



Jax Air News

TOUCHING BASE

9-11 ceremony planned for next Thursday

A special ceremony to remember the events of Sept. 11, 2001 is scheduled for next Thursday at 9:30 a.m. at the All Saint's Chapel.

Everyone is welcome to attend this ceremony to pay tribute to those who lost their lives in this tragic event.

For more information, call the Base Chapel at 542-3440.

Exams coming up

The bi-annual Navy-wide advancement exams are coming up in September. The following are the dates:

Sept. 11 - E5
Sept. 18 - E4

The exams will be given in Hangar 1000. All candidates must report in the uniform of the day with military ID cards no later than 6:15 a.m. For more information, call 542-4233/4202.

Scheduled power outages set

From ROIIC

A project to upgrade the base wide electrical system (circuits 26 & 27) is now complete.

To test this new system, a series of power outages is necessary to ensure it is working properly. If your building is not on the list this outage will not affect you. The following are scheduled outages and building numbers:

Saturday, 7 a.m. - 7 p.m. - Buildings 115, 116, 168, 200, 1002.

Sept. 13, 7 a.m. - 7 p.m. - Buildings 168, 1002.

For more information, call 778-4098.

NAS Jax wins CNO Bronze Hammer

By JO2(SCW) Eric Clay
Assistant Editor

On Aug. 25, the Navy Self-Help Bronze Hammer Awards Committee recognized NAS Jacksonville for making exceptional progress by improving the base through self-help projects.

NAS Jax won the Bronze Hammer Award in the category for large installations with a construction battalion unit (CBU) in the immediate area.

Through the dedicated efforts of NAS Jax's Self-Help Program, better facility conditions are being provided for Navy personnel and their families, enhanced work spaces and Morale, Welfare and Recreation facilities.

A major contribution to winning the Bronze Hammer Award was the money that Self-Help had saved using transient labor and material already accounted for. "Our Self-Help Program enjoyed an



Photo by JO2(SCW) Eric Clay

1st Lieutenant's FCSA Michael Davidson peels off an old section of sidewalk, using a skid steer with a forklift attachment. Projects like this one aboard NAS Jacksonville helped the Self-Help Program earn the Chief of Naval Operations Bronze Hammer Award.

outstanding 2002 as we continued to build on past experience and implement key improvements to better

serve the fleet," explained NAS Jacksonville Commanding Officer Capt. Mark Boensel.

With technical help from CBU-410, the 1st Lieutenant Division was able to accomplish projects that

otherwise would have been contracted.

See CNO, Page 10

SECNAV visits VP-45 in Sigonella

By Lt. J.g. Jon Tasch
VP-45 Assistant Public Affairs Officer

The men and women of VP-45 received a special visit at the start of their current Mediterranean deployment. Acting Secretary of the Navy, the Honorable Hansford T. Johnson toured the hangar of VP-45 aboard NAS Sigonella, Sicily, Italy.

Accompanying Johnson was Deputy Under Secretary of Defense for Installations and Environment Raymond DuBois.

NAS Sigonella was the first stop of a six-day tour for the acting SECNAV, which includes Souda Bay, Crete, Naples, Italy, and Rota, Spain.

In addition to visiting the patrol squadron hangar, they visited with family members, ombudsmen, and chief selectees. They also visited the supply warehouse, HC-4, military working dogs, housing areas, commissary/NEX/food court, the new kindergarten, and the recreational facilities.

At the time of the SECNAV's visit, VP-8 was at the end of their deployment as VP-45 was just arriving into the Med. Johnson and DuBois talked with the skippers of both VP-8 and VP-45. They also had an opportunity to tour an AIP aircraft and see first hand the latest technology the "Pelicans" will be using in the Mediterranean.

Since the distinguished visitors arrived during a transition period for the respective squadrons, they saw firsthand how important a

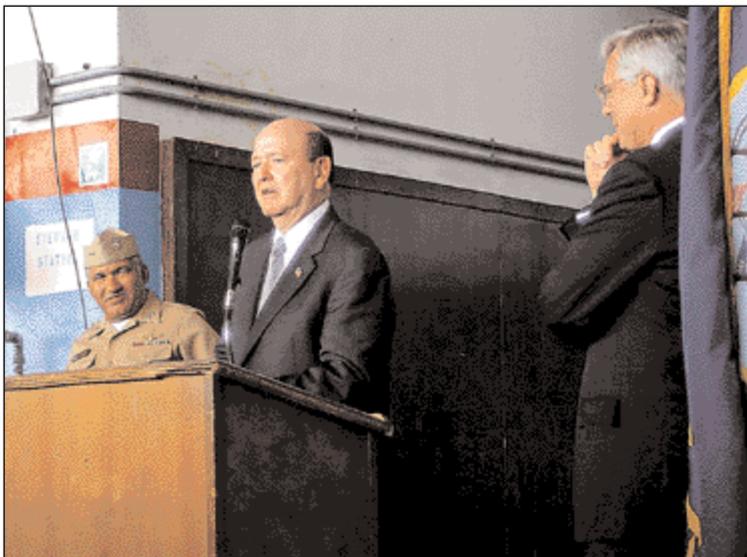


Photo by PH2 Toite Jackson

Acting Secretary of the Navy, the Honorable Hansford T. Johnson, addresses Squadron personnel during his recent tour to NAS Sigonella, Sicily, Italy. Accompanying Johnson was Deputy Under Secretary of Defense for Installations and Environment Raymond DuBois (right) and Commander, Task Force 67 Rear Adm. Michael Holmes.

good pass-down of information is, including operational insights, lessons learned, and day-to-day procedures.

Additionally, both secretaries spoke to P-3

Sailors during joint quarters in the hangar deck. The Secretary of the Navy spoke about the

See SECNAV, Page 10

Environmental Partnering Agreement signed



Photos by Miriam S. Gallat

(At left) Commander, Navy Region Southeast Rear Adm. Annette E. Brown and Jacksonville Mayor John Peyton sign the Northeast Florida Environmental Compliance Partnering Team Charter during a ceremony held Aug. 26 at City Hall. The Environmental Charter provides a written codification for future joint partnering and opens the door for joint environmental stewardship between the Navy and the city. It also establishes a partnership between the regulating communities of the Navy and the City of Jacksonville to help implement solutions, protect public health and improve the environment while allowing the Navy to fulfill its mission requirements. "I believe that the team's main accomplishment this past year was the significant increase in trust and communication between the Navy, state and city regulatory personnel on the team. By working closely together to solve mutual environmental compliance issues, team members quickly realized that they shared the same goal of protecting the environment while defending the country," explained NAS Jacksonville Environmental Director Kevin Gartland. "The team found many new ways to ensure environmental compliance on NAS Jacksonville and NS Mayport. Some of the ways included permit process streamlining, mandatory Navy contractor environmental training and evaluation and tank guideline updating on the Web. More importantly, the team went beyond compliance to leadership by fostering a Navy/Regulator team at Key West and an Industry/Regulatory team in Jacksonville. I was very proud to be a member of team of persons with many diverse missions but one goal. We got things done," Gartland said.



(Above) Commander, Navy Region Southeast Rear Adm. Annette E. Brown (center) and Jacksonville Mayor John Peyton are joined by members of the Environmental Partnering Executive Team. (Front row from left) NAS Jax Commanding Officer Capt. Mark S. Boensel, St. Johns River Water Management District Jacksonville Center Director Mario Taylor, Adm. Brown, Mayor Peyton, and Public Works Center Jax Commanding Officer Capt. Charles Kahn. (Back row, from left) Supervisor of Ship Building Conversion and Repair Capt. Rich Burns, Florida Department of Environmental Protection Director David Miracle, Naval Station Mayport Executive Officer Cmdr. S. Dalton Kennedy and Naval Air Depot Commanding Officer Capt. David Beck.

SECURITY SCOOP

Are you prepared to deal with a disaster?

By William Curnutte
Crime Prevention Officer

Because of events that occurred Sept. 11, 2001, we now have to be prepared for man-made disasters as well as the natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

In the event of a terrorist attack, seconds really do count since there may be little or no warning given. Fortunately, you can prepare for a man-made disaster in much the same way as you would prepare for a natural one.

First, develop a disaster plan. Depending on the nature of the attack, the first important decision is deciding whether to stay or go. You should understand and plan for both possibilities. Your family may not be together when disaster strikes. So plan how you will contact one another and review what you will do in different situations.

If you are staying, quickly bring your family and pets inside. Lock all doors and close all windows. Immediately turn off air conditioning and heating systems, exhaust fans,

and clothes dryers. Take your emergency supplies and go into your designated room. Seal all windows, doors, and vents using plastic sheeting and duct tape. Watch TV, listen to the radio, and check the Internet for instructions.

If you are leaving, know the evacuation routes as well as alternate routes. Choose several destinations in different directions so you have options in an emergency.

Keep at least a half tank of gas in your car at all times. If you believe the air may be contaminated, drive with your windows up, the vents closed, and the air conditioner and heater off. Listen to the radio for instructions.

Second, make a disaster supplies kit. This kit should have water, food and essential supplies for at least three days. Keep the kit in a designated place and be ready to grab it and go.

You should store at least one gallon of water per person per day. Select foods that require no refrigeration, no preparation or cooking, and little or no water.

At a minimum, you should store flashlights, battery powered radio, first aid kit, area map, matches in a

waterproof container, personal hygiene items, toilet paper, paper towels, and extra batteries.

The third and final step, be informed. Know about the different types of terrorist attacks. The Department of Homeland Security and Federal Emergency Management Agency (FEMA) have excellent Web sites on the potential threats we now face and how to prepare for them.

On the Department of Homeland Security's website www.ready.gov, you can download information on how to make a disaster plan and a disaster supplies kit. On FEMA's website www.fema.gov/areyouready, you can download their handbook, Are You Ready? A Guide to Citizen Preparedness.

This handbook provides facts on disaster-specific information and disaster survival techniques for preparing and responding to both natural and man-made disasters.

We know that disaster can strike at any time. We know that disaster preparedness works. We can take action now to protect our families and to reduce the impact of a disaster has on our lives. Each of us has a personal responsibility to be ready. So, are you ready?

Supporting the mission

NAS Jax Strategic Business Plan

By Tim Sheppard
NAS Jax Business Manager

In the last article on "NAS Jacksonville leads in innovation," we discussed our increasing mission and how our framework of strategic alignment and the strategic business plan will help us reach the vision of "being recognized by the warfighter as the world's finest Naval Air Station."

Our vision directly supports the Commander Naval Region Southeast's vision of "one team, one focus, ... the Warfighter. The NAS Jacksonville team has one focus - leading change to make our vision a reality. A cornerstone of our leading change efforts, which helps define our focus and channel our energies, is

the station's Strategic Business Plan.

The Strategic Business Plan is the roadmap that provides the means of reaching our organization's vision.

We have developed four over-arching goals to map that process and help focus energy and resources to those areas important in helping us reach the vision.

Our goals are measurable and are directly linked to the vision. Each goal has a "goalkeeper" that is responsible to the CO. The station strategic goals are:

Goal 1: Providing the best airfield and aviation logistical support; public safety and operating support functions available.

Goal 2: Ensure the utilization of all resources is

directed towards the accomplishment of our mission and the professional development of our workforce.

Goal 3: Provide resident and visiting customers with facilities that support their missions and meet all federal, state and local regulatory requirements.

Goal 4: Continuously improve the quality of service and life provided to all customers. We recognize that what is seen as outstanding quality today can seem mediocre tomorrow.

These goals are simple to understand, but not to carry out. There is a lot of work involved and each goal is supported by several strategies and teams that are developing the action plans and business resource plans to carry them out.

Each of our goals also directly supports CNRSE goals and CNO priorities. Our plan is designed with a built-in flexibility that allows it to stay in alignment with changes that will most certainly come as we move toward accomplishing our vision and responding to the needs of the Navy.

The power of momentum has begun, and adjusting to the demands of our customers will be easier as we continue on our path to be the finest Naval Air Station in the world.

Next month we will provide more detailed information on Goal One - providing the best airfield and aviation logistical support; Public Safety and operating support functions available.

ON THE HOMEFRONT

Are they Navy 'Brats' or Navy 'Troopers'?

By Sarah Smiley
Special Contributor

I have always hated the term "Brat" used to describe children who are military dependents. Out of necessity, most military children are extremely adaptable, patient, and understanding. Not what you imagine when you think of a "Brat."

I feel strongly about this because I was a dependent for 20 years, and I know that after all military children endure, they deserve something more than the title "Brat."

However, children of the military don't become so patient and accepting of the ups-and-downs of Navy life without a little help from their parents. So, learning from my own experiences as a child, below are some things I have done to help my own military children adapt:

Building Bridges: Every year (usually around their birthday), I write a letter to each of my children. I recap the year, my favorite memories of them, and explain the who, what, when and where of our life at that time. As my boys grow, I hope this will help to build a bridge between all the years - no matter where we are living.

Also, when I'm too old to remember, and my children are mad at me for something that I did (because you know they will be...no parent is perfect), my letters will serve as explanations for why their dad missed Christmas and why my son's favorite toy truck was left behind during the move of 2003.

Creating Consistency: Inconsistency colored my childhood. Sometimes dad was home; sometimes he was not. Sometimes dad's deployment was extended; sometimes he came home early. One day we thought we were moving to Japan, the next day we were staying in Norfolk, Va. In response, I developed profound attachments to unusual things: my bed, the family pet, our house, my car.

I have encouraged these attachments in my own children. I believe it helps them to keep some degree of normalcy. No matter whether daddy is home or away or we're living in California or Florida, my son's favorite "ducky" will always be there.

Finding the Humor: Of course, nothing in life is permanent, and the drawback to allowing your children to form attachments is that those bonds may someday also become inconsistent or obsolete. I thought I'd die when the new owners of my childhood home tore down my swing set, and after misplacing my "blanket" when I was three-years-old, no one in the household slept for a week.

So you have to help your children find the humor of military life. "Such is life in the Navy, kiddo!" is something I'm often overheard telling my son. And finding new ways to laugh at our roller-coaster life is a favorite past time.

Seeing the Benefits: For all the negative things military children put up with, they get a lot of pluses too. You just have to

help kids see them. Not every child has the experience of traveling across country by car, and not every teenager has friends in five different states. Most people would think going on an aircraft carrier is a once-in-a-lifetime event.

Growing up around them, I thought they were boring and I dreaded anytime I had to be taken on one. Now that I'm older, however, and now that I'm away from the Navy metropolis that is Hampton Roads, Va., I realize how unique

my upbringing was and I see the interesting opportunities I was given.

Growing up in the military is tough. There is a lot to be patient and understanding about. Most children adapt in their own way, and with a little guidance they can make the most of their experience and turn the negatives into positives.

After all they put up with, I don't want to call my boys "Navy Brats;" I think I'll call them "Navy Troopers."



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday

- Saturday** - 5 p.m. - Catholic Mass
- Sunday** - 8:30 a.m. - Holy Eucharist Episcopal
- 9:30 a.m. - Catholic Mass
- 11 a.m. - Protestant Worship
- 6:30 p.m. - Contemporary Service
- "The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.



Meet A Sailor...

ABE3 DELMARIS SANTIAGO LEBRON

Job title/command:
Air Ops

Hometown: Ponce, Puerto Rico

Family Life: Single

Past Duty Stations: USS Abraham Lincoln

Career Plans: To obtain a college degree.

Most Interesting Experience:
Participating in Operation Iraqi Freedom.

Words of Wisdom: Work hard and you'll reap the rewards.



Meet A Civilian...

MARYANNE SCALES

Job title/command:
Facilitator, Navy College Learning Center

Hometown: Orange Park

Family Life: Single

Past Duty Stations: None

Career Plans: To become a high school principal.

Most Interesting Experience: Spelunking in Hungary with no safety gear and living to tell about it.

Words of Wisdom: Try to always leave a positive mark.

HEY, MONEYMAN!

Hey, MoneyMan:

I am a 65-year-old retiree and I never have enough money to pay my bills. I have tried to hold down a job, but my health is poor and I am always taking time off to go to the doctor.

I have a lot of equity in my home, but I am afraid to take out a second mortgage. What I really need is more monthly income. Any suggestions?

MoneyMan Sez:

Go talk with your credit union, bank or mortgage company. They are the experts! You may want to ask about a "reverse mortgage." With this you can receive either a lump sum or monthly payments to help you in your retirement.

The proceeds are tax-free and don't affect Social Security. But, be cautious. They are not always a good idea. Points and fees can be high and your home's value, the interest rate, and your age determine the cash flow.

Is there someone who would inherit your house? If so, you may want to consider a home equity loan or even selling the house now, live in a less expensive place, and use the money for your monthly expenses.

Check it out with your credit union, bank or mortgage company. With home equity, you have a number of good options.

More questions? Call Hey, MoneyMan! at 778-0353.

Jax Air News

NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel
Public Affairs OfficerCharles P. "Pat" Dooling
Deputy Public Affairs OfficerMiriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff
EditorMiriam S. Gallet
Assistant EditorJO2(SCV) Eric Clay

Civilian Staff

ManagerEllen S. Rykert
Staff WriterKaylee LaRocque
Design/LayoutGeorge Atchley

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Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168
Linda Edenfield, Advertising Sales Manager • 904-359-4336
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Bone Marrow Drive Giving for a good cause

By JO2(SCW) Eric Clay
Assistant Editor

On Aug. 28 and 29, NAMTRAU and VP-30 held a bone marrow donation drive. More than 350 volunteers came out and donated their blood to save another person's life.

The drive was in direct support of the C.W. Bill Young Marrow Donor Center (CWBYMDC) located in Kensington, Md. Naval Hospital Jacksonville Volunteer Cmdr. Dawn Dennis said, "I am very proud of the volunteers donating blood and helping in the donation drive, thanks to all."

CWBYMDC provides all medical and logistic support for Department of Defense (DoD) personnel who wish to volunteer for the possibility of donating marrow to save the life of a stranger.

Eligible volunteers under the DoD program include active duty military members and their family, DoD civilians, Reservists, National Guardsmen and members of the Coast Guard. Active duty volunteers must have their commander's approval.

The donor center is one of 92 centers

that recruit donors who become registered as volunteers with the National Marrow Donor Program (NMDP).

According to CWBYMDC, "The military is one of the biggest targets for donating bone marrow because it is the nation's largest source of whole blood donations and military personnel more so than any other large organization meet our strict health and age requirements."

As of July 2001, more than 270,000 DoD volunteers have been registered in the DoD and the NMDP. And more than 1,000 DoD volunteers have provided marrow to strangers to help save their lives through the DoD's CWBYMDC. Additionally, more than 100 DoD beneficiaries have received marrow transplants from NMDP volunteers.

"I really wanted to donate so that I could help someone," said VP-30's AD1(AW) Rene Watson. "I have a one-year-old son and I know that if he needed help others would volunteer to help me."

For more information on becoming a donor, visit the CWBYMDC Website at www.dodmarrow.com/home.htm.



Photo by JO2(SCW) Eric Clay

AM1(AW) Ashok Singh grins as HM3 Lawrence Cruz draws some blood during the bone marrow donation drive.

PW officer awarded two medals

By Sue Brink
Public Affairs Officer,
Facilities Team Southeast

On Aug. 4, Facilities Team Southeast Commanding Officer Capt. Charlie Khan presented Lt. Ahmed Ferguson with the Navy and Marine Corps Commendation Medal.

Ferguson was the Public Works operations officer for PWC Jax from September 2001 through August 2003.

He spearheaded several public works functions required to enhance warfighter readiness, which resulted in the completion of more than \$16.2 million in project packages creating a 50 percent reduction in backlog and implementing new acquisition tools that greatly improved execution timelines.

His responsiveness enabled NAS Jax to award key contracts at fiscal year-end to improve quality of service and expand operational capability.

He expertly pursued the timely completion of several high profile projects, including the relocation of Commander, Navy Region Southeast Headquarters, renovation of Flag Quarters, repairs to the pool complex and installation of more than \$1 million of fur-



Photo by Ensign Cort Stringham

Facilities Team Southeast Commanding Officer Capt. Charlie Khan presents the Navy and Marine Corps Commendation Medal to Lt. Ahmed Ferguson.

niture to support NAS Jax quality of service consolidation initiatives.

As assistant senior watch officer, he revamped the watch organization, developed qualification standards, drafted a new watch bill template and ensured all operating procedures and contingency plans were updated.

Capt. Khan also presented Ferguson with the Military Outstanding Volunteer Service Medal. Ferguson was commended for his outstanding public service among various community organizations for the period May 1995 to

July 2003.

During this time Ferguson accumulated more than 300 hours of volunteer service. His efforts support and strengthen ties within the community and the United States Navy.

Ferguson provides professional support to the National Naval Officer's Association, Norfolk Chapter, Habitat for Humanity, Society of American Military Engineers, National Society of Black Engineers, Oakleigh Point Community Association Board of Directors and the Florida Theater.

POW/MIA ceremony slated for Sept. 19

By Staff

Navy Region Southeast, in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Observance aboard NAS Jacksonville at 10 a.m. Friday, Sept. 19.

This year's service is at the All Saints Chapel, on the corner of Mustin Rd. and Birmingham Ave. The program will honor all Americans who are former POWs, as well as those who are still unaccounted for and their families.

The keynote speaker is Mr. Carl "Ed" Creamer, a former Japanese POW. While a 3rd Class Ordnanceman during World War II, his PBY was shot down in the Bering Sea. One of three survivors from the crew of nine, he was picked up by a Japanese cruiser. He was moved through seven Japanese POW camps, two of which were bombed by the Allies who did not know POWs were in the area.

He went on to retire from the U.S. Navy as a chief petty officer in 1960. His duty stations include NAS Moffitt Field, NAS Norfolk, Naval Auxiliary Air Station, Foley, Alabama, NAS Jacksonville, NAS Cecil Field and Naval Station Mayport.

He is currently the historian for the local POW Chapter which he helped found. He and his wife, Jeanette, live at Cecil Field. They have two sons, both retired Navy chiefs and a daughter. Out of their 10 grandchildren, four are Navy veterans and two grandsons-in-law are currently in the Navy. They have eight great grandchildren.

The POW Pledge of Allegiance will be led by retired Navy Capt. Dale Raebel, a former NAS Cecil Field A-7 pilot.

While assigned to VA-37 flying from the USS Saratoga, he was shot down and taken prisoner by the North Vietnamese. Capt. Charles P. King, NAS Jacksonville executive officer, will accompany Capt. Raebel with the POW Pledge of Allegiance.

Additional information is available on the Commander, Navy Region Southeast website; www.cnrse.navy.mil (click "Special Events" button).

POW/MIA observances are held nationally and reaffirm a promise to fallen comrades, "you are not forgotten." Military and civilian employees are encouraged to attend. The military attire is summer whites, appropriate attire for civilians.

ARMED FORCES COMMUNICATIONS; 3c; 10"; Black Only;

Hunter's course being offered

There will be a Florida Fish and Wildlife Conservation Commission Hunter Safety class held aboard NAS Jax in Building 610 Sept. 16, 18, 23, 26 from 5:30 - 8:30 p.m.

This class is required to gain access to nearly 6,000 acres of prime North Florida wildlife habitat.

The class is free of charge and meets hunter safety requirements for all 50 states and the entire North American continent. It will include the required orientation from the base game warden to purchase your base hunting permit.

To register, please contact ADC Starkey at 542-3451.

Retiree seminar coming up

The Retired Activities Office (RAO) is offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club.

Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop.

For more information, call 542-2766, Ext. 126.

ADMIRAL HOMES, L.L.C.; 2c; 6.5"; Black Only; PU R0259114 8-21

Short notice? Tall order? CAN DO!

From NMCB 14

Seabees from NMCB-14 recently completed two projects in short order at NAS Pensacola.

The originally planned project was canceled just one week prior to the first detachments arrival. The Bees involved showed great motivation, contingency planning, and workmanship in completing the new projects.

With less than one weeks notice, and without any advance planning and estimating and in less than four days on the ground Fourteen's Bees completed 800 Lineal Feet of high visibility beach erosion repairs and then formed and placed new entrance sidewalks at Naval Air Technical Training Center.

Mark Gibson, Project



Photos courtesy of NMCB-14

Seabees from NMCB-14 build a new concrete walkway at the Naval Air Technical Training Center. Manager at PWC Pensacola stated "The Seabees (of NMCB-14) need some acknowledgement back to their command. They did the work on short notice in four days and just the way we wanted!"

CMDCM(SW) Al Laskowski, Command Master Chief of Naval Air Training Center stated "From my perspective, I'll tell you, I was very impressed with the professionalism and of course the "can-do" spirit of



The Seabees recently completed 800 lineal feet of high visibility beach erosion repairs.

the group of Seabees that performed the sidewalk construction. They worked in Florida's summer rain and muddy conditions and completed our job well within schedule. I was pleased to see they added fill material to make the

base foundation solid prior to pouring the cement. They put a slight pitch on the sidewalk to help shed and drain the rainwater away from the building. They also smoothed and dressed the sidewalk to perfection resulting in a

final product that reflects pride in their workmanship. This sidewalk will help relieve long walks to/from our main parking lot for hundreds of our staff members and will serve NATTC for years to come. Thank you."

Annual family housing fire safety review and briefing scheduled

From the NAS Jax Fire Department

The annual military family housing and mobile home park fire safety review and briefing for residents living on board NAS Jax will be offered by NAS Jax Fire Department personnel beginning Sept. 2 and continuing throughout the month.

If a resident is not at home when

fire department representatives stop by, a call back slip will be left on the door. Residents can call 542-2783/3928 or 542-2451, Ext.10 to have a fire safety review and briefing scheduled.

Fire department personnel will be in uniform and conduct the review and briefing only in the presence of an adult.

The intent of the annual home fire safety review and briefing is to help ensure maximum safety of all housing residents through normal good housekeeping practices and to inform residents of actions to be taken should a fire or other emergency occur in the home. Home smoke and carbon monoxide detectors will also be tested to ensure proper operation.

Casualty assistance calls officer training offered

Casualty Assistance Calls Officer (CACO) training will be held from 8 a.m.-3 p.m., Sept. 24 at the Naval Air Reserve Jacksonville, Building 966, Room 211.

This course is divided into four parts which includes an overview of the casualty assistance calls

program as well as an explanation of the three major categories of responsibility of a CACO: The notification visit, the funeral arrangement visit and survivor benefits visit.

All units are strongly encouraged to have as a minimum two qualified CACO personnel

onboard. It is suggested that one officer and one senior enlisted member from each command attends this training.

Email birtleyb@cnrse.navy.mil for quotas. You must provide attendee's rank/rate, complete name, SSN, command and work phone number.

Some tips to avoid getting sunburned

From the Naval Hospital Jax
Public Affairs Office

Nothing can ruin a day out in the summer sun faster than a case of painful sunburn. Besides the short term discomforts of burning, blistering and peeling, sunburn can lead to serious problems later on, such as premature aging of the skin and the development of dangerous skin cancers.

What causes sunburn? Short of staying indoors all day, what can be done to prevent this all-too-common disorder? Humana Military Healthcare Services Medical Directors, Drs. Allan March and Louis Hochheiser supply the answers to some of the most common questions about sunburn.

Q: What causes sunburn?

A: Prolonged exposure to ultraviolet (UV) rays from the sun or a sunlamp.

Q: How do I avoid getting sunburned?

A: Before you go out in the sun, apply sun block with a sun protective factor (SPF) of 15 or higher. Confirm that the sunscreen provides a broad spectrum of protection against both UV-A and UV-B rays.

Use a sun block with a SPF 20 or higher on your lips, too.

Wear a hat with a wide brim, a shirt with long sleeves, and long pants.

Wear sunglasses that protect your eyes from UV rays.

Limit your time outside, even on overcast days and especially between 10 a.m. and 3 p.m.

Be alert to medicines and skin-care products that might sensitize your skin to the sunlight. Check your prescription drug warnings, especially if you are taking medicine to treat high cholesterol, high blood pressure, fluid retention, depression, an infection, acne, diabetes, migraine headaches, or nausea.

Q: How do I know when I've had enough sun?

A: You generally won't know until it's too late to prevent a burn.

Q: How do I treat sunburn?

A: Keep your skin cool and take ibuprofen (Advil and Motrin) or aspirin according to the instructions on the label.

Q: When do I need to call my doctor?

A: When you have severe blistering and pain or experience nausea, dizziness, or vomiting.

For more information about sunburn and other medical issues, call the Health Care Information Line at (800) 333-5331 or visit www.humana-military.com, select your region on the map, then go to "Beneficiary Resources/Program Information/Health and Wellness/Web MD."

CAC deadline coming up



Photo by JO2(SCW) Eric Clay

PN1(SW/AW) Reginald Fields processes a new Command Access Card (CAC), for AMAN Steve Vaughn Aug. 25. The CAC will be the new standard form of identification card (ID) for all active-duty military, Reservists, Department of Defense civilians and eligible contractor personnel. The deadline to obtain the new CAC is Oct. 17. PSD opens early at 6 a.m. each weekday to allow active-duty military to obtain the new cards. They will also remain open until 6 p.m. to serve their military customers.

'5 A Day' keeps you healthy

By Cheryl Masters, MSH, RD, LD/N
Wellness Center, Naval Hospital Jacksonville

It is essential to get a colorful variety of fruits and vegetables into your diet everyday! Why? Because fruits and vegetables provide the wide range of vitamins, minerals, and phytochemicals your body needs to maintain good health and energy levels, protect against heart disease, the effects of aging and cancer.

Phytochemicals are natural plant compounds that provide a variety of health benefits especially in preventing cancer and heart disease. Many of the bright colors in fruits and vegetables come from phytochemicals. Different colors provide different health benefits.

For example, blue and purple fruits and vegetables—such as blueberries, raisins and eggplant decrease the risk of cancer, improve memory and slows the aging process. Green fruits and vegetables—such as grapes, kiwi and lettuce lowers the risk of cancer, maintain healthy vision and helps build strong bones and teeth.

White fruits and vegetables such as bananas, cauliflower and onions help prevent cancer, maintain healthy cholesterol levels and benefit the heart.

Yellow and orange fruits and vegetables—such as oranges, mangoes and corn is important in vision health, help support the immune system and lower cancer risk. Red fruits and vegetables—such as apples,

cranberries, and tomatoes maintain a healthy heart, improve memory, maintain a healthy urinary tract and lowers the risk of some cancers.

Eating five or more servings of colorful fruits and vegetables a day is part of an essential plan for healthier living.

The U.S. Department of Agriculture who set the guidelines for a healthy diet recommends Americans eat five to nine fruits and vegetables each day. That adds up to two to four servings of fruit and three to five servings of vegetables. How do we get this many in our diet? Here are some easy suggestions:

* Toss fruit into your green salad for extra flavor, variety, color and crunch.

* Add green, red, orange, yellow and purple peppers to sandwiches, soups and salads.

* An apple or banana is a great one-serving mid-morning snack.

* Make a quick smoothie using frozen fruit.

* Save time with pre-cut vegetables and salad mixes.

* Have a glass of 100 percent fruit juice and a handful of berries on your cereal at breakfast.

* Keep an easy-to-grab, pre-washed bowl of fruit on the counter.

For more information call the Wellness Center at 542-5293 or visit www.5aday.org.

Lose Weight
through
HYPNOSIS
with
CAPT Glenn Goldberg
September 16th
At 12:00 pm @
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(Bldg 867)
Open to ALL HANDS!!!
Registration is
Required

Call the Wellness Center at 542-5293

Sept 8th
Monday Night
Kick-Off 2003
Even the Score Against Nicotine –
Attend the
Wellness Center's Evening
Tobacco Cessation Program
Starting Monday September 8th,
1800-1930,
And Be Home in Time for
ESPN Pre-game and the
Big Game!

For More Info:
Call 542-5292

STOP!
WELLNESS CENTER
TOBACCO CESSATION EVENING
PROGRAM
STARTS MONDAY SEPTEMBER 8TH
6:00 – 7:30 PM
CALL 542-5292, EXT. 18

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Celebrating diversity at the Multicultural Fair



Pearl Roth (left) leads a group of volunteers in an Albanian Folk Dance at the event.



Thirteen-year-old Jazz Artist Brian Harris performs a number for the crowd. Harris has been playing the keyboards for seven years and performs at numerous events throughout Jacksonville.



Mayella Romo sings a Mexican song to the crowd. Hundreds of people turned out for the annual Multicultural Awareness Fair last Thursday.

Annual event showcases diverse cultures of NAS Jax

By Kaylee LaRocque
Staff Writer

With a heat index of 105 and a wide range of activities and tasty food samples, the third annual NAS Jacksonville Multicultural Fair was probably one of the hottest events happening on base last Thursday.

The fair, which is held each year in August at Sea King Park, showcased numerous different cultures through entertainment, command-sponsored booths and special food samplings provided by the galley.

The event kicked off with free food samplings prepared by the base galley and entertainment by the Hispanic Singer Mayella Romo. The entertainment continued throughout the afternoon with a group of international dancers, a jazz artist, the Navy Band Pride, the Sahara Silk Gypsy Dancers and Asian Pacific Island dancers. In between the live entertainment, Smokin DJ Jazzie Chuck keep the crowd moving with his upbeat dance music.

Several commands sponsored booths at the event including: NAM-TRAU who featured information on Native Americans; Naval Hospital Jax with a booth portraying Puerto Rican culture; NADEP with an Italian and Philippine booth; Commander, Navy Region Southeast who sponsored an African-American History booth and Aviation Support Detachment with a booth featuring Ecuador. The Disease Vector Ecology and Control Center also set up a display with insects from various parts of the world.

"This is really neat. I enjoyed tasting different foods and learning about the other cultures represented here today," said DT3 Mary Coleman of Branch Dental.

Another highlight of the event was the annual Classic Car Show. Ed Rios won the Best Classic Award with his 1966 Ford Mustang, Cortez Rosado took the award for Best Domestic and Sound with his 1999 Intrigue and AE3 Ataiza won Best Import with his 2000 Acura Integra.

"We hold this event to provide a forum for the different ethnic groups that make up the NAS Jax team. It

allows people to learn and experience one another's cultures. The military has always been at the forefront of diversity and this fair offers a fun atmosphere to interact and learn about other ethnic backgrounds," explained NAS Jax Equal Opportunity Advisor SMC Tim Fronzaglio, who started this event here three years ago.

The fair is sponsored by the NAS Jax Multicultural Awareness Committee, which is comprised of volunteers from the different commands here. The committee plans, coordinates and sets up everything to bring the fair to the base.

"We start planning for this about six months before the event. We look for people to help with the specific areas such as entertainment, food, tents, stages and whatever else we need. Many of our committee members have done this before and have contacts from the previous years. Once we determine the entertainment, we initiate contracts and confirmation letters. We try to come up with a wide variety of entertainment," added Fronzaglio.

Command participation is also required to make this a successful event. "Each year, I ask commands to get involved. We'll provide the tents and tables, but we want them to come up with a display to teach people about different ethnic groups. Preparing for this fair takes a lot of cooperation and communication. Our committee works extremely hard organizing this event, setting up, helping out during the day and cleaning up. We really appreciate everyone's support," Fronzaglio continued.

"This is the big event for the base. Many other commands hold different observances throughout the year, but this one is to celebrate all the different cultures and backgrounds of our people. It's an event to bring the whole base together," said Fronzaglio.

Planning for next year's celebration will begin early next year. Anyone interested in helping out or who is interested in joining the Multicultural Awareness Committee can call 542-3304.

Celebrating diversity at the Multicultural Fair



The Navy Band Pride conducts a pre-performance sound check during the third annual Multicultural Awareness Fair held last Thursday at Sea King Park.



ET2(SW) Redell Matthews (above) of SERCC learns some facts about Native Americans at a booth sponsored by NAMTRAU.

(At left) Don Withrow and LeeVine Everett and cook up some hotdogs and hamburgers during the event.



Dennis Richardson of NADEP checks out some antique weapons from the Philippines as Billy Hayes also of NADEP looks on.



HM2(AW/SW/FMF) Harold Cole (right) of the Disease Vector Ecology and Control Center talks to a couple of guests about some of the unique bugs found around the world.



The Sahara Silk Gypsy Dancers perform a Middle Eastern dance at the event.

Photos by
Kaylee LaRocque



Hungry patrons at the third annual Multicultural Awareness Fair sample some tasty cultural food dishes.



SN Sharod Mair of TPU reads about African-American History at the Commander, Navy Region Southeast booth.

Gym gets many upgrades to better serve patrons

By Kaylee LaRocque
Staff Writer

In an effort to better serve their customers and provide a cleaner, safer environment, several changes and upgrades have been implemented by the MWR management staff of the NAS Jacksonville Gym.

"The gym is temporarily under new management. We are trying to make it a much better place for our patrons to work out. Even though our resources are limited at this time, we are making some changes to improve the facility. I know we can't change the structure of the building because it's so old, but we can make cosmetic improvements," explained Fitness Director Barbara Millhollan.

Some of the new improvements have included an overall paint job, new flooring and stair treads, new lockers in the men and women's locker rooms and a new Pro Shop. Other projects currently in the works and coming up include new office spaces, the resurfacing of the basketball courts, an air conditioning system and handicapped parking.

Currently, the men's steam room is down for extensive repairs until mid-fall. The basketball courts will be closed over the Christmas season for resurfacing.

"We're doing some really good things here. We are also trying to maintain a very positive customer service attitude because the experience all starts when you check in. Our staff here really cares about their facility and customers and work very hard," she added.

Two new programs were also



AT2(AW/SS) Bryan Eatman (right) of the NAS Jax Gym sells HM2(FMF) some items in the Gym's pro shop. The new shop features a wide variety of nutritional items, health products and sportswear.

started to better serve the customers here. "We've started issuing towel cards because we've had such a huge problem with people taking our towels. Now, when a patron comes in and requests a towel, we issue them a towel card."

"They get free towels by using this card. All the towels are numbered. When someone checks out, we take their card and put that number on the card. They have to bring the correctly numbered towel to get their card back. If they don't, we assess a fee next time they come in," Millhollan stated.

The gym also has new lockers available. "We have set a \$4 monthly fee for locker usage. We also have daily lockers. If you are not a paying customer and put a lock on a locker, it will be cut. We

had many problems in the past and are trying to make this fair for everyone," she continued.

The gym features several different areas for sport enthusiasts and fitness buffs. There are basketball courts, an indoor pool, racquetball courts and a small weight and cardio room. A massage therapist is also available during the week. All base sporting events are also run through the gym. The flag football and basketball season will begin soon.

"We are trying to make this a better place. We welcome comments and suggestions on how to better serve our customers. Many of these projects were the direct result of our customer's concerns," said Millhollan.

For more information on the base gym activities and programs, call 542-3239.



Karen Gray, a receptionist at the base gym, hands a customer a free towel to use during his workout. A new towel policy has been implemented to guarantee the return of towels. Each a patron is issued a towel card and towels are numbered. When a patron takes a towel, the number is written on the card and the card is retained by the front office. The card is returned when the towel is returned. A fee is charged for all towels not returned.



The cardio room at the base gym features state-of-the-art equipment.

Fitness Center offers new Walk-to-Run program

The NAS Jax Fitness Center is offering a nine-week Walk-to-Run Program beginning Oct. 7.

This new program will be held every Tuesday and Thursday at 11:30 a.m.

weather permitting. The workout will last about 30-45 minutes and is open to all beginner and novice runners.

The goal for this program is to participate in the Biathlon Turkey Trot on

Nov. 20 and Jingle Bell Jog on Dec. 18.

All participants must sign up for the program by calling 542-3518 and must have clearance from a doctor if you have medical problems.



Next BRAC will reflect changing times

By Gerry J. Gilmore
American Forces Press Service

There were 97 major base closures and 55 major realignments during previous base realignment and closure actions in 1988, 1991, 1993 and 1995, according to DoD documents.

Besides cutting redundant infrastructure, those BRACS resulted in a net savings of \$16 billion through fiscal 2001, according to DoD figures, and annually recurring savings of \$6 billion beyond then.

However, almost a decade has passed since the last

BRAC was conducted, Raymond DuBois, deputy undersecretary of defense for installations and environment, noted during a recent interview. Congress authorized DoD to execute a new BRAC round in 2005.

Much has changed since 1995, DuBois emphasized, pointing to today's war against global terrorism.

"A great deal has changed in the last 10 years that ought to lead any thinking person to the conclusion that ... (another BRAC) is a good thing to do," he said.

The next BRAC will affect stateside and U.S. territory bases. DoD, he added, is

also looking at its global military force structure to see if it meets today's national security needs. Lessons learned from 9-11 and the ensuing war on terrorism, DuBois noted, suggest that adjustments should be made with forces stationed overseas.

And besides trimming excess real estate that's costly to maintain, he explained, another BRAC would assist DoD to become more "joint."

"We ought to look at how all four services can utilize a reconfigured footprint to better support the warfighting plans of the combatant

commanders," DuBois said.

Although not addressed in the 2005 BRAC, it's well known, DuBois pointed out, that "there are (overseas) places where we have a concentration of troops basically as a legacy from the Cold War — as a legacy of the post-World War II situation between the Warsaw Pact and NATO."

The Cold War "has gone away," he asserted. Consequently, he pointed out, there is no longer a need for having 70,000 U.S. troops based in Germany. In fact, DuBois noted that U.S. combatant commanders are slated to meet soon to study

today's worldwide basing and warfighting needs.

The 2005 BRAC, DuBois noted, will reconfigure stateside military infrastructure to meet the realities of the 21st century. Some installations, he explained, will gain assets while others will be closed.

Another potential result derived from another round of base realignments and

closures, DuBois noted, is fewer duty station moves: Remaining military installations would be in advantageous locations related to their military missions.

Basically, the war against global terrorism has caused DoD to rethink "what opportunities should we have for basing, for deployment, for supply lines — globally," DuBois concluded.

CNO: Bronze Hammer awarded to NAS Jax for self-help projects

From Page 1

The station expanded the scope and complexity of self-help projects this year, resulting in a savings of more than two million dollars," added Boensel.

Self-help projects accounted for more than 10,028 man-days in 2002, saving the Navy money that would otherwise be used to pay civilian contractors.

"The Self-Help Program is a vital element of NAS Jax's strategic plan, providing an excellent opportunity to instill pride in ownership, enhance quality of service and achieve significant cost savings," continued Boensel.

In 2002, Self-Help enhanced base appearance, improved habitability of bachelor quarters, renovated workspaces and revitalized community support facilities. Counter-terrorism

and several key projects were also completed such as a military working dog kennel and four airfield/waterfront security towers.

"I think the most important aspect about winning the Bronze Hammer Award is the ability to reutilize the materials we have on the base. The 1st Lieutenant's Division works hand-in-hand with Self-Help. We provide a lot of the labor for projects around the base. As part of the steam pipe project, we are removing hundreds of telephone poles. We are reusing these poles as borders and for beautification projects around the base," explained BMCS(SW) James Lamb, division officer.

Not only does Self-Help assist in bettering the base's appearance and structure, but it also brings morale to the highest level through the use of ownership. "Once a project is com-

pleted, the crew that completed the project excepts ownership of their work and it shows in their pride for that project," added Lamb. "When a crew redoes their barracks, they accept the barracks as their home and they take very good care of their home."

The NAS Jax Self-Help Program has been nominated for the award for the past four years. "We have received a lot of support from the base and the Sailors aboard NAS Jax and I believe that is why we won the award this year," said Sonia Guiler, who has been the Transportation and Self-Help Division officer for the past four years.

"Through the dedicated efforts of our Sailors and Seabees, the Self-Help Program continues to demonstrate our total commitment to enabling warfighter readiness and

achieving the highest attainable support to the fleet," praised Boensel. "We look forward to additional program improvements and Self-Help success stories in 2003."

For more information on Self-Help projects, call the Self-Help Office at 542-3180 or the Facilities Department Self-Help coordinator at 542-2717, Ext. 132.

SECNAV: Squadron gets visit in Sigonella

From Page 1

role of NAS Sigonella in current and future operations in the region. "In the Mediterranean there's what's called the string of pearls; from Rota, to Sigonella, to Souda Bay," he said.

"These allow the Navy to move and operate in this area. Almost everything transiting the Mediterranean is serviced by these three bases. Each of them has different capabilities, each of them is very important. At Sigonella we also have an important role, this being surveillance aircraft and heavy lift helicopters that play a role throughout the European and Central Command areas. As we speak, they're participating in Liberia and elsewhere."

With the recent tragedy at HC-4 still on the minds of Sailors at Sigonella,

Johnson spoke on the importance of safety.

"I, and I hope everybody in the Department of the Navy, think that people are our most precious asset," he said. "Their safety is of great importance to me. For safety to work, you have to have a safety culture where

it's important to every person."

The personnel of VP-45 enjoyed the opportunity to display their spirit and cutting edge technology at the start of a highly anticipated Mediterranean deployment with these two special visitors.

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MWR NOTES

Steam room is closed

The steam room in the men's locker room at the base gym is closed for extensive repair work.

A completion date has not yet been identified. Please accept our apologies for any inconvenience this closure may cause.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:

Sept. 13 - Discover the beauty of Cumberland Island on this guided tour to the island. A wonderful day for only \$29.

Sept. 20 - A day in Tallahassee. See Mission San Luis, the Capitol Building and Museum of History for only \$15.25, children 12 & under are \$13.25.

Oct. 15-19 - A fall colors extended getaway to the mountains. This trip includes Warm Springs, Ga. to see the former President Franklin D. Roosevelt's Little White House and Callaway Gardens. We're also going to the Bavarian village of Helen, Ga. for Oktoberfest, Asheville, N.C. to the Biltmore Estates and Chimney Rock Park. The cost is \$405 per person based on double occupancy for four nights, breakfasts and two dinners. The deadline to sign up is Sept. 12, and space is limited.

Tickets for "Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one-night admission and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

NAS Jax Golf Club happenings

The NAS Jax Golf Club & Mulligan's is now offering Ladies Day every Thursday through Sept. 30. Ladies can play all day at the golf course for \$10. The Mulligan's Ladies Social Hour runs from 4-7 p.m.

Mulligan's happenings

Mulligan's 19th Hole will host a football pep rally party tomorrow beginning at 4 p.m. There will be a live rock & roll band and complimentary appetizers. Take a party challenge by entering the Field Goal Kicking Contest, or the Best Dressed Fan Contest.

Bingo Palace

Bingo is Back! Get your favorite daubers, come and pick your lucky seat and let the games begin. Nighttime Bingo will resume today and lunch time Bingo will resume Friday.

Outdoor pool changes hours

The outdoor pool is open Saturday and Sunday from 11 a.m. - 6 p.m. through the month of September.

The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages

make for a great vacation home away from home. They are fully furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility (VTF) has been forced to increase prices. We still have the lowest prices around.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

New clinic services have been added to accommodate our patrons. The VTF will have an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon. This clinic will be for vaccinations only. For more information and to make appointments, call 542-3786.

Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast.

There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O Club happenings

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-Bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is avail-

able for command functions and special events all other days.

A reef and beef dinner will be held at the O' Club Main Dining Room tomorrow from 6:30- 9 p.m. Reservations are encouraged. The cost is \$17 per person. Please call

542-3041 for more information and reservations.

Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Join us for our Wednesday Karaoke and Dance Party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc. Catch a great line up of fun events for the month of August at the Liberty Rec Center. Stop by and meet the staff, see what's going on around the area and the station.

14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their MWR funds. Your ideas can enhance this program. For more information call 778-9772

NAS Freedom Lanes offers great deals

Active duty Sailors take advantage of free bowling on Wednesdays from open to close.

Men's, women's, and co-ed bowling leagues are now forming. League action is set to begin early September. Call 542-3493 for more information. A Wednesday night competitive trio league with 540 average cap per team is looking to form. A meeting will be held Aug. 20 at 6:30 p.m. for those interested. Call 542-3493 for more information.

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Friday, 7 p.m. - Catch 22 (R)

Sept. 12, 7 p.m. - The Italian Job (PG-13)

Sept. 13, 5 p.m. - Rugrats Go Wild (PG)

Sept. 13, 7 p.m. - Hollywood Homicide (PG-13)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

Fewer Sailors choosing CSB/REDUX retirement plan

From Chief of Naval Personnel Public Affairs

newsevents/images/crm3713.pdf.

Fewer Sailors and officers approaching their 15th year of service this year are choosing the REDUX retirement plan and Career Status Bonus (CSB) than last year, according to recent data.

Almost 45 percent of eligible enlisted Sailors and 11.3 percent of eligible officers opted for CSB/REDUX in fiscal year (FY) 2003, a decrease of 3.8 percent and .9 percent, respectively, from FY 2002.

The High-3 Year Average retirement plan is available to servicemembers who began service after Sept. 8, 1980. Under this plan, servicemembers receive a percentage of the average amount of their highest 36 months of basic pay, beginning at 50 percent of basic pay for 20 years of service.

CSB/REDUX applies to those who entered service on or after Aug. 1, 1986, and who elect to receive the \$30,000 CSB at their 15th year of service. REDUX reduces the 20-year retirement benefit from 50 percent of basic pay to 40 percent.

Under the High-3 retirement program, pay increases annually through a cost-of-living allowance (COLA) equal to the consumer price index. Under REDUX, the annual COLA is equal to the index less 1 percentage point. So the gap between the two retirements widens an additional 1 percentage point every year, compounded.

REDUX has a catch-up increase at age 62 that brings the retired pay back to the same amount paid under the High-3 Year Average System, but the COLA reduction continues thereafter.

According to a study published by the Center for Naval Analyses, the bonus is essentially a loan to be paid back later by smaller retirement checks. "This so-called loan, given at 15 years of service, is paid back over the entire servicemember's retired lifetime."

This study can be viewed at www.cna.org/

Those Sailors who entered service on or after Aug. 1, 1986, must choose either High-3 Year Average or the CSB/REDUX system at their 15th year of service. This choice is irrevocable.

"The CSB option may meet the short-term needs of some," said Chief of Naval Personnel Vice Adm. Gerry Hoewing, "but many will find that taking it yields significantly lower monthly retirement income."

For example, an E-6 who retires at age 40 with 20 years of service would receive \$11,639 (after taxes) per year in retirement pay. However, if that same E-6 opted for CSB/REDUX at 15 years of service, he would receive \$9,311 per year in retirement pay.

By age 61, the E-6 who kept full retirement would be receiving \$23,158 per year in today's dollars.

The bonus-taker would receive \$15,638 per year at age 61. By age 80, the difference in cumulative retirement pay could be as much as \$160,000. These calculations are taken from the retirement calculator at www.staynavy.navy.mil/.

The most important thing, noted Hoewing, is to make an informed decision.

"Spend some time with your command financial specialist or the experts at the Fleet and Family Support Centers, and read everything you can on the program before you decide," he said. "It's a decision that will affect you and your family for the rest of your life."

For more information about CSB/REDUX and other retirement plans, visit www.staynavy.navy.mil/.

This is where to find the retirement calculator used in the example in this story; use it to determine the actual amount in monthly retired pay you will earn under both systems.

COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax No. 86 meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The Navy Wives Club's DID No. 300 meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 - 9 p.m. every Tuesday night. For more information, call 542-3051.

The Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested persons are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcobic.usmc.mil.

Rear Adm. and Mrs. D.C. Curtis will host the **NNOA Jacksonville Chapter's Annual Membership Kickoff** and its President Capt. Kenneth Nixon Sept. 13 at 6 p.m. at their residence, 541 Ozbourn Ave. Naval Station Mayport. The guest speaker will be Rear Adm. Annette Brown, com-

mander, Navy Region Southeast Jacksonville. The dress code is informal. NNOA serves to actively support America's sea services in recruitment, retention and career development of all officers, and to support fleet operational readiness by providing professional development and mentoring for minority officers. Membership is composed of active duty, reserve, and retired officers of the sea services and encompasses all ranks. All interested personnel are invited to attend. For more information, contact Lt. Cmdr. Herlena Washington at 696-5005, WashingtonHO@bic.usmc.mil or Lt. Drew Andrews at 270-6457, andrewsd@hsl46.navy.mil.

The Jacksonville Genealogical Society meeting will be held Sept. 20 at the Webb-Wesconnett Library, 6887 103rd

Street at 1:30 p.m. For additional information please contact Mary Chauncey at 781-3900.

The VP/VPB-23 Veterans Association will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email klotz23@aol.com.

VF-22 Korean War veterans will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact is Jack Bailey at 757-340-5922 or email charlies-son@msn.com.

The annual VP-24 Reunion is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

In Gear

A weekly look at the automotive market
