and answer the dispatcher's questions in the order they are asked. While you are answering questions, emergency units are responding to your location.

Be sure to stay on the line and

answer all of the questions the dispatcher asks.

Don't hang up until told to do so, unless a threat to your safety requires you to leave.

It is important to talk with children about what an emergency is and how to call 911.

Affix 911 stickers to every phone in your home with your address on them. In an emergency it can be surprising what information we forget.

These stickers are also helpful to any guest who has to call 911.

For more information, visit the Kings Bay Fire Prevention Team in Bldg. 1041 or call (912) 573-9998.

Near mishap reports are mandatory

From Navy and Marine Corps Mishap Investigations

How many times have you been enjoying your favorite recreation or off-duty activity and by luck you avoided injury or property damage?

Off-duty activities are the No. 1 cause of injury and the second cause of fatalities in the Navy. Already in 2012, there have been three fatalities associated with recreational and off-duty activities, which is three too many!

There are real risks and consequences in brushing off accidents that do not hurt, harm or damage. When these near mishaps happen, we should immediately inform our supervisors.

A near mishap is an act or event which injury or damage was avoided merely by chance. The command cannot correct hazardous conditions unless personnel conscient-

NSB Kings Bay Safety

tiously report them.

You are probably asking yourself, "If no one was hurt and/or I was off-duty why do I need to report it?"

It's simple. Per OPNAV Instruction 5100.23G, near mishaps must be reported, no matter how small, to prevent accidental injury or death.

By reporting each and every near miss and off-duty mishap to your supervisor immediately, prompt investigation and follow up actions will be initiated that will help reduce the potential for future mishaps.

Your supervisor must rely on you and your co-workers to report these near mishaps to them.

All on-duty mishaps involving Naval Submarine Base Kings Bay personnel are reported via the Enterprise Safety Applications Man-

agement System. Off-duty mishaps involving service members are also reported using ESAMS.

If you need assistance in reporting a mishap call the NSB Kings Bay Safety Office at 573-2525 and the safety staff will be glad to assist you. Tenant commands are encouraged to contact their command safety office or call Kings Bay Safety Office for referral assistance.

One of the best ways to eliminate the likelihood of future mishaps is by conducting a thorough root-cause analysis and implementing effective corrective actions, as well as sharing the lessons learned with others.

Lessons learned from some of the mishaps that have occurred at NSB Kingsbay are available on the Kings Bay Internet Safety Web site, webkb.wh.nads.navy.mil:9011.

All supervisors are encouraged

See Mishap, Page 3

NEX student rewards on again

From the Navy Exchange Service Command

The Navy Exchange Service Command has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997.

The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter.

The next drawing will be held at the end of August.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the draw-

Navy Exchange

ing.

Home-schooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grades. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry.

Each student may enter only once

each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services.

Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

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

Chapel schedules different retreats

From Naval Submarine Base Kings Bay Chapel

The Chaplain's Religious Enrichment Development Operation, or CREDO, for some unknown reason, continues to be the best kept secret in the Navy, and as result only a small portion of military personnel and their family members have taken advantage of its beneficial programs.

CREDO Detachment Kings Bay is working hard to get more military personnel involved in the CREDO experience.

It began as a program to help veterans returning from the Vietnam War in 1971. As then and now, military service presents unique challenges and opportunities. CREDO offers transformational retreat-based programs designed to assist authorized users in developing the spiritual resources and resiliency necessary to excel in the military environment.

Over the years, CREDO has offered spiritual, personal, and relational growth opportunities to tens of thou-

CREDO

sands of sea service personnel and their family members, profoundly enhancing their lives. CREDO provides commanders with a key resource by which to care for and strengthen the abilities of those they lead.

The following retreats at St. Simons Island are available:

- Personal Growth Retreat — Helps foster positive personal growth and self-awareness by providing a wealth of practical training and ideas to enhance your spiritual, emotional, physical, and relational dimensions. Registration is open for the next retreat, Aug. 15 to 17.

- Family Enrichment Retreat — An all-inclusive weekend family retreat designed to promote healthy relationships, using practical skills based on proven principles that strengthen and empower every member of the family. Registration is open for the next retreat, Sept. 19 to 21.

- Couples Connection — Fleet and Family Support Center Kings Bay, in

Springs of life

H.A.L.T.

We are sure you have seen this acronym in a number of places from time to time. It reminds us not to make decisions when we are hungry, angry, lonely or tired.

Our microwave, Instagram, twitting life styles leaves little room for us to sit back and carefully look at situations before we make a choice. Choices which are made too quickly usually have disastrous consequences. Perhaps another acronym to keep in mind is W.A.I.T. which stands for why, assess, include and think.

The question must be

See Springs, Page 3

coordination with CREDO, is hosting a Couples' connection One-Day Mar-

See CREDO, Page 3

THE Periscope KINGS BAY, GEORGIA

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NSB Kings Bay Executive Officer

Cmdr. Ed Callahan

NSB Kings Bay Command Master Chief

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The editorial content of this newspaper is prepared, edited and provided by the public affairs office. News items and photos must be submitted by noon Thursday, seven days prior to publication. Event "briefs" must be submitted by noon Friday, six days prior to publication. The public affairs office, code CM4, is in building 1063. News ideas and questions can be directed to the editor by calling 573-4719 or 573-4717. All materials are subject to editing.

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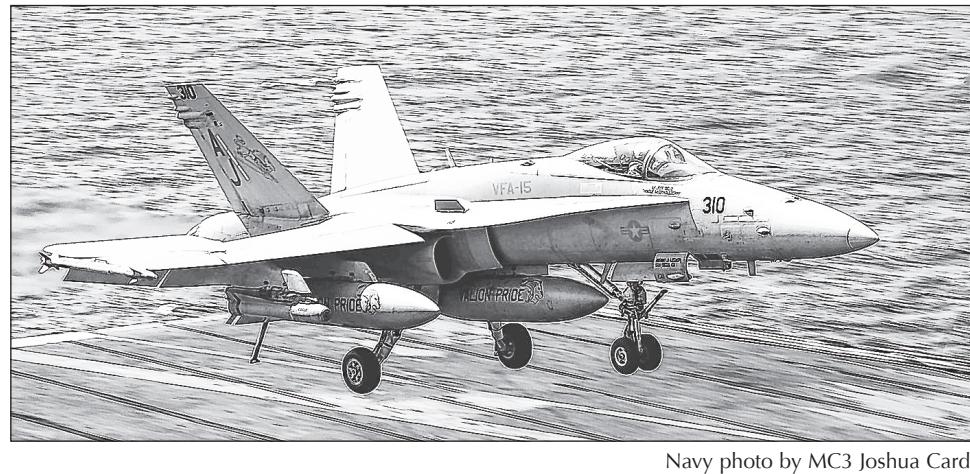
Iraq

From Page 1

Later, four F/A-18 aircraft successfully struck a stationary ISIL convoy of seven vehicles and a mortar position near Erbil.

"The aircraft executed two planned passes," Kirby said. "On both runs, each aircraft dropped one laser guided bomb making a total of eight bombs dropped on target, neutralizing the mortar and convoy."

Also Aug. 10, the U.S. military conducted a fourth airdrop of food and water for thousands of Iraqi citizens threatened by the ISIL in northern Iraq.



An F/A-18C Hornet assigned to the Valions of Strike Fighter Squadron 15 prepares to land on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77).

This airdrop was conducted from multiple air bases in Centcom's area of responsibility, officials said, and included one C-17 and three C-130 cargo aircraft that together

dropped a total of 88 bundles of supplies. U.S. fighter aircraft in the area supported the mission.

In coordination with the Iraqi government, U.S. military aircraft have de-

livered more than 74,000 meals and more than 15,000 gallons of fresh drinking water to the displaced Yezidis seeking refuge from ISIL on the mountain.



A 500 pound Laser Guided Bomb Unit (GBU-12) is mounted on an F-14D Tomcat.

Mishap

From Page 2

aged to review these near misses and brief their employees.

To view mishap statistics for the Navy and Marine Corps, visit www.public.navy.mil/navsafety/Pages/Home.aspx.

The importance of reporting all near-miss and off-duty — military only — mishaps should be stressed to new employees — military and civilian — during indoctrination.

Report all near miss and off duty mishaps to your supervisor and your command safety office immediately.

PERSONAL GROWTH RETREAT



**Join us on
St. Simon's Island**

- Relax
- Enjoy good food
- Discover new directions

August 15-17, 2014

All expenses are covered except for participant's travel to and from retreat site.

To register come by the Base Chapel or call 573-4501 for more information.

Springs

From Page 2

asked, why do I want to do this? Are my reasons healthy and logical? Am I really meeting a need or satisfying my ego?

Assess the consequences of your choice. Each choice we make have the potential for good or not so good things to happen. We cannot afford to only think of today but must gauge how this decision will impact my life and those around me in the coming days ahead.

This is why it is so important to include others in making your decision.

Others will help us to see the blind spots in our thinking and help keep us on the right track.

Finally, think it over once again before you act. Review the positive

as well as the negative aspects of the decision. Argue against the decision as to why you should not make it at this time or why you should follow another path.

Following this acronym can mean solid directions for all of us and is sure to keep the fresh springs of life flowing in our lives.

Be patient with yourself and keep as much of your usual routine as you are able. Schedule some form of physical activity, eat properly and carve out a time for rest and relaxation.

Such simple steps can be springs of life renewing the spirit and giving hope.

CREDO, enriching lives and enhancing the spiritual well-being of military members and their dependents for more than 40 years. Find CREDO on Facebook at www.facebook.com/CREDO.Southwest.



NSB Kings Bay Chapel

Sundays

8:30 a.m. - Confessions

9 a.m. - Catholic Mass

10:30 a.m. - Protestant Divine Service

Mondays-Wednesdays and Fridays

11:15 a.m. - Catholic Mass, Adoration following Wednesday mass until 8 p.m.

Saturdays

4:30 p.m. - Confessions

5 p.m. - Catholic Mass

Chapel office hours

8 a.m. to 4 p.m. Mondays through Fridays

SOUTHEAST GEORGIA PHYSICIAN ASSOCIATES



CAMDEN PEDIATRICS

A strategic affiliate of Southeast Georgia Health System

An Experienced New Face in Pediatrics

Southeast Georgia Health System and Southeast Georgia Physician Associates-Camden Pediatrics Welcome Lera "Liv" Fina, D.O.



**Lera "Liv" Fina, D.O.
Pediatrician**

**2040 Dan Proctor Drive
Suite 140
St. Marys, GA 31558**

**Now taking new patients
and accepting most
insurance plans!**

**For an appointment,
please call 912-673-8000**

sghs.org

Southeast Georgia Health System is pleased to welcome Lera "Liv" Fina, D.O., board-certified pediatrician, to Southeast Georgia Physician Associates-Camden Pediatrics, a strategic affiliate of Southeast Georgia Health System.

Dr. Fina earned her medical degree from Nova Southeastern College of Osteopathic Medicine in Ft. Lauderdale, Fla., and completed a pediatric residency program at the Madigan Army Medical Center in Tacoma, Wash. She earned her undergraduate degree from Baylor University in Waco, Texas.

Prior to joining the Health System, Dr. Fina served as a major in the U.S. Army, where she educated and supervised physician assistants, physician assistant students, medics and command teams, and held an instructor position for Pediatric Advance Life Support and Advanced Trauma Life Support.

One Health System. Multiple Locations and Services.

Southeast Georgia Health System is a tobacco-free organization.

facebook.com/SGHScares

NAVY CHIEFS IN THE MAKING



EMC-select Jonathan Baggett, Georgia Gold, inspects a uniform item at the NEX Uniform Shop. HMC Eric Staley is Baggett's sponsor. Staley will be there for every part of the transition.



USS Georgia Gold ITC-select Joe Maccamey tries on a chiefs cover for the first time.



Geri Thornton, Uniform Manager, makes sure the fitting for ITC-select Joe Maccamey's cover will be just right.



The NEX Uniform Shop has a top notch staff. Major Booth is a Master Tailor with

40 years experience.



The Chief's fouled anchor has a rich history. Sailors around the world are excited to experience it first hand.



YNC Select Michael Alsbrooks, USS Georgia Gold, takes a look at all the new insignia for his uniforms. It takes a cart to carry all the new uniforms.



EMT-select Chris Rulo gets fitted with his garrison cap, with help from FTC Kris Patterson.



From left, Stacey Vinson, Ashley Wright, Charrelle Brimley and Geri Thornton helped the CPO-selects on base.

Chief Petty Officer-selects stand by for the morning's physical training.



NAVY PHOTOS BY MCC KATRIN ALBRITTON



The newly selected Chief Petty Officers form up as a unit for the first time.



Sailors recently selected to become Chief Petty Officers receive instructions from Chiefs stationed at commands aboard Kings Bay.



Sailors warm up with pushups prior to conducting a preliminary physical readiness test.



Sailors recently selected to become Chief Petty Officers receive instructions from Chiefs stationed at commands aboard Kings Bay.



Left, veteran Navy and Marine non-commissioned officers pass out the word to the next generation of leaders.



A Marine Corps Security Forces Battalion Chief-select completes the sit-up portion of the physical readiness test.



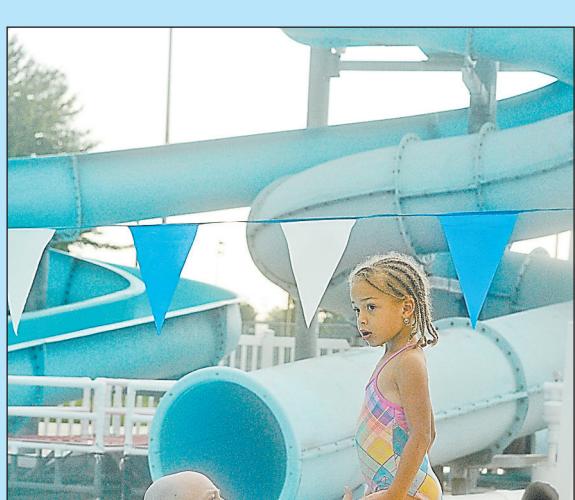
CPOs and CPOs-select complete the PTR's 1.5 mile run.



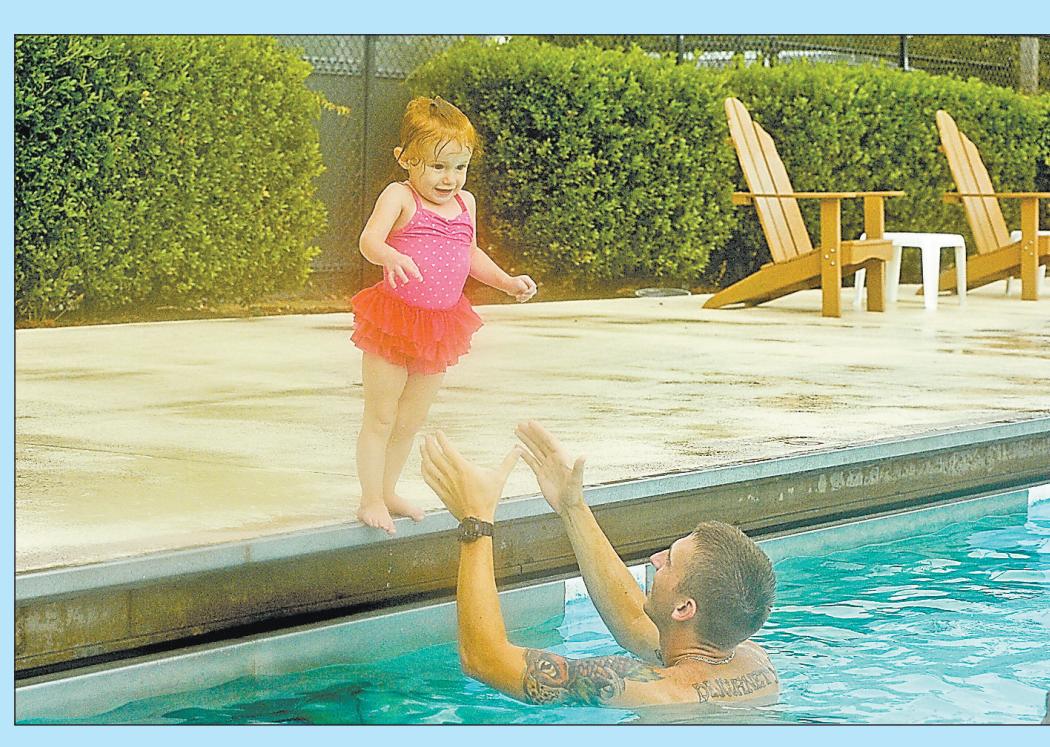
Rebecca Rulo shows Christopher his new backpack. The Child and Youth Education Services event was Aug. 2 at the Naval Submarine Base Kings Bay Fitness Center pool.



Dan Schugel and wife, Jessica, enjoy the food provided by the event.



TM1 Matthew Kufahl, Rhode Island, stands by to catch Jayda.



STSSA Joshua Dejournett, Alaska Blue, catches his daughter Makenna.



Anaysiah Seymour gets a snack from Mary Williams, left, and Tammy Moore.



Anne Carnes holds Jamie as School Liaison Officer Clainetta Jefferson hands her a raffle gift certificate.



J.T. Schugel throws a pitch with all his might.



Navy photos by Mark Turney

ND2 Thomas Hurd, right, discusses the arrangement of equipment in the diver's tool basket prior to the dive. With visibility only a foot or less it is important that the everything is in its correct place prior to the dive.

Divers

From Page 1

web straps attached to them.

After the assembly is lowered into the water, the waiting divers open valves that are incorporated in the piping allowing water to flow through the PVC piping

that forms the structure.

After the unit is submerged, the divers attach the magnets and straps in pre-established positions on the hull of the submarine.

This whole process takes approximately a half an hour to complete.

The collaboration between divers and NRMD is a very positive step towards the complete elimination of lost objects during the underwater operations.

ISIL 'determined, very capable'

By Jim Garamone

DoD News, Defense Media Activity

The Islamic State of Iraq and the Levant is a regional threat with aspirations to become a worldwide terrorist organization, senior administration officials speaking with reporters on background said.

And ISIL a determined and very capable foe, they added.

In June, ISIL crossed the border from Syria into Iraq and took Mosul, Iraq's third-largest city. President Barack Obama said at the time that the United States would establish a joint operation center in Erbil, the capital of northern Iraq's Kurdistan region, and in Baghdad. The United States surged both manned and unmanned intelligence, surveillance and reconnaissance assets into the U.S. Central Command area of responsibility.

The president also sent military assessment teams to examine the situation and assess the capabilities of both the Iraqi security forces and ISIL.

On Aug. 2, ISIL launched a multi-

pronged attack across hundreds of kilometers in northern Iraq. "It was swift; it was effective," one official said. "They ... acted with tremendous military proficiency."

ISIL launched another series of attacks, endangering the approaches to Irbil. This threat prompted the president's decision to authorize U.S. airstrikes, the official said.

ISIL has targeted the Yezidi since the days of Abu Musab al-Zarqawi -- the al-Qaida in Iraq leader who was killed in 2006. ISIL is an outgrowth of that terror group. "It is their mission to ethnically cleanse areas of anyone that it disagrees with, and that could mean Christians, it could mean Yezidis, or anyone else," the official said.

The brutal terror group also is targeting Sunni Muslims who disagree with its philosophy -- essentially the majority of the population, the official said.

ISIL drove thousands of people from their homes, and the rugged mountain is their only refuge.

NH Jax

From Page 1

a whirlwind of change, improvement and excellence — all of which could not have happened without each and every member of the Naval Hospital Jacksonville team. I leave here proud, humbled and grateful of the men and women (military, civil service, contract employees and volunteers) of whom I have served with every day for the past two years.

Capt. Le Favour, I can confidently say that Naval Hospital Jacksonville is poised for greatness.

And like me, you too will have the privilege of commanding a high-performance team that thrives on challenges and is committed to providing superb care to our nation's heroes, past and present, and their families."

During Shaffer's two-year tour, NH Jacksonville set the standard of excellence within Navy Medicine, achieving numerous awards and certifications for health care quality such as: The Joint Commission's Gold Seal of Approval accreditation; the National Committee for Quality Assurance Level III (highest level possible) Recognition for all 14 Medical Home Port teams; 2014 Outstanding Achievement in Scholarly Activity Award; 2013 Excellence in Teaching Award from the Uniformed Services University of the Health Sciences; and the Navy Surgeon General's Health Promotion and Wellness "Blue H" Award (all six facilities and reserve Operational Health Support Unit detachments).

Shaffer, a native of Bloomington, Ill. and Navy Dental Corps officer, took leadership of NH Jacksonville June 8, 2012.

She is a member of the American Dental Association and Academy of Gen-



Navy photo by Yan Kennon

Capt. Gayle Shaffer, Naval Hospital Jacksonville outgoing commanding officer, receives the Legion of Merit award from Rear Adm. Terry Moulton.

eral Dentistry and a Fellow of the Academy of General Dentistry and International College of Dentists.

Shaffer will embark on a new assignment at BUMED as the Assistant Deputy Chief for Medical Operations, where she will be focusing primarily on Navy Medicine's global approach to delivering outstanding care.

Le Favour, a Medical Service Corps officer and NH Jacksonville's newest commanding officer, most recently served as executive officer of NH Camp Pendleton, Calif. He is board certified in health care management and a Fellow in the American College of Healthcare Executives.

Le Favour acknowledged the exceptionally

high standard set by Shaffer, observing that the heroes of our nation can rest easy and focus on their mission because "they and their families are receiving the best care a grateful nation can give."

He finished his remarks by telling those in attendance, "I am ready to go to work!"

NH Jacksonville's priority since its founding in 1941 is to heal the nation's heroes and their families. The command is comprised of the Navy's third largest hospital and five branch health clinics across Florida and Georgia. Its patient population is 163,000 active and retired Sailors, soldiers, Marines, airmen, guardsmen and their families.



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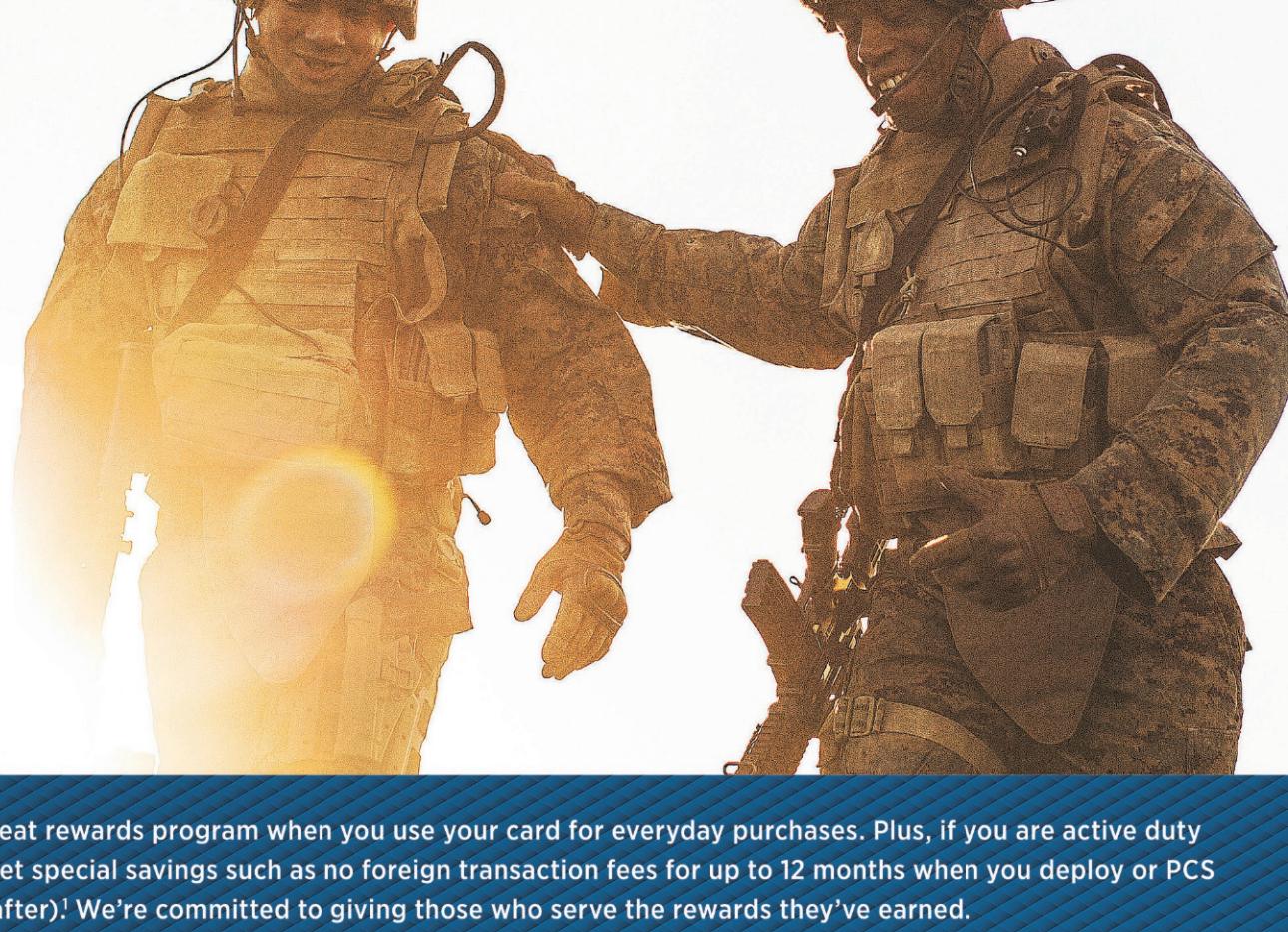
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2013	Nissan Sentra SV	9378
2013	Nissan Altima 2.5 S	8414
2013	Nissan Altima 2.5 S	8413
2013	Nissan Maxima 3.5 SV	8404
2013	Nissan Altima 2.5 SV	8382A
2013	Nissan Versa 1.6 S	8433
2014	Nissan Altima 2.5 S	8439
2014	Nissan Xterra S	9432
2014	Nissan Altima 2.5 SV	8436

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Up Periscope with Bill Wesselhoff



It's your turn to be a Hollywood film critic

On TV the other night, I watched for the first time *The Hunted* (2003) with Tommy Lee Jones. He played a retired special forces guy who had to

hunt down his former prize pupil who had gone rogue and was killing people. It was entertaining to a point. But as the film wound down it became a one-on-one chase

that *I just knew* Tommy Lee Jones was going to win. And because I didn't need the final gory details, I turned it off with 10 minutes left. Too predictable. Thumbs down.



Kathryn Sobczyk
Family member
Findley, Ohio
"Draft Day. I liked it.
My family is from Ohio,
and we were always
Browns' fans."



ITS1 Joshua Eldridge
USS Rhode Island Gold
Birmingham, Ala.
"The Lego Movie.
It was very funny,
and kid appropriate."



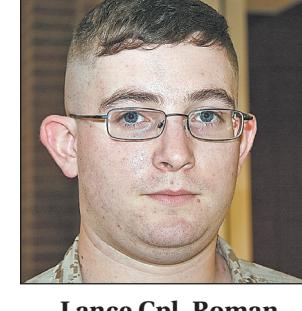
MA2 Kevin Kithcart
Marine Corps
Security Force Battalion
Charleston, S.C.
"Get On Up, the life
story of James Brown.
It was amazing.
Long, but great."



Nancy Weisensee
NMCRS volunteer
Mystic, Conn.
"Blended, with Adam
Sandler and Drew
Barrymore. It was a very
good movie. You could
watch it with family and
not be embarrassed."



IT2 Charles Murphy
USS Rhode Island Gold
Pleasant Lake, Ind.
"Heaven Is For Real.
It was a pretty
good movie.
It was different."



Lance Cpl. Roman
Mercier
Marine Corps
Security Force Battalion
Shreveport, La.
"God's Not Dead.
It was great.
I loved it."



Naval Submarine
Base Kings
Bay Command
Master Chief
Randy Huckaba
re-enlisted Aug.
11. Joining
Huckaba for
the ceremony
were, center,
Commanding
Officer Capt.
Harvey Guffey,
Jr., Huckaba's
wife, Diane,
Executive
Officer Cmdr. Ed
Callahan, sec-
ond from right,
plus the Chief's
Quarters and
Wardroom.

Navy photo by EM1
Mark Treen

CMC re-enlistment

Army major general killed

By Jim Garamone
DoD News, Defense Media Activity

The Army announced that Maj. Gen. Harold J. Greene, the deputy commanding general of the Combined Security Transition Command Afghanistan, was the officer killed in the attack at Afghanistan's military academy in Kabul, Aug. 5. Greene was part of a coalition visit to the Marshal Fahim National Defense University, the Afghan army's commissioned and noncommissioned officer academy. A man dressed in an Afghan uniform opened fire on the party, killing Greene, wounding a German army brigadier general and wounding several other NATO personnel, including Americans, International Security Assistance Force officials said.

The shooter was killed.

A joint NATO-Afghan team will investigate the incident, Defense Department



Greene

officials said. Army Chief of Staff Gen. Ray Odierno said the thoughts and prayers of all in the service are with those who suffered such a tragic loss. The soldiers killed or wounded "were professionals, committed to the mission," Odierno

no said in a written statement. "It is their service and sacrifice that define us as an Army."

The Army's priority is to take care of the families, ensuring they have all the resources they need during this critical time, the general said.

"We remain committed to our mission in Afghanistan and will continue to work with our Afghan partners to ensure the safety and security of all coalition

See Army, Page 12

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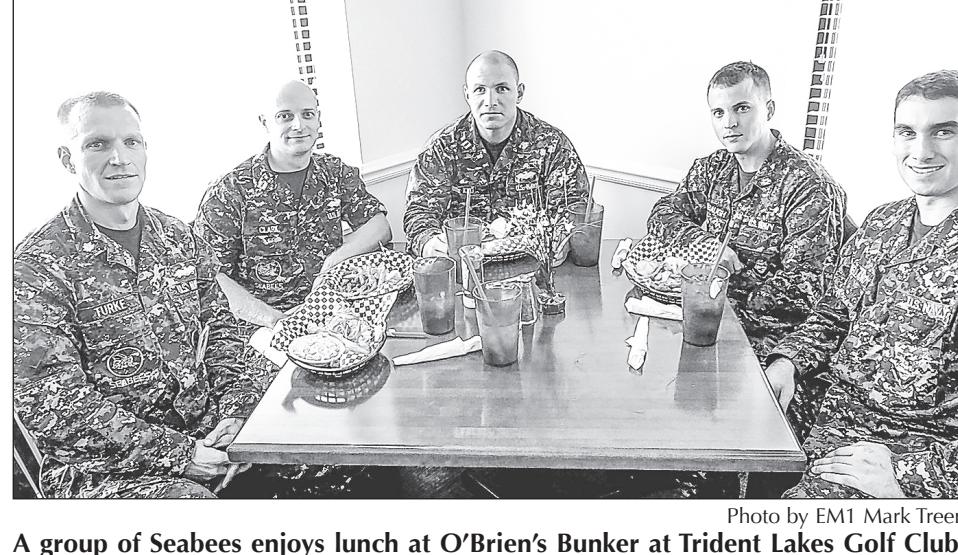


Photo by EM1 Mark Treen
A group of Seabees enjoys lunch at O'Brien's Bunker at Trident Lakes Golf Club. Stop by Mondays through Fridays for a delicious lunch on the spot or order carry-out by calling (912) 573-0008.

Golf course fishing Aug. 16

Lakes at Trident Lakes Golf Club will be open 6 to 8 a.m., Aug. 16 for fishing. Cost is \$5 per person for catch and release or \$7 per person for catch and keep. Every one 16 years old and older must have a Georgia Fishing License and Kings Bay Fish-

Liberty call

ing Permit. Outdoor Adventures sells the Kings Bay permits. Open to 10 year olds and up. Pre-register at Outdoor Adven-

tures, 10 a.m. to 5 p.m. Mondays through Fridays. All patrons under 16 must be accompanied by a parent or legal guardian. For more details, call OAC at (912) 573-8103.

Bowl-In Movie Night at Rack-N-Roll Lanes

From 5 p.m. to 9 p.m., Saturday, Aug. 23. The movie *Rio 2*, rated PG, starts at 7 p.m. Bowling will be \$1.50 games plus shoe rental from 5 to 9 p.m., plus chances to win free game passes throughout evening. Domino's will be offering a great Movie Night Special, a \$10 any way,

any size pizza. Dine in only 6:30 to 8:30 p.m. For more information, call (912) 573-9492.

Lunch at O'Brien's Bunker at Trident Lakes Golf Club

Stop by. The friendly staff and delicious variety menu will make you glad you did. They offer a large selection of salads, sandwiches and seafood platters. Each one is made right there inside the restaurant. For the fans of O'Brien's from outside the base, yes they offer lumpia as an appetizer. The restaurant hours are 10:30 a.m. to 1:30 p.m.

Mondays through Fridays. For a quick lunch carry-out, call (912) 573-0008.

Free Fitness Classes Just 4 Kids

Kids in Motion Dance Class is 10:30 to 11:05 a.m. Tuesdays. This 35 minute class incorporates hip dance moves to popular age appropriate songs for ages 6 to 10 years old. Each week the instructor will demonstrate dance choreography while participants follow along. Healthy habits are important in youth so all interested kids within the age limit are invited to come shake up a sweat.

Also offered is a Kids Fitness Clinic 10:30 to 11:15 a.m. every Wednesday. This 45 minute class is open to kids ages 6 to 12 and is all about having fun while being active. Each week the class will focus on aerobic exercises along with body weight strength training. This all aids in promoting the primary goal of getting kids moving and teaching them lifelong healthy habits. Call (912) 573-3990 for more information.

Intramural Sports

Summer Basketball

Top 3	W	L	T
1, MCSFBn	5	0	0
1, Gunz Blazin	5	0	1
3, Subase	5	1	0

Upcoming

Fall Softball registration is underway.

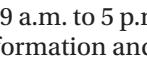
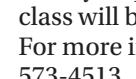
Stop by the Sports office to sign up.

All Coed \$100. Men's Active Duty \$100.

Men's DoD \$200.

Just for kids

Fleet & Family Support Center workshops



Family Support Center Bldg. 1051. This class will be 9 a.m. to 5 p.m. Aug. 25 to 29. For more information and to register, call 573-4513.

Ombudsman Assembly

Meeting Aug. 25

The Ombudsman Assembly Meeting will be held for all OMB, COs, XOs, CMCS and COBs at the Kings Bay Community Center at 6 p.m., Aug. 25. For more information, contact at 573-4513.

Navy Ready 101 session coming soon

Learn how to familiarize yourself with the Navy Family Accountability Assessment System. This training covers all needed to be prepared before and during a disaster. Information for all branches of service will be provided. This class will be 10 to 11 a.m., Aug. 29. For more information call 573-4513.

Spouse Indoctrination class meets Aug. 27

The goal of Spouse Indoctrination is to educate the participant on the numerous resources that are available to them while stationed at Naval Submarine Base Kings Bay. This class hosts 20-plus speakers who provide information and answer any questions. This class is at the Balfour Beatty Community Center, 9 a.m. to 2 p.m., Aug. 27. To register, call 573-4513.

Stress management covered at workshop

Events, schedules, daily pressure and many other items can cause undo stress in your life. Stress may or may not be good for your health depending on how you manage that stress. This workshop is slated for 1 to 4 p.m., Aug. 21. Pre-registration is required. Call 573-4512 for details.

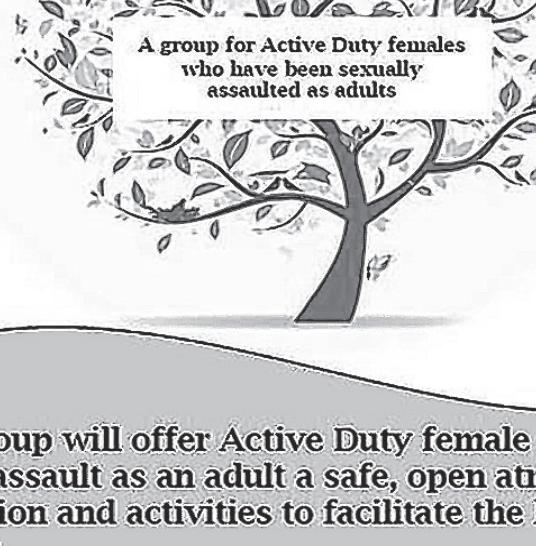
Fleet and Family offers classes on site

Fleet and Family Support Center will take most of its regular workshops on the road if a unit or command can furnish a conference room or classroom and guarantee a minimum of five participants. All classes listed are at the Fleet and Family Support Center unless otherwise noted. Fleet and Family hours of operation are 8 a.m. to 4:30 p.m., Monday, Tuesday, Wednesday and Friday and 9 a.m. to 4:30 p.m. Thursday.

AUDRA

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AUDRA means "nobility and strength" in French



A group for Active Duty females who have been sexually assaulted as adults

This group will offer Active Duty female survivors of sexual assault as an adult a safe, open atmosphere for discussion and activities to facilitate the healing process.

Please contact:
Ms. Jennice Jent / leslie.jent.ctr@navy.mil
at the NSB Kings Bay FFSC: 573-4512

Anger management seminar Aug. 27

Anger is not an effective method for getting what you want and is often a smoke screen for other emotions. This workshop is slated for 8:30 a.m. to noon, Aug. 27. It can help you focus on identifying the feelings anger hides and explore behaviors helpful in resolving primary issues. Pre-registration is required. Call 573-4512 for details.

Want to be an Ombudsman? Training session coming

This workshop educates persons with a desire to be a Command Ombudsman, but unsure of what the position will entail. Participants will be educated by defining what an Ombudsman is, learn positive and needed characteristics, and the roles and responsibilities expected of them. This workshop is offered 9 a.m. to noon Aug. 20. Registration is required. Call 573-4513 to register.

Ten Steps to a Federal job examined

Gain information on the federal employment process, salaries and benefits. Learn how to interpret job announcements and determine whether you are eligible to apply. Attendees will be provided guidelines, information, samples and tips on completing the electronic Federal resume. This class is from 9:30 a.m. to 12:30 p.m., Aug. 28. Registration required by calling 573-4513.

Transition GPS Capstone Event upcoming

The purpose of the Capstone event is to evaluate your preparedness to successfully transition from a military to a civil-

ian career and to validate that you have met the Career Readiness Standards. If you need additional assistance you will receive a referral to the appropriate partner agency. The next Capstone event is 8 a.m. to 4 p.m. Aug. 15. Registration by Command Career Counselor required. For more information call 573-4513.

Ombudsman Basic Training coming

There will be an Ombudsman Basic Training course for prospective Ombudsman, new Ombudsman and Command Support Spouses at Fleet and

"Parted, but never apart."

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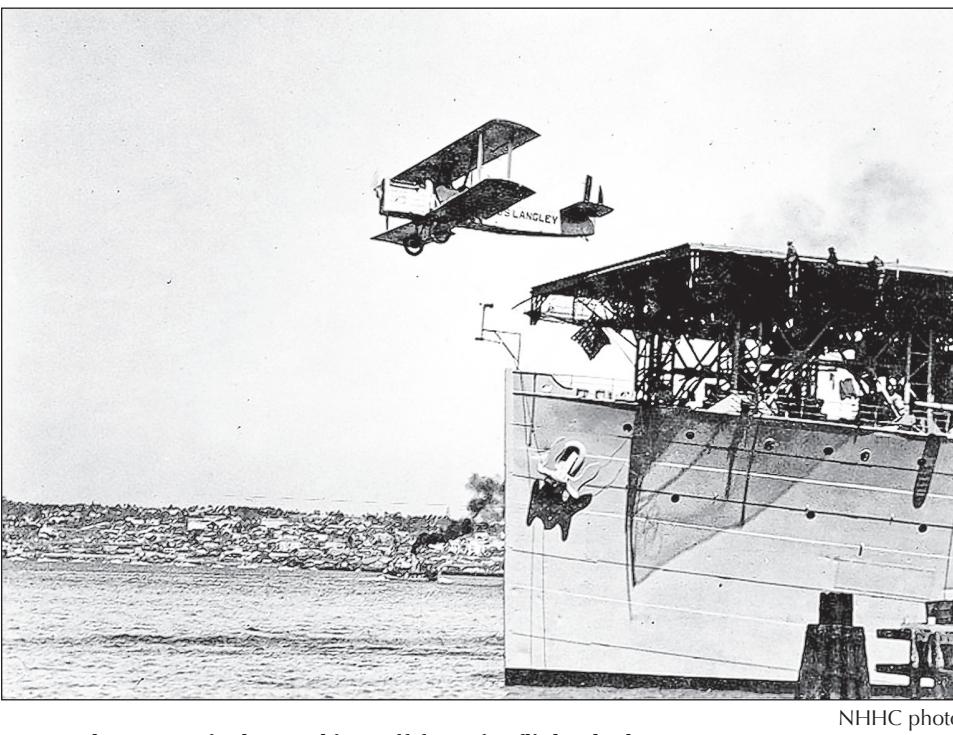
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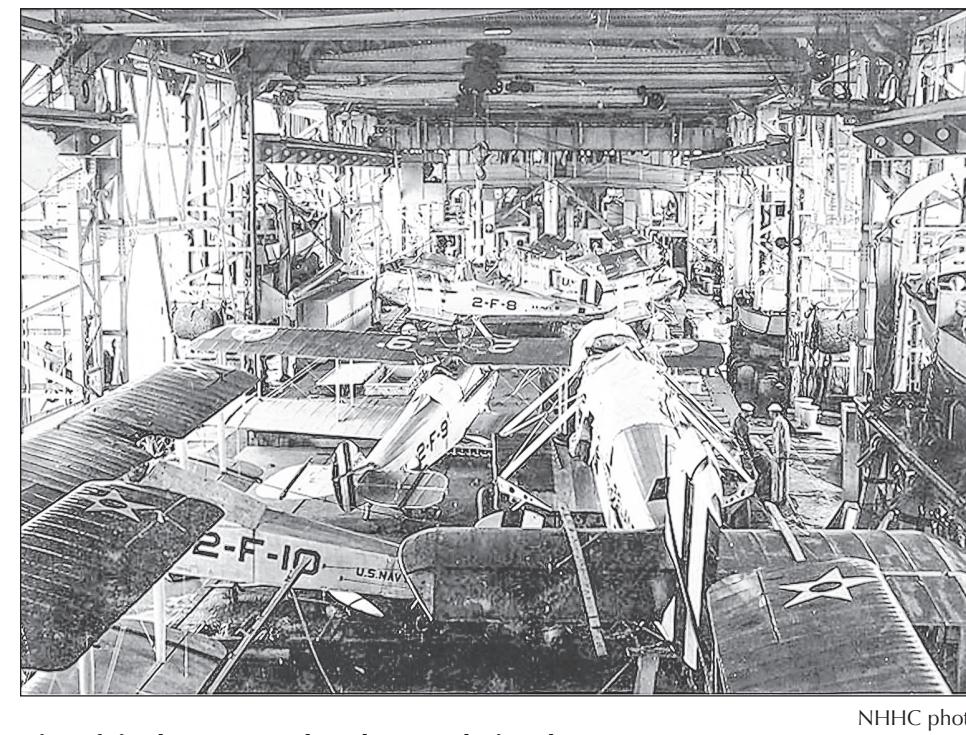
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NHHC photo

A Douglas DT-2 airplane taking off from its flight deck.



NHHC photo

Aircraft in the USS Langley's hangar, during the 1920s.

USS Langley: the Navy's first aircraft carrier

By Naval History and Heritage Command

The aircraft carrier is without a doubt one of the most impressive ships to sail the sea, a floating city loaded with aircraft that can be launched to attack ships or shore, from nearly anywhere in the world.

As with many great things, the origins of the aircraft carrier came from a more humble beginning.

When the keel was laid for the Proteus-class collier named Jupiter, she was already more than just a bulk cargo ship used to carry coal to keep other ships in fuel. She was designed to be the first turbo electrically-propelled ship, an experiment to improve safety on ships where fire from coal dust could quickly turn deadly.

The interest in this experiment had President William Taft attend the keel-laying ceremony Oct. 18, 1911 at Mare Island Shipyard in California.

While USS Jupiter (AC 3) was commissioned April 7, 1913, it was her rebirth March 20, 1920, as the nation's first aircraft carrier, for which this ship will be remembered.

Serving the fleet in two wars

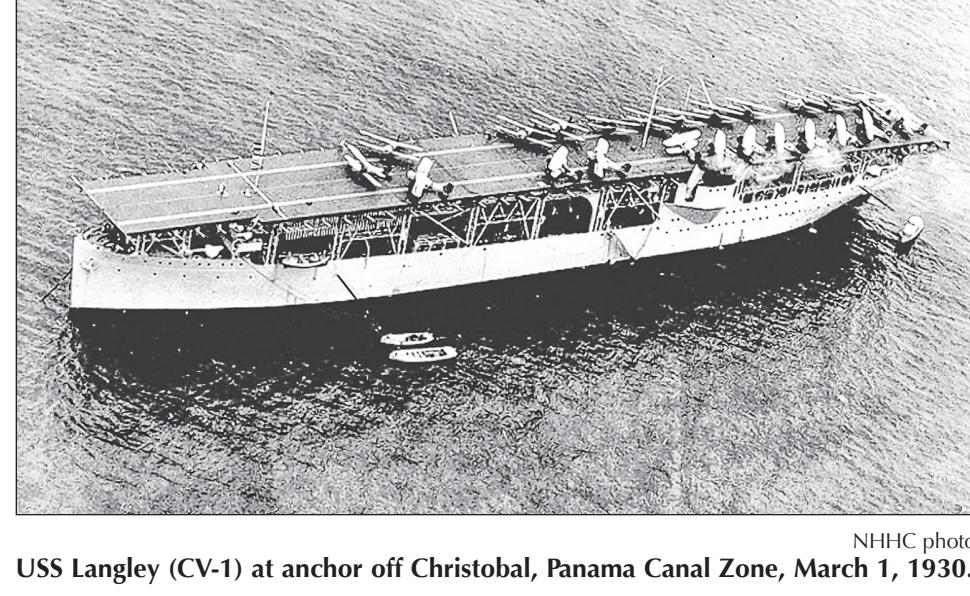
After USS Jupiter (AC 3) was commissioned, it saw active service in the Pacific Fleet at Mazatlan, Mexico during the Veracruz crisis in 1914.

It was then the first vessel to transit the Panama Canal from west to east on Columbus Day, 1914.

During World War I, Jupiter provided coal to ships in France from 1917-18. A hint of her future may have been revealed as Jupiter transported the first U.S. naval aviation detachment to arrive in Europe. The detachment consisted of seven officers and 122 men commanded by Lt. Kenneth Whiting.

After World War I, in which USS Jupiter earned the World War I Victory Medal, the ship that was already the first electrically-powered, would be transformed into another first: the nation's first aircraft carrier.

After sailing into Norfolk, USS Jupiter was decommissioned March 24,



NHHC photo

USS Langley (CV-1) at anchor off Christobal, Panama Canal Zone, March 1, 1930.

1920. Work began to transform the collier into the nation's first designed aircraft carrier, renamed USS Langley (AC 1) on April 11, 1920.

Lofty goals for naval aviation

It was only fitting that Langley be named in honor of Samuel Pierpont Langley, a former assistant professor at the Naval Academy and later Secretary of the Smithsonian Institute.

Like other aviation pioneers, Langley was obsessed with creating a working "heavier-than-air-aircraft" for the Navy. He ended up spending the rest of his life competing against those other titans of aviation, Orville and Wilbur Wright, who won the patent.

Langley didn't win the patent for his "aerodrome".

Also, Langley's repeated attempts at launching aircraft from a ship never succeeded. The famous English poet, Rudyard Kipling, wrote accolades of him for his persistence and commented:

"Through [President Theodore] Roosevelt I met Professor Langley of the Smithsonian, an old man who had designed a model aeroplane ... it flew on trial over two hundred yards, and drowned itself in the waters of the Potomac, which was cause of great mirth and humour to the Press of his country."

Langley took it coolly enough and said to me that, though he

would never live till then, I should see the aeroplane established."

Langley died in 1906 without having successfully flown his "aerodrome," but he succeeded igniting the Navy's desire to launch and land aircraft from ships at sea.

The Navy took up where Langley left off.

Transforming collier into carrier

As a collier, Jupiter had seven 50-foot tall A-frame towers mounted on the upper deck to load and unload coal. The A-frame bases were used to support another deck and a platform elevator to carry aircraft from the hanger to the flight deck.

Since the ship was built primarily for testing and experimentation for "seaborne aviation," there was no control tower or what, on more modern carriers is called the "island."

Its flight deck, supported by heavy steel girders, covered the entire ship from bow to stern, earning her the nickname "Covered Wagon," because the deck resembled a giant canopy.

Langley's insignia even conveyed the image of a ship with a loop canopy cover, invoking the American pioneer days when settlers moved west in Conestoga wagons, known as "prairie schooners."

The ship was recommissioned March 20, 1922. Its first executive officer felt right at home on the new ship: Cmdr. Kenneth Whiting, a former submarine commander turned aviator who had been transported to England by the collier Jupiter.

Whiting, who earned the title "Father of the Aircraft Carrier," was the last naval aviator to take training personally from Orville Wright.

On Oct. 17, 1922, Lt. Virgil C. Griffin, launched Langley's first airplane from her deck, a Vought VE-7. Nine days later, Lt. Cmdr. Godfrey D. Chevalier made the first landing on Langley's deck near Norfolk, Va., on Oct. 26, 1922.

Once those wheels skidded on the flight deck, the Navy had finally gained the capability of launching aircraft from and safely returning them and their pilots safely to a ship.

A month later, on Nov. 18, 1922, Cmdr. Whiting became the first aviator to

be catapulted from a carrier's deck.

Langley served as an unarmed test bed for flight deck and flight operations throughout the 1920s. During this time, the Navy would learn from its experiences on Langley how better to park and launch aircraft more quickly, which set the stage for the fleet aircraft carriers that followed, such as Ranger, Lexington and Saratoga, all ships built with flight decks that were wider, longer and sturdier.

Not everything to do with flight managed to make it successfully onto the new aircraft carrier. Since carrier pigeons had been used for communications during World War I, a carrier pigeon house was planned for the transformed aircraft carrier.

Apparently carrier pigeon training was lacking at Naval Station Norfolk.

While the pigeons would return to the ship if only a few were released, once the whole flock was released, the birds flew back to the shipyard rather than to the ship to roost. So the pigeons were fired and the pigeon coop became the executive officer's office.

With newer aircraft carriers being built based on lessons learned from USS Langley, the ship was decommissioned Feb. 26, 1937.

It was reclassified and converted into a seaplane tender with the hull number AV-3.

Post-carrier career

During World War II, Langley was assigned to the Aircraft Scouting Force in the Pacific, where it assisted the Royal Australian Air Force on anti-submarine patrols.

On Feb. 27, 1942, Langley was rendezvousing with destroyers USS Whipple and USS Edsall off the coast of Indonesia as part of the American-British-Dutch-Australian Command. At about noon she was attacked by nine Japanese dive bombers.

Although the destroyers did all they could to protect her, Langley's speed didn't exceed 10 knots, slowing down her escape.

Langley survived the first two strikes owing to Cmdr. R. P. McConnell, her skipper, and his skill at hard rudder turns, and avoided two bomb waves.

But on the third, the ship took five hits, and its engine room quickly

flooded.

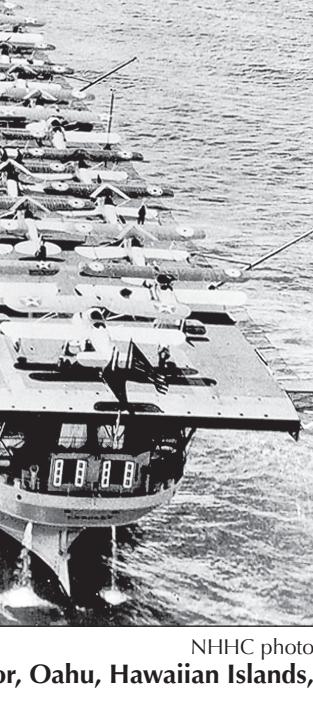
At about 1:30 p.m., Cmdr. McConnell gave the order to abandon ship. Langley's crew then watched from the decks of Whipple and Edsall as the destroyers fired shells and torpedoes into the former collier and aircraft carrier so she wouldn't fall into enemy hands.

Langley helped train the Navy's first aircraft carrier pilots, and they proved invaluable for the Navy on

Lexington (CV 2) at the Battle of Coral Sea and on Saratoga (CV 3) at the Battle of the Eastern Solomons during the Guadalcanal Campaign.

There Navy airmen successfully helped damage and sink enemy aircraft carriers.

Of those navy aviators who served aboard Langley, five became rear admirals, four became vice admirals and four became four-star admirals.



NHHC photo

USS Langley at Pearl Harbor, Oahu, Hawaiian Islands, in May 1928.

CVN flexes muscle during Tiger cruise

By MCSN Matthew Riggs

USS George Washington Public Affairs

Civilian guests and their Sailor sponsors watched as the U.S. Navy's forward-deployed aircraft carrier USS George Washington's (CVN 73) embarked airwing, Carrier Air Wing 5, performed a sea and air power demonstration as part of the ship's four-day Tiger Cruise, Aug. 6.

The airshow showcased the airwing's warfighting capabilities through a series of complex aerial stunts that Tigers and their families viewed from the flight deck and signal bridge.

"We were able to show Tigers what our aircraft can do and what we can do together as a combined airwing," said Lt. j.g. Alicia Willms, a pilot from the "Golden Falcons" of Helicopter Sea Combat Squadron (HSC) 12. "It also gave them a chance to see flight operations firsthand, an experience not many people get to see."

The airwing showed off its power, maneuverability, and versatility by performing various stunts including a fast-rope exercise from an MH-60S Seahawk and a fly-by over the ship with more than 10 aircraft in formation.

"An air power demonstration is a very elaborate process with many moving parts," said Lt. Jim Robillard, a pilot from the "Golden Falcons" of Helicopter Sea Combat Squadron (HSC) 12. "It takes a lot of planning to make sure everything goes smoothly. Every event was carefully scripted to ensure the demonstration went off without a hitch."

While flight operations are part of the ship's normal routine, deliberate planning, practice and training were necessary for pilots to perform safely and accurately.

"We train for events like this days in advance," said Willms. "It takes a lot of preparation to have an event like this."

Tigers were allowed to watch the event from either the flight deck or from the highest levels of the ship's signal bridge on 'Vulture's Row': a balcony that overlooks the entire flight deck.

"It was pretty impressive to see what the Navy is capable of," said Mike Correll, a Tiger from Macedonia, Ohio. "It's particularly amazing to see how well the aircraft worked together to pull off some of the stunts."

Tigers are typically close friends or relatives of their sponsors. The sponsor accompanies their Tiger throughout their stay and introduces them to daily operations of Nimitz-class aircraft carriers like George Washington.

"This Tiger Cruise is particularly important to me," said Engineman 2nd Class David Gorrell, sponsor and son of Mike Correll. "It's awesome to finally get to show my family what I do for a living and give them a firsthand experience in my working environment."

George Washington and its embarked air wing, CVW 5, provide a combat-ready force that protects and defends the collective maritime interests of the U.S. and its allies and partners in the Indo-Asia-Pacific region.

flooded.

At about 1:30 p.m., Cmdr. McConnell gave the order to abandon ship. Langley's crew then watched from the decks of Whipple and Edsall as the destroyers fired shells and torpedoes into the former collier and aircraft carrier so she wouldn't fall into enemy hands.

Langley helped train the Navy's first aircraft carrier pilots, and they proved invaluable for the Navy on

Lexington (CV 2) at the Battle of Coral Sea and on Saratoga (CV 3) at the Battle of the Eastern Solomons during the Guadalcanal Campaign.

There Navy airmen successfully helped damage and sink enemy aircraft carriers.

Of those navy aviators who served aboard Langley, five became rear admirals, four became vice admirals and four became four-star admirals.



Pirates Cove Galley menus



Thursday

Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Eggs & Omelets to Order
Grilled Bacon
Asst. Instant Oatmeal / Grits
Rolled Oats
Soft/Hard Cooked Eggs
Sausage Patties
Hash Brown Potatoes
French Toast w/ Asst. Syrup
Pastry Bar
Asst. Yogurt

Lunch

Black Bean Soup
Fried Pork Chops
Grilled Salmon
Noodles Jefferson
Mashed Sweet Potatoes
Steamed Green Beans
Steamed Zucchini
Healthy Choice Salad Bar
Assorted Salad Dressings
Cornbread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Chicken Pattie Sandwich
Philly Cheese Steak Sandwich
Grilled Pepper and Onions
Baked Beans
Chili
Cheese Sauce
Sandwich Bar
Cold Cut Sandwich

Dinner

Minestrone Soup
Meat Lasagna
Grilled Italian Sausage
Marinara Sauce
Bow Tie Pasta
Mixed Vegetables
Herbed Cauliflower
Healthy Choice Salad Bar
Assorted Salad Dressings
Garlic Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Friday

Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Eggs & Omelets to Order
Pancakes w/ Asst. Syrups
Grilled Bacon
Ham, Egg & Cheese Biscuit
Asst. Instant Oatmeal / Grits
Grits
Cottage Fried Potatoes
Sausage Egg & Cheese Muffin
Pastry Bar
Asst. Yogurt

Dinner

Cream of Broccoli
Asst. Pizza
Buffalo Chicken Strips

Lunch
French Onion Soup
Southern Fried Chicken
Stuffed Fish
Mashed Potatoes
Wild Rice
Chicken Gravy
Black-eyed Peas
Southern Style Green Beans
Healthy Choice Salad Bar
Assorted Salad Dressings
Biscuits
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Grilled Cheese Burgers
Grilled Hamburgers
BBQ Chicken
BBQ Ribs
Pulled Pork
Bratwurst
Cole Slaw
Macaroni Salad
Potato Salad
Baked Beans
Burger Bar

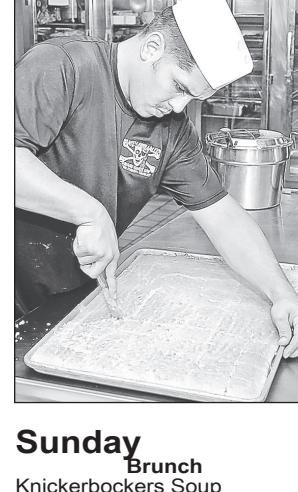
Dinner

Beef Vegetable Soup
Grilled Steak
Grilled Crab Cakes
Baked Potatoes
Honey Glazed Carrots
Steamed Asparagus
Healthy Choice Salad Bar
Assorted Salad Dressings

Hot Rolls

Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

French Fries
Green Beans
Mashed Potatoes
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Sunday

Brunch

Knickerbocker's Soup
Fried Chicken Sandwich
Fishwich Sandwich
Tater Tots
Mixed Vegetables
Tartar Sauce
Cole Slaw
Breakfast Juice Bar
Ready-to-eat Cereal
Oven Fried Bacon
Grilled Sausage Patties
Healthy Choice Salad Bar
Assorted Salad Dressings

Hot Rolls

Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Dinner

New England Clam Chowder
Prime Rib au Jus
Garlic Butter Shrimp
Twice-Baked Potatoes
Rice Pilaf
Sautéed Mushrooms & Onions
Broccoli Parmesan
Corn on the Cob
Healthy Choice Salad Bar
Assorted Salad Dressings

French Bread

Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Monday

Breakfast

Breakfast Juice Bar
Ready-to-eat Cereals
Eggs & Omelets to Order
Waffles w/ Asst. Syrups

Grilled Bacon

Breakfast Burritos
Asst. Oatmeal

Grits

Eggs & Omelets to Order
Soft/Hard Cooked Eggs
French Toast w/Asst. Syrups

Hash Brown Potatoes

Pastry Bar
Assorted Breads & Spreads

Pastry Bar

Assorted Breads & Spreads
Assorted Beverage Bar

Asst. Yogurt

Lunch

Spanish Soup
Salisbury Steak
Roasted Chicken

Brown Gravy

Mashed Potatoes & Gravy

Mac & Cheese

Simmered Carrots

Fried Cabbage w/ Bacon

Healthy Choice Salad Bar

Assorted Salad Dressings

Hot Rolls

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Asst. Yogurt

Lunch speed line

Chicken Quesadillas

Beef Enchiladas

Spanish Rice

Refried Beans

Taco Bar

Garlic Roasted Red Potatoes
Red Beans & Rice
Steamed Corn
Collard Greens
Healthy Choice Salad Bar
Assorted Salad Dressings

Hot Rolls

Assorted Desserts

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Lunch speed line

Lunch speed line

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Dinner

Cream of Broccoli Soup

Fried Catfish

BBQ Ribs

Rice Pilaf

Hush Puppies

Club Spinach

Simmered Pinto Beans

Healthy Choice Salad Bar

Assorted Salad Dressings

Corn Bread Muffins

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Dinner

Chili

Baked Ham

Chicken Pot Pie

Egg Noodles

Steamed Rice

Simmered Green Beans

Steamed Cauliflower

Healthy Choice Salad Bar

Assorted Salad Dressings

Corn Bread Muffins

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Thursday

Breakfast

Breakfast Juice Bar

Ready-to-eat Cereals

Eggs & Omelets To Order

Grilled Bacon

Asst. Instant Oatmeal / Grits

Rollled Oats

Sausage Patties

Cottage Fried Potatoes

French Toast / Asst. Syrups

Pastry Bar

Asst. Yogurt

Lunch

Italian Wedding Soup

Chicken Parmesan

Meat Sauce

Boiled Spaghetti

Roasted Potatoes

Steamed Broccoli

Italian Kidney Beans

Healthy Choice Salad

Assorted Salad Dressings

Garlic Bread

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Lunch speed line

Chicken Pattie Sandwich

Philly Cheese Steak Sandwich

Grilled Pepper and Onions

Chili

Cheese Sauce

Baked Beans

Sandwich Bar

Cold Cut Sandwiches

Dinner

Cream of Broccoli Soup

Fried Catfish w/ Tartar Sauce

Braised Pork Chops

Mashed Potatoes & Gravy

Tossed Green Rice

Fried Okra

Simmered Carrots

Healthy Choice Salad Bar

Assorted Salad Dressings

Hot Rolls

Assorted Desserts

Asst. Fruit Bar

Assorted Breads & Spreads

Assorted Beverage Bar

Lunch speed line

Corn Dogs

Grilled Hamburgers

Grilled Cheesburgers

French Fries

Baked Beans

Burger Bar

Hagel: NATO must re-examine its own relevance

By Nick Simeone
DoD News, Defense Media Activity

Russia's "provocative actions" in neighboring Ukraine are prompting NATO to re-examine its relevance, Defense Secretary Chuck Hagel said, as the West faces what U.S. officials have described as the worst crisis in relations with Moscow since the end of the Cold War.

During a town hall meeting with U.S. service members in Stuttgart, Germany, — the first stop on a trip that also took him

to India and Australia — Hagel discussed the importance of NATO's upcoming summit, set to take place next month in Wales.

Russia's support for rebels in eastern Ukraine "is forcing us to take another look at the relevancy of NATO and how well NATO is structured and prepared," the secretary said.



Hagel

Pentagon officials have said that Russia continues to arm Ukrainian rebels and has massed at least 10,000 troops along the Ukrainian border.

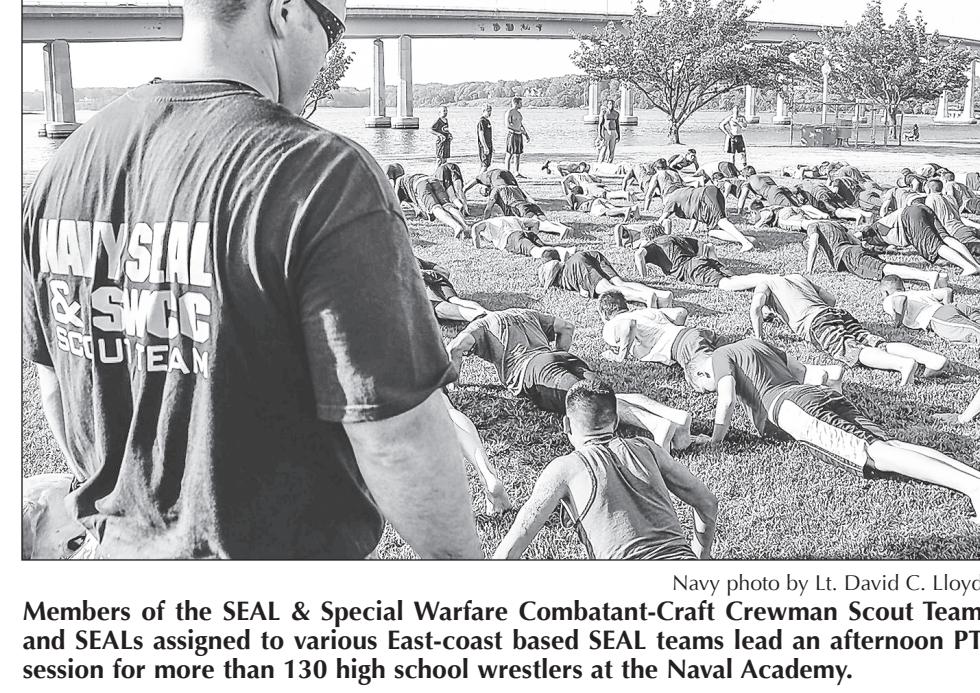
The Ukrainian crisis will make the upcoming NATO summit "as important as we've had in a long time," Hagel said in Stuttgart, adding that the summit will be heavy with objectives and big issues that have drawn attention beyond the alliance.

"I think it's making all of the nations of Europe take another look at the realities of the world," the secretary said.

Hagel also said the United States continues to assist in the investigation and recovery efforts following the downing last month of a Malaysian commercial airliner over eastern Ukraine, including having investigators on the ground.

Nearly 300 people were killed when the Malaysia Airlines jet was blown out of the sky July 17 over eastern Ukraine, and U.S. officials have said evidence points to Russian-armed separatists being responsible.

Russia and Ukraine have denied involvement in the incident.



Navy photo by Lt. David C. Lloyd

Members of the SEAL & Special Warfare Combatant-Craft Crewman Scout Team and SEALs assigned to various East-coast based SEAL teams lead an afternoon PT session for more than 130 high school wrestlers at the Naval Academy.

SEALs training wrestlers

By Lt. David C. Lloyd
Naval Special Warfare Group 2 Public Affairs

Members of the SEAL and Special Warfare Combatant-Craft Crewman Scout Team and SEALs assigned to various East-coast based SEAL teams participated in the 2014 SEAL Wrestling Training Camp at the United States Naval Academy this summer.

The week-long wrestling camp offered 130 high school students from across the country the opportunity to work closely with the SEALs and wrestling coaches from the academy.

The demanding program is designed to motivate as well as provide the wrestlers physical and mental training opportunities and introduce them to the career programs available in the Navy special warfare community.

"From a philosophical standpoint, the camp teaches the kids how to commit to something," explained Daniel Song, the Naval Academy head assistant wrestling coach. "Here, you're all in and having the SEALs participate brings legitimacy to the program. The kids draw a little more energy from their presence, it's intangible, but it's palpable. You can feel it, you can see it, and the kids respond."

Commitment is exactly one of the characteristic traits that the Naval Special Warfare community looks for in individuals interested in becoming one of the Navy's elite.

"It means a lot for me to volunteer and give back to the NSW community and kids," said one of the SEALs assigned to an East-coast based SEAL team. "Wrestling is a team sport but also a one-on-one sport. You're out there and if you quit, you lose. Wrestling has helped me while at BUD/S (Basic Underwater Demolition/SEAL) to never quit."

The SEAL Wrestling Training Camp is highly intensive and one of six wrestling camps offered at the Naval Academy over the summer.

Unlike the other wrestling programs, the SEALs put the wrestlers through two grueling daily work-out routines similar to the Navy's BUD/S training course in between the technique sessions in the gym.

The training sessions are intended to reinforce a strong work ethic, teamwork, determination, and the fortitude necessary to reach the wrestlers' potential.

"This is really as good as it gets," said the three-time Eastern Intercollegiate Wrestling Association and three-time All American and National Champion Navy SEAL Lieutenant volunteering at the camp. "Aside from family, wrestling and the Navy are the two most important things to me, so having the opportunity to do them both together with a great group of guys who have been working hard all week long is excellent."

The week's SEAL Wrestling Camp is the sixth consecutive summer held at the Naval Academy.

Cruiser to Black Sea station

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

The Ticonderoga-class guided-missile cruiser USS Vella Gulf (CG 72) has entered the Black Sea, Aug. 6, to promote peace and stability in the region.

Vella Gulf's mission is to improve interoperability and work toward mutual goals, demonstrating the United States' commitment to strengthening the collective security of NATO allies and partners in the region.

The U.S. Navy's forward presence in Europe allows us to work with our allies and partners to develop and improve ready maritime forces capable of maintaining regional security.

Vella Gulf, homeported in Norfolk, Virginia, is deployed in a multi-mission role in the U.S. 6th Fleet area of operations to contribute to regional maritime security, conduct bilateral and multilateral training missions, and



Navy photo by MC3 Weston Jones

SNs Shawn Snyder and Shawyahna Bell help a pilot board the USS Vella Gulf (CG 72) to help navigate through the Dardanelles Strait en route to the Black Sea.

to support NATO operations and deployments throughout the region.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval

operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.

Serving all four branches

By Air Force Staff Sgt. Evelyn Chavez
455th Air Expeditionary Wing

Air Force Staff Sgt. Jesus Yanez is the only member of his family to pursue the profession of arms. That's not unusual.

But Yanez, deployed at Bagram Air Field, Afghanistan, from the Texas Air National Guard's 204th Security Forces Squadron in El Paso, Texas, has answered his nation's call not just once, but four times, first as a Marine, then as a Sailor, then as a soldier, and now as an airman.

"It sort of just happened, being in all four branches," said Yanez, a 455th Expeditionary Base Defense Squadron defender. "I didn't even think about it until one of my friends mentioned it. From the Marine Corps to the Air Force, every branch has taught me something different."

Each branch of service has been a stepping stone for Yanez.

He started his military career in 1993 as a Marine at Kaneohe Bay, Hawaii, as a logistics Marine in charge of storing, distributing equipment and moving personnel.

"The Marine Corps instilled discipline and has influenced the way I am now," he said. "What I learned there I have applied to every branch that I have served. But each branch has also given me an attribute that has made me the person I am today."

Although he enjoyed serving in the military he left the Marines after completing his four years of service.

Two years later, he joined the Navy Reserve in his hometown of El Paso. He served from 1999 to 2001 as a Master of Arms, where he performed force protection duties that would later help him with his Air Force career.

After he completed his time in the Navy, he looked for other opportunities to challenge him as an individual.

"I am the type of person



Air Force photo by Staff Sgt. Evelyn Chavez

Air Force Staff Sgt. Jesus Yanez, 455th Expeditionary Base Defense Squadron defender stands at his post at Bagram Air Field, Afghanistan, July 2.

who looks for challenges every day. That is the reason why I joined the military."

His next two opportunities were with the Army Reserve and the Air Force. While serving from 2001 to 2006 in the Army Reserve in Fort Bliss, Texas, as a heavy wheel mechanic, Yanez learned about the Air Force's 204th Security Forces Squadron.

"I was asked if I would be interested in an active Guard-Reserve position with the Air Force," he said. "This is something I was really interested in, and it would allow me to stay in my hometown. As a single father, this was a better option, because it avoided moving my kids to another place."

Throughout his service in all branches, Yanez learned there are more similarities than differences.

"The camaraderie is the same. Regardless of branch of service, everyone always works together to get the job done. I have also learned that anywhere you go, if you take care of the people below you, they will take care of you."

As a noncommissioned officer with extensive life experiences, Yanez said, he is able to help the younger airmen in his unit.

"He brings tons of experience to the fight," said Air Force Chief Master Sgt. Eric Soluri, 455th Expeditionary Base Defense Squadron chief enlisted manager. "Younger airmen and NCOs look up to him, and he is the 'go-to guy' in his sector."

Yanez said the airmen he leads often come to him to seek the perspectives he has gained. "I give them advice about the military and life. The military has given me so much, and I help them understand that if you give 100 percent to the military, it will give 100 percent back to you."

While he's had many opportunities while serving in the different branches, he loves his current job in the Air Force.

"As part of the combat readiness training center at my home station I am able to teach airmen and soldiers skills that will help them in the combat zone. Everything I have learned before, I now use to help everyone I train."

Yanez enjoys the opportunity to prepare airmen coming up through the ranks. "I would not change the choices and experiences I have been through," he added, "because they have made me who I am today."



Centers for Disease photo

A sign warns inhabitants to take precautions against the Ebola virus. An epidemic has broken out in West African countries.

DOD monitors Ebola virus

By Claudette Roulo
DoD News, Defense Media Activity

Defense Secretary Chuck Hagel has established an internal Ebola task force to evaluate how the department can most effectively support overarching U.S. government and international efforts to prevent further transmission of the virus, the Pentagon press secretary said Aug. 5.

Michael D. Lumpkin, assistant secretary of defense for special operations and low-intensity conflict, has been appointed to lead the task force.

There has been no impact to U.S. Africa Command's operations in Africa as a result of the Ebola virus, Navy Rear Adm. John Kirby told reporters during a briefing.

"But clearly, we're watching this as closely as everybody else is and it's an interagency effort here in the United States," the admiral said. "It's not just the Pentagon, it's CDC, USAID, it's State Department. I mean, we're all talking about this and working on this."

A small number of department personnel remain on the ground in West Africa, Kirby said, assigned to the U.S. Army Medical Research Institute of Infectious Diseases in Liberia. They have established diagnostic laboratory capabilities there and have provided protective equipment to those involved in testing for the disease, a defense official said. The personnel have also supplied thousands of Ebola test kits to laboratory personnel.

No DOD personnel are currently in Sierra Leone, but AMRIID has established diagnostic laboratory capability there as well.

A second American patient, Nancy Writebol, arrived at Dobbins Air Reserve Base in Marietta, Georgia, today. Writebol and Dr. Kent Brantly, who arrived Aug. 2, were transported from Liberia on contracted private aircraft.

"There was no military participation in the movement," Kirby said.

Both patients are being treated in a specialized containment unit at Emory University Hospital in Atlanta.

"The Marine Corps instilled discipline and has influenced the way I am now," he said. "What I learned there I have applied to every branch that I have served. But each branch has also given me an attribute that has made me the person I am today."

Although he enjoyed serving in the military he left the Marines after completing his four years of service.

Two years later, he joined the Navy Reserve in his hometown of El Paso. He served from 1999 to 2001 as a Master of Arms, where he performed force protection duties that would later help him with his Air Force career.

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"I am the type of person

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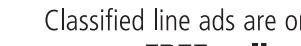
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Nurses/Nurses Aides

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Part-Time

Personal Services/Beauty

Real Estate/Property Management

Recreation/Sports/Fitness

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