



Jax Air News

TOUCHING BASE

Battle of Midway dinner tomorrow

From CNRSE Public Affairs

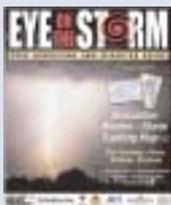
The Battle of Midway Commemoration Dinner will be held tomorrow at 6:30 p.m. at the Radisson Riverwalk Hotel on Jacksonville's Southbank. The guest speaker will be James Cunningham Jr., a Battle of Midway veteran and retired Navy chief. A recipient of the Purple Heart and five Battle Stars, he was serving aboard USS Hammann when it was sunk at Midway.

Cost of tickets for the dinner are: E-6 and below - \$20, E-7 - O4 - \$30, O5 and above - \$40, civilians and retirees - \$40. Tickets may be purchased from IT1 Guy Stelzenmuller at 542-4545/2934.

The uniform for O-4 and above is dinner dress white jacket; O-3 and below - dinner dress white/dinner dress white jacket optional. Civilian is black tie or business attire.

This year's event marks the 61st anniversary of the Battle of Midway as well as the 100th anniversary of flight. All naval personnel: active duty, retired, enlisted, officer and civilians are invited to attend.

More information can be found at <http://www.cnrse.navy.mil/>, by clicking on the blue "special events" button at the top of the home page.



Special Section Inside

The 2003 hurricane season officially began Sunday and weather experts are predicting plenty of storm activity. Make sure you're prepared by reading the 2003 Eye on the Storm hurricane and disaster guide, which you'll find inside today's Jax Air News. The award-winning 16-page section is published by The Florida Times-Union - publisher of Jax Air News and WJXT Channel 4.



Home at last! After four months of deployment a busload of 2nd Force Service Support Group "Devil Docs" arrive to the cheers of family members at Naval Hospital Jacksonville.

Photo by HM2 Michael Morgan

Hospital homecoming

Naval Hospital's 2nd Force Service Support Group is home

By Loren Barnes
Nav-Hosp Jax Public Affairs

Sixty-nine members of Naval Hospital Jacksonville's 2nd Force Service Support Group (2nd FSSG) returned home early Saturday morning to Naval Hospital Jacksonville.

Arriving aboard buses at approximately 1 a.m., after a nine-hour ride from Camp Lejeune, N.C., they were cheered by friends, family and shipmates waving flags and banners at the hospital entrance.

The 2nd FSSG was the first platform to deploy from Naval Hospital Jacksonville, shipping out on Jan. 26. The unit includes members not only from the Naval Hospital itself but also from the hospital's Branch Medical

See HOSPITAL, Page 12



Barbara Millhollan, fitness director leads a Power Flex class the first day of the Fitness Center's reopening after a six-month renovation to improve the facility.

Photos by Kaylee LaRocque

Open for exercise

Fitness Center gets new look

By Kaylee LaRocque
Staff Writer

Six months ago, the NAS Jax MWR Fitness Center closed its doors for a major renovation project.

Last Wednesday, more than 625 patrons walked through the doors for the first time to see the new changes. Many were in awe as they examined the "new" weight room, cardio room, enlarged aerobic room and locker rooms. With a fresh coat of paint throughout the center, new carpet and ceilings, the fitness center was a refreshing

sight to many patrons.

"The upgrades are really wonderful. It's good open now, airier and gives you a good feeling about working out. When they closed the doors, I stopped using the base facilities and took up walking in my neighborhood. But now that it's open, I'm back," said George Anderson, who has been working out here three days a week since the early 1990s.

Although not all the renovations are yet completed including a 3,000-square-foot addition that will house a free weight room and the men's shower area, many other significant upgrades are finished.

"We've put in a new 70-ton air conditioning/heating unit and moved it out from the inside of the fitness center to create a completely different layout of the weight and



Chris Wooten works out on the Super Pullover machine the first day of the reopening of the Fitness Center.

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Revolution in training comes to NAS Jax

By JO1 Mike Jones
Assistant Editor

Big changes are coming to the way Sailors train, mentor and develop their careers. That was the message put to NAS Jacksonville Sailors during the Task Force EXCEL (TFE) briefings on base last week.

A Chief of Naval Operations initiative, TFE, under the direction of Rear Adm. J. Kevin Moran, Naval Personnel Development Command (NPDC) Norfolk, Va., is in the process of providing strategies and methods to ensure maximum Sailor development and realization of human potential.

"The Revolution in Navy Training

is challenging all previous assumptions about Sailor development while providing Sailors with new opportunities to learn, grow, lead and excel," said Lt. j.g. Gary Turner, NPDC Norfolk. "The Navy training, counseling, evaluation and advancement systems are in the process of undergoing major changes. These changes will impact all hands, officer and enlisted, from flag level to the most junior Sailors. Many of these changes have been in development for the past two years and implementation of these changes will come as soon as July of this year."

During the 90-minute briefings Sailors learn:

- What the Revolution in Navy

Training will provide for Sailors and how they will train in the near future.

- An in-depth look at the Sailor Continuum, "Five-Vector Model" and how Sailors will use this tool for training and career management.
- How supervisors will use the Sailor Continuum for training and mentoring.
- NPDC and the new Navy training and organization.

- An overview of the Human Performance Feedback Development (HPFD) tool (counseling) system.
- An overview of the new Navy Fitness Reporting and Evaluation Systems.

See TRAINING, Page 12

WEEKEND WEATHER



FRIDAY 73/89

ISOLATED THUNDERSTORMS



SATURDAY 73/89

ISOLATED THUNDERSTORMS



SUNDAY 72/90

ISOLATED THUNDERSTORMS

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site: <https://www.nlmof.navy.mil>

CHAPEL'S CORNER

NAS Jax Chapel offers marriage prep classes

From the Base Chapel

While passion can last a lifetime, at some point, love usually faces a "reality check." If you haven't already, you and your partner will likely each move from vaguely seeing, but not caring, your partner's flaws, to seeing clearly and caring very much.

Some marital experts suggest that couples need to understand that once the euphoric state is over, it's over. The deep passion-the burning flame-has gone out, so get over it and learn to live without those feelings, or go find a new partner and start all over again.

We don't think that's the truth of love at all. We'd agree more with Henry David Thoreau when he said, "If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

We believe that passion and deep love can last for a lifetime. It doesn't always. In fact, it doesn't often. Deep,



lasting love is not common, but it is a treasure worth pursuing, protecting, even fighting for.

Thirty years of research have shown that having a great marriage is not just a matter of luck nor is an unhappy marriage a matter of mystery. Couples can learn the skills and principles of successful relationships.

The Prevention and Relationship Enhancement Program (PREP) approach is designed to teach you how to keep your love-castle in the air where it should, and can, be.

PREP is one of the most comprehensive and well respected divorce-prevention/marriage enhancing programs in the world.

PREP is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other.

The PREP program is offered at the NAS Jax Chapel Center. Active duty members who wish to utilize the chapel for their wedding are required to take the program, and it is highly recommended for all others.

In addition, the traditional three-day waiting period upon application for a wedding license is waived and an additional savings on the cost of the marriage license is also possible.

Contact the NASJAX Base Chapel at 542-3051 for further information.

Homecoming let downs

Getting life back to normal

By Sarah Smiley
Special Contributor

Much like a wedding, last month's homecomings have come and gone in a flash. Months and months of preparation poured into homecoming banners, homecoming food, and homecoming outfits, were "old news" after only 24 hours.

It reminds me of when I was little and my mom would complain about slaving in the kitchen all day, only to have dinner eaten within seconds.

For the spouses who have been waiting here at home and planning the homecoming celebration, this amounts to some feelings of being let down. Again, like your wedding, you may feel you only have the snapshots to prove the day even happened! It's the day you've dreamt about, the one that was circled in red on your calendar...and now it's passed.

At first, the feelings of disappointment won't be as

evident. The post-deployment "honeymoon phase" works to soften the blow. But trust me, eventually one morning you will wake to find yourself thinking, isn't there another ship I can send my spouse off to? If for nothing else, to experience the rush of excitement that surrounds homecoming.

Right now, with the after-effects of the thrill still coursing through your system, it is hard to believe you'll ever get angry with your spouse again. His annoying habit of not replacing the empty toilet paper roll with a new one seems so cute and endearing these days. You pick up her uniforms from the cleaner with a star-struck smile on your face. You pack his lunch giddily and put a goofy love note in the sack.

And this goes for the returning spouse as well. It's no secret that the absolute best time to ask your husband for that expensive new couch you've always wanted is right

after deployment.

The first time my husband came home from cruise, he hardly strained an eyebrow when he saw all the new clothes and shoes I had acquired in his absence. And just notice how much he loves your burnt meatloaf on his first night home!

But believe me, life will get back to normal. Soon you'll be bickering about whose turn it is to feed the dog, and you'll be watching late night television in bed rather than staring dreamily into each other's eyes.

And when this changeover occurs, it is inevitable you'll feel a sense of disappointment. You'll find yourself struggling to get back to that high, to experience it again.

But let me suggest an alternative: Don't fight it. Embrace the normalcy when it returns! No one can live in a suspended state of bliss their entire marriage.

Part of sharing a life together includes taking the ups as well as the

downs. When your spouse was away, wasn't it at your must down times that you missed them most? When your kids were squirting each other with shaving cream or the refrigerator was leaking on the new hardwood floors, isn't that when you thought, how much longer until homecoming?

You missed your spouse being a part of your life, and real life has arguments and struggles and husbands in flight boots that scuff-up the freshly cleaned linoleum.

Your life together before deployment wasn't perfect, and that is what made it "yours." Once the honeymoon phase has started to wane, accept the regular imperfections with excitement. It means that your spouse is truly here and living your life with you!

Because you never know when they'll be called back out again, and when they are, trust me, you'll be missing that pile of dirty clothes on the bathroom floor. No really, you will!

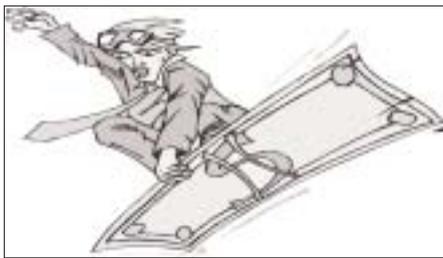
HEY, MONEYMAN!

Hey, MoneyMan!

I have two children and my wife has been trying to get me to start a college savings plan. We really do not have any extra money to save at this time, but we would like for our kids to go to college if they want to. What is the best way to save for college?

MoneyMan Sez:

Start now! If your children do well in school they may very well get scholarships to pay for most, if not all, of the costs. The military academies and ROTC scholarships are great options for those who qualify.



According to a May article in Money magazine, the average cost of a public college per year is currently \$12,841 and more than \$35,000 for an Ivy League school.

If the cost goes up 5 percent per year, the average cost for a current three-year-old to go to a top col-

lege could be as high as \$300,000.

You would need to save around \$1,400 per month to amass that amount. There are lots of ways to get started, but the sooner you start the better. Stop by our Navy College office and ask them if they have any tips on how to prepare. Also talk with the folks at your bank or credit union to learn about pre-paid tuition programs and other savings options.

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



Sunday Services

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

Saturday 5 p.m. - Catholic Mass
8:30 a.m. - Holy Eucharist Episcopal
Sunday 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...

ACAN JEREMY GUIDER

Job title/command:
Air Operations

Hometown: Cartersville, Ga.

Family Life: Got married May 31 to Mandi.

Past Duty Stations: NATTC Pensacola, Fla.

Career Plans: To make third class and become qualified in air traffic controlling.

Most Interesting Experience: Traveling to Europe in 1997.

Words of Wisdom: Only what's done for Christ will last.



Meet A Civilian...

BETTY CHRISTY

Job title/command:
Office Assistant, CHSWL

Hometown: Clay City, Ind.

Family Life: Widow

Past Duty Stations: Department of Agriculture, Helicopter Anti-Submarine Wing Atlantic, NAS Jax

Career Plans: Looking forward to retiring and enjoying fun in the sun.

Most Interesting Experience: Buying a house on the beach, my biggest purchase ever.

Words of Wisdom: Do unto others as you would have them do unto you.

All-hands call tomorrow

All-hands call is scheduled for Friday with MCPON(SS/AW) Terry Scott, at 9:30 a.m. at the base theatre. Everyone is requested to attend.

Mentoring meeting slated

CNRSE will hold a mentoring panel discussion Monday from 10-11:30 a.m. in the Building 919 main conference room. All potential mentors can learn about this unique program from those who have experienced it. For more information, call Kay Marti at 542-2801.

Annual Military Appreciation Luncheon is next Thursday

The Jacksonville Chamber of Commerce is hosting their annual Military Appreciation Luncheon next Thursday at noon at the Adam's Mark Hotel at 225 E. Coast Line Drive. The guest speaker will be Gen. Michael Hagee, 33rd commandant of the Marine Corps. For ticket information, call 366-6600, Ext. 7613.

Jax Air News

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The **Jax Air News** can be reached at (904) 542-8053 or by fax at (904) 542-1534 or write the **Jax Air News**, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The **Jax Air News** is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Jax Air News

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Chapel happenings

Support group available for spouses

The NAS Jax Chapel staff invites you to join other military spouses who may need a place for support and encouragement. This group meets Thursdays from 10-11:30 a.m. in the Fellowship Hall. For more information, call Chaplain Bryan at 542-3051.

Family movie night is Saturday

Bring your favorites pillow, beanbag or theater chair for a fun evening at the movies Saturday night at 7:30 p.m. at the Base Chapel's Religious Education Building. The movie will be *A Bug's Life*. Refreshments will be provided. For more information, call Chaplain Bryan at 542-3051.



Regional master chief to retire tomorrow

From Staff

After a career spanning more than 30 years, CNOCM(AW) Phillip Mauffray will retire from the Navy tomorrow at 2 p.m., in a ceremony at the BOQ Pavillion.

During the ceremony, CNOCM(SW/AW) Rick Trimmer will relieve Mauffray as regional command master chief. Trimmer comes to Commander, Navy Region Southeast following a tour as command master chief of the Navy Support Activity (Mid-South), Millington, Tenn.

Mauffray began his career after enlisting in February 1973. After attending basic training at Recruit Training Command, San Diego, Calif., he completed Commissaryman/Stewardsman "A" School at Naval Training Center San Diego.

His first sea duty assignment was aboard USS America (CVA 66) where he made two deployments to the Mediterranean Sea and one deployment to the North Atlantic.

Following this tour, he reenlisted under the "SCORE" rating conversion program, and upon graduation from Aviation Antisubmarine Warfare Operator "A" School at Naval Air Technical Training Center, Millington, Tenn., he was designated an Aviation Anti-Submarine Warfare Operator Third Class on March 15, 1978.

After fleet replacement aircrew training at VP-30, NAS Jacksonville, he reported to VX-1 at NAS Patuxent River, Md., for shore duty. During this tour he earned his naval aircrew wings and qualified as a S-3A sensor oper-



CNOCM(AW)
Phillip Mauffray

ator while participating in numerous worldwide deployments in support of P-3C and S-3A operational test and evaluation projects.

Mauffray's next assignment sent him to SH-2F helicopter fleet replacement aircrew training with HSL-30, NAS Norfolk, Va., and then to HSL-34, where he served as leading petty officer.

He deployed again to the Mediterranean Sea and North Atlantic aboard USS Richard L. Page (FFG 5) in support of Multi-National Peace Keeping Force Operation Lebanon and Teamwork 84. During this tour he was named as HSL-34's Sailor of the Year and was selected for advancement to chief petty officer.

In April 1985, Mauffray joined the staff of Commander, Helicopter Sea Control Wing (HS) 1. At NAS Norfolk, Va., he served as the Atlantic Fleet LAMPS MK 1 aircrew training supervisor, operational leading chief petty

officer, and reported directly to Commander in Chief, U.S. Atlantic Fleet's (CINCLANTFLT) Anti-Submarine Warfare Readiness Committee as the chairman of CINCLANTFLT's Acoustic Analysis Working Group. During this assignment he was advanced to senior chief petty officer.

Once again changing platforms, he completed SH-3H Fleet Replacement Aircrew Training at HS-1, at NAS Jacksonville.

Reporting to HS-9 as the Operations Department leading chief petty officer, he deployed aboard USS Theodore Roosevelt (CVN 71) in support of Operation Desert Storm, flying numerous combat search and rescue missions in the Northern Arabian Gulf.

Following a short turnaround and advancement to master chief petty officer, he deployed aboard USS Saratoga (CV 60) for Operation Provide Promise.

Transferring in September 1992, to HS-1, he quickly transitioned to the SH-60F helicopter and served as the Training Department master chief petty officer.

Selected for the Command Master Chief program in February 1994, Mauffray successfully completed tours with HS-11, deploying aboard USS America, and at NAS Jacksonville.

In April 2000, he assumed the position of command master chief for Commander, Navy Region Southeast.

Mauffray and his family will continue to call Orange Park home following his retirement.



Photo courtesy of St. Johns River Community College

The following dispatchers from the NAS Jax Security Department recently completed the first Public Safety Telecommunications program at St. Johns River Community College May 16. (From left) Erin Large, Sandra Karim, Sheryl Goode, Tina Hayes, Gregory Snyder and Bill Thomas.

Police dispatchers: The vital role they play

By Kaylee LaRocque
Staff Writer

In an effort to better serve the NAS Jacksonville community and the police force who patrol here, a state-of-the-art police dispatch center is currently being installed at the Security Department.

This new center will feature numerous video monitors connected to various cameras around the base, new radio consoles, computers and possibly a global positioning satellite tracking system and streamline video sometime in the future. The center is expected to be completely up and running in about a month.

Manning this unique center are a group of highly-trained police dispatchers, capable of handling any emergency situation that might arise. They are that reassuring voice at the other end of that citizens call for help, specifically trained to remain calm, gather information, issue orders and ensure their officers have all the necessary facts before approaching an emergency situation.

It's a stressful position, requiring many hours of on-the-job training to become a proficient police dispatcher. Until recently, there were no schools or classes available in the State of Florida to learn this particular field. But, thanks to several law agencies and staff members of the St. Johns River Community College in St. Augustine, there is now a special public safety telecommunications course offered specifically for police dispatchers.

"We had never offered a course like this before. After several agencies came to us requesting this, we decided to implement a curriculum from the Florida Department of Education and offered our first class last winter. We hope to offer another class later this summer," said Les Stearn, director of criminal justice training at St. John's River Community College.

In an effort to maintain highly trained and efficient police dispatchers, the NAS Jax Security Department sent six dispatchers to attend the 232-hour course which was completed mid-May. The participants attended class on various days during the week for up to four hours during their normal working shift. All tuition costs and books were paid for by the Security Department.

"It was a really good class and broadened my horizons. We learned how to dispatch calls and become a good, efficient call taker by staying calm in different situations. They provided us with numerous scenarios to handle, and brought in different people from local agencies to instruct us. We also worked in different sheriff's offices to learn how their dispatchers handle emergencies," explained Tina Hayes, who has worked as a police dispatcher here for the past seven months.

Although the class is intended to provide familiarization and teach new dispatchers how to use the equipment, even experi-

See DISPATCHERS, Page 11

HOBBY WORLD; 3c; 10.75"; Black Only;

TIRE KINGDOM; 3c; 11"; Black Only;



Photos courtesy of VS-30

The VS-30 "Diamondcutters" Battalion pose with Recruit Division 186 after their first physical readiness test.

VS-30 takes helm in leadership

By Lt. j.g. Justin Drach
VS-30 PAO

On May 6, members of the VS-30 "Diamondcutters" traveled to Recruit Training Command (RTC), Great Lakes, Ill., to visit and interface with Recruit Division 186, the Diamondcutter Battalion.

"VS-30 has set the bar a little higher when it comes to command sponsorship," said CMDM Michael Tsikouris, RTC's prospective command master chief. This trip gave current Diamondcutters the opportunity to run "PT 1," the recruits' first graded physical readiness test (PRT) alongside Sailors in their fourth week of boot camp.

"One of our goals is to introduce more of our fleet Diamondcutters to a unique view of the Navy only experienced by a recruit. Being a recruit is like being at the bottom of a barrel and looking up at the Sailors and ships that make up the Navy," said CMDM Mitchell Lounsberry, VS-30's command master chief. "It is a very narrow view these young



VS-30 Executive Officer, Cmdr. Ryman Shoaf addresses Division 186. The squadron is mentoring the division through recruit training at RTC Great Lakes, Ill.

Sailors have right now."

Cmdr. Mike Ginter, VS-30's commanding officer stresses to the officers, chiefs, and enlisted Sailors the importance of what Team Diamond is doing in Great Lakes. "I want all the VS-30 Diamondcutters to push the 'I believe' button on what the Navy is trying to do for mentorship and covenant leadership," explained Ginter.

As the Diamondcutter Battalion assembled for the PRT in their Team Diamond T-shirts, the only way to distinguish between the

recruits and fleet Diamondcutters was the recruit haircut. Sixty-seven recruits and nine members of VS-30 ran the PRT alongside each other with absolutely no failures.

Recruits were especially impressed with AE2 Andrew Costin. Costin entered the Navy in December 2000 as an undesignated airman. Through hard work and dedication, Costin put on his petty officer crew and was again advanced to a second class petty officer all within two years. This is quite an achievement and

Costin proved to be a role model and an example to young impressionable Sailors.

Lt. Micah Lenox, a Diamondcutter naval flight officer and Viking tactics instructor, was also popular with the recruits. Enlisting in the Navy and then participating in the BOOST program, Lenox was able to earn his college degree and obtain a commission. While obtaining a commission is not always a goal or desire of a recruit, it shows that they too have the chance to excel and advance.

"Fleet Sailors, both officer and enlisted, are taking care of our Sailors-to-be and investing in our Navy's future," said Rear Adm. Ann Rondeau, commander, Naval Service Training Command.

"Team Diamond will continue to mentor Division 186 all the way until they graduate recruit training," added Cmdr. Ryman Shoaf, executive officer of VS-30. "This endeavor is proving to be an invaluable experience for both the recruits and the active duty members of VS-30."



Photo Courtesy of SCWS

VTI Class 1-03 graduates: (From left) Commanding Officer SCWS Cmdr. W.J. Harrison, Lt. j.g. Dan Bleicher, Lts. Shane Collins, Chad Mirt, Mike and Meydenbauer, Lt. j.g. Jeff Farmer, Lts. Micah Lenox, and Kent Smith, and Lt. Cmdrs. Eugene Young, and Rob Janssen.

Viking tactics teachers graduate

By SCWS PAO

Sea Control Weapons School (SCWS) held a graduation ceremony for Viking Tactics Instructor (VTI) Class 1-03 recently.

Graduates were designated as air combat weapons tactics instructors, which is the highest air combat training qualification available to naval aviators today. Capt. Ted Algire, commander, Sea Control Wing, U.S. Atlantic Fleet, was the guest speaker for the event.

The graduation ceremony was the culmination of five weeks of intense training. It included training on the Stand-off Land Attack Missile Expanded Response (SLAM ER), the Navy's most accurate strike weapon.

The VTI class began their training at Naval Strike and Air Warfare Center (NSAWC) in Fallon, Nev., which serves as the "center of excellence" for all tactical training in naval aviation. During this first phase of a three-phase curriculum, Viking students began with academic lectures on carrier air wing and battle group weapons and tactics. After a week of academics in Fallon, Viking students continued the training at SCWS in Jacksonville, where the focus of the lecture series shifted to specific S-3B aircraft tactics. Students were also exposed to and received training on the S-3B's Maverick Plus System. The Maverick Plus System gives the S-

3B aircraft the capability to launch and control the SLAM ER and Maverick missiles. Viking students also flew a series of simulator events designed to hone their tactical prowess, crew coordination and evaluator skills.

During the final two weeks, VTI students were challenged to employ all they had learned in the classroom and simulators during a demanding flight phase. Class 1-03 was the first class to conduct a SLAM ER strike utilizing TAMPs mission planning, National Sensor Imagery, and mensurated coordinates at Townsend Range.

Following graduation, students returned to their respective commands to serve as a core group of fleet instructors challenged to implement the Air Combat Training Continuum program on tactical prowess. The graduates were Lt. Cmdrs. Eugene Young (SCWS), and Rob Janssen (CSCWP WTU), Lts. Mike Meydenbauer (CSCWP WTU), Chad Mirt (SCWS), Shane Collins (VS-31), Micah Lenox (VS-30), and Kent Smith (VS-32), and Lts. j.g. Jeff Farmer (VS-30), and Dan Bleicher (VS-31).

SCWS would like to thank Sea Control Squadron (VS) 31 for providing outstanding support during the flight phase of VTI Class 1-03. The "Topcats" dedication and commitment directly contributed to the many successes achieved during VTI.

LL-19 takes to the air once again

By Lt. Keith Radonis
VP-30

Like an old friend not seen in years, the sight of LL-19 flying overhead NAS Jacksonville brought smiles to the members of VP-30's "Pro's Nest" this past week.

After 925 days in a non-flying status, LL-19 (Bureau No. 159514) was brought back to life by the exceptional work of the VP-30 Maintenance Department and back into the air by VP-30 Commanding Officer, Capt. Brian Prindle.

Since its last flight on Oct. 16, 2000, LL-19 has been stripped down and rebuilt by the VP-30 Maintenance Department.

At a time when the P-3 supply system was short on parts and long on requests, the VP-30 maintenance team made do with what they had.

With needed parts on back order, LL-19 began to "put a strain" on the squadron. But because of its historical significance, LL-19 has held a special place in the maintainers' hearts and they were determined to see LL-19 fly again.

According to Cmdr. Richard Sanders, VP-30's maintenance officer, during the mid-1990s this particular aircraft was "cannibalized."

"Fuel control units, hydraulic lines, fuel lines, a propeller, boost packages, and an elevator were just some of the parts that had been removed in order to keep other aircraft flying," said Sanders.

However, because of Prindle's commitment to bring the historical aircraft back to life and the dedication of VP-30's maintenance team, LL-19 has once again taken to the skies.

One of three long-term down aircraft, LL-19 is the last of what have now been dubbed "build birds" as they have been practically



Photos by Miriam S. Gallet

VP-30 Maintenance Department crew gets all of the credit for the successful rebuilding of LL-19. From left are AM2 Wayne Mourenholz, AM2 Nelia McCormick, AEAN Jeremy Roe, AM2 Gregory Carpenter, AM2 Shawn Shepard, AMAN Daniel Lucht, PR3 John Calvin, and AM3 Brandon Shermer.

rebuilt by VP-30 maintainers.

More than 6,500 maintenance actions have been processed and 24,000 maintenance man-hours have been dedicated to LL-19's resurrection.

During LL-19 three-year down time, VP-30 witnessed many world events including a presidential election, two Super Bowls, two wars fought and won by the U.S., and a change of command in August of 2001. Since taking the reigns of VP-30, Prindle has made many improvements at the "Pro's Nest."

ADC Bruce Boyle, who has overseen much of LL-19's reconstruction, summed it up best when he said, "It took a lot team effort from the best Maintenance Department in naval aviation to get LL-19 airborne again."

AD3 Joseph Crisostomo checks engine No. 2 for possible oil leaks.



Free tickets to theme parks offered

From USO

chase these tickets.

For more information, call (407) 939-7424 or log on to www.disneyworld.com/military.

Anheuser-Busch is offering free single-day admission to its SeaWorld, Busch Gardens and Sesame Place parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as four of their direct dependents, now through Nov. 11, 2003.

Silver Springs and Wild Waters Water Park are offering free daily admission to both attractions to all active duty U.S. military personal and reservists now through Dec. 31, 2003 and a 50 percent discount on daily admission to their family members (limit of 6).

Proper I.D. is required. For more information call Silver Springs/Wild Waters at (352) 236-2121 or visit the Web site at www.silver-springs.com or www.wild-waterspark.com.

Wet N' Wild is offering all active duty military members, reservists and National Guard members free admission. With proper identification, up to four accompanying family members or friends will receive 50 percent off the regularly priced ticket.

For more information, call 1-800-992-WILD or visit the Web site at www.wet-nwildorlando.com.

Families do not need to have a service member accompanying them to pur-

VP-45 'Pelicans' support missions overseas

By Lt. j.g. Jason Hildreth
VP-45 PAO

Four crews from VP-45 recently completed operations in support of Operations Iraqi Freedom (OIF), Enduring Freedom, and Active Endeavour.

VP-45 assisted its forward-deployed sister squadrons from January through April by providing aircraft, aircrews and maintenance personnel that were an integral part of the U.S. Navy's contribution to the coalition war effort.

The "Pelican" aircrews and maintenance detachment that deployed to the Mediterranean theater provided valuable airborne assets and maintenance support that eased the burden placed upon the deployed squadrons due to the increased operational tempo.

The numerous missions flown by the Pelicans showcased the P-3C's multi-mission capabilities, the aircrews' adaptability and flexibility in operating in a dynamic environment, and the maintenance detachments' ability to provide fully mission capable aircraft to the Joint Task Force Commander.

VP-45 crews operated from various airbases including Rota, Spain, Sigonella, Italy, and Souda Bay, Crete. Missions flown from Rota, supported the U.S. and NATO campaign against terrorism. NATO maritime forces began escorting allied civilian shipping through the Strait of Gibraltar.

The missions involved a single P-3C aircraft conducting armed escort flights with warships from NATO's Standing Naval Force Atlantic (SNFL). (NATO's Atlantic area of responsibility rapid reaction surface force). The missions flown by VP-45 crews assisted NATO in its resolve to face terrorist threats and enhance security in the Mediterranean.

During these missions, aircrews conducted around-the-clock operations monitoring shipping traffic to and from the Mediterranean Sea while carrying Maverick and Rockeye missiles.

In addition to supporting NATO operations in the Western Mediterranean, VP-45 also supported the global war on terrorism and OIF by flying missions from Sigonella, Sicily, Italy and Souda Bay, Crete in support of USS Harry S. Truman and USS Theodore Roosevelt Carrier Battle Groups. The VP-45 crews tasked to provide Sea Surface Control (SSC) and Intelligence, Surveillance, and Reconnaissance (ISR) support to both Carrier Battle Groups in the Eastern Mediterranean.

The challenges associated with working simultaneously with two battle groups in a dynamic, high-tempo, coordinated operations environment made the flights extremely challenging and rewarding for the Pelican aircrews.

"I am proud of the performance of the men and women of VP-45. Our crews went into a challenging environment during an extremely

important time in our nations' history and performed at the highest level," stated Cmdr. Will Fitzgerald, commanding officer of VP-45.

The missions flown by VP-45 exploited the capabilities of the Aircraft Improvement Program (AIP) P-3C Orion. The P-3C's AIP package is the ideal platform to perform both the SSC and ISR missions. AIP consists of an extensive communications suite as well as improved radar and electro-optic sensors. The improved communications capability of AIP includes satellite voice and imagery transmission and reception. The AIP radar is capable of multimode operation for target detection, navigation, weather avoidance, and long-range surface search as well as providing detection and identification of stationary targets. AIP's electro-optical sensors have the capability to detect and monitor objects during the day from exceptionally clear to medium hazes, dawn and dusk.

Whether flying in support of the battle group, our allies, or alone, the men and women of VP-45 will stand ever ready for the call of duty to support our country exhibiting Pelican Pride. "It is truly an honor and privilege to be able to serve my country and I am honored to have been a part of this. I truly feel like we have made a difference and done the right thing for the Iraqi people," said Lt. j.g. Jon Marek.

Remembering those who served



Photo by JO2(SCW) Eric Clay
During a Memorial Day observance May 26 at the Jacksonville Veterans Memorial, guest speaker Rear Adm. Annette E. Brown, commander, Navy Region Southeast delivered a moving speech to a large audience about the pride of America's troops and the significance of Memorial Day.

Attention hunters

The Florida Fish and Wildlife Commission is offering a hunter education course July 12, 19 and 26 from 1-7 p.m. at Hangar 1000 at NAS Jax. The course is free and includes the required orientation from the NAS Jax game warden to hunt on federal lands. Pre-registration is required by calling (352) 625-2804.



Fifty-five frocked at Naval Hospital Jax

From NavHosp Jax PAO

Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart conducted a frocking ceremony May 16. He frocked 23 petty officers to Third Class, 21 petty officers to Second Class and 11 petty officers to First Class.

Congratulations to all of those frocked:

Petty Officer Third Class

HN Sherise Audain
HN Renata Belgrave
HN Jaimie Burgess
HN Rhianna Collins
HN Lawrence Cruz
HN Marquita Davis
HN Marianna Eder
HN Benjudah Gayoba
HN Shayna Horst
HN Kingston Howard
HN Valmiki Indalsingh
HN Brenda Irizarry
HN Sara Jensen
HN Angeline Lacy



Photo by HM2 Michael Morgan
Capt. Ralph Lockhart congratulates newly frocked petty officers at Naval Hospital Jacksonville May 16.

HN Lenward Moore
HN Gabriela Moralesmartinez
HN Edna Nesbitt
HN Justin Nottingham
HN Jill Platz
HN Latasha Pugh
HN Ericke Slaughter

HN Christina Suds
HN Phillip Trevizo

Petty Officer Second Class

HM3 Darren Blount
HM3 Carol Blue
HM3 Daniel Bornstein
HM3 Maria Carias

HM3 Jennifer Castilleja
DT3 Timmy Coleman
HM3 Brent Collins
HM3 Timika Figgs
HM3 Tracy Hill
HM3 Heather Hunter
HM3 Christina Jacks
HM3 Kyle Lundgren
HM3 Trishonya Mcmihelk
HM3 Levera Murray
HM3 Thanh Nguyen
HM3 Caroline Rosario
HM3 Francis Sotto
HM3 Jaime Suarezhurtado
SH3 Garvin Thomas
HM3 April Vaughan
HM3 Fabia Williams

Petty Officer Third Class

HM2 James Botkin
HM2 Wylee Griffin
DK2 Dwight Hester
HM2 Steven Katz
MA2 Heather Kilday
HM2 Eric Larson
HM2 Christopher McKenzie
HM2 Richard Rittler
HM2 Raymond Sarabia
HM2 Anthony Thomas
HM2 Gregory Wilson



AME1(AW) Carl Shilling

Shilling retires from active duty

From VS-31

AME1(AW) Carl Shilling retired from the Navy May 30 during a ceremony in Hangar 1000 after 21 years of naval service. The guest speaker was Lt. Terry Graham, G-3 division officer aboard USS John F. Kennedy.

Shilling, a native of Burbank, Calif., joined the Navy in June 1981, under the delayed entry program. Shortly after graduation from Farwell High School in Farwell, Mich. in 1982, he enlisted in the United States Navy.

Upon completion of recruit training in Great Lakes, Ill., Shilling reported to Navy Schools Command, Millington, Tenn. where he completed Aviation Structural Mechanic (AME) (safety equipment) "A" School in November 1982, his first of many formal schools in the field of aviation.

He then graduated from AME "C" School on the A-7E aircraft in February 1983.

Shilling's first permanent command assignment was to VA-87 "Golden Warriors" at NAS Cecil Field, where he worked night shift and performed scheduled and unscheduled maintenance.

While embarked aboard USS Independence (CV 62), he made two deployments, one to the Mediterranean Sea and North Atlantic Ocean and the other to the Indian Ocean where operations were conducted in Grenada, Lebanon, Syria and Iran.

In June 1986, the squadron was re-designated

VFA-87 and Shilling extended 30 months to transition from A-7E Corsairs to the F/A-18 Hornet. He completed detachments aboard USS Theodore Roosevelt (CVN 71) from August to October 1987.

After completing training on the A-4M Skyhawk in February 1988, Shilling was assigned to VF-45 "Blackbirds" at NAS Key West.

In April 1991 he returned to NAS Cecil Field, where he received training on the S-3B Viking, and graduated top in his class.

He was then ordered to stay in Cecil Field and join the "Maulers" of VS-32, completing another Adriatic Sea, Indian Ocean and two Mediterranean deployments on board the USS America (CV 66). During this time, the squadron supported NATO Exercise North-star, Operations Provide Promise, Deny Flight, Sharp Guard and Continue Hope.

Shilling departed VS-32 in August 1988, and became an instructor at Naval Air Maintenance Training Group Detachment Cecil Field in July 1995. He returned to sea duty and to the VS community in August 1998 when he joined the VS-24 "Scouts."

With only 12 months to go, Shilling checked into VS-31 "Topcats" in August 2002 working as the quality assurance leading petty officer.

Shilling and his wife, Lori, have a son, Joshua, and a daughter, Brittany. The family is relocating to Colorado Springs, Colo.

HS-5 conducts unique training

By Lt. J.g. Daniel Crowley
HS-5 PAO

As great as it is to be living in Florida, there are times when you need to get away. HS-5 found this to be true recently when the squadron headed to Dobbins Air Reserve Base (ARB) in Georgia in order to take advantage of some unique training environments not readily available here in Jacksonville.

The natural environment of Florida offers a unique chance to practice a variety of different flying techniques. The heavy tree cover around many of HS-5's working areas offers an excellent opportunity for the aircrew to perfect maneuvers such as Confined Area Landings (CALs).

However, there are some flying conditions, such as that found in mountainous terrain, for which the local area simply does not offer enough preparation.

Combating this situation required a bit of ingenuity and flexibility on the part of the "Nightdippers" who recently transplanted themselves from NAS Jacksonville to Dobbins ARB for a week of work at higher elevations in the southern Georgia Appalachian mountains.

Mountain flying offers a very different focus and set of considerations than sea level flying which occupies a majority of an HS squadron's activity.

The thin air at higher elevations can severely reduce the amount of thrust a helicopter has available, potentially creating a dangerous situation because the aircraft may lack sufficient power to



Photo by AWC Troy Rankin
HS-5 takes time out from their Camp Merrill training for the tactical re-enlistment of AW1 Kevin Hamilton and AW2 Marcus Barber.

safely avoid terrain.

The squadron detachment to Dobbins was a unique opportunity for HS-5 pilots to practice a number of different flying techniques designed to eliminate the danger of operating in an environment that reduces available power of the H-60 H/F.

Such training is particularly important in today's world where many areas are likely to have our Naval aviators' attention, involve environments that require considerations of helicopter performance in order to successfully complete a mission.

The detachment also gave HS-5 a chance to hone its combat search and rescue (CSAR) skills with CVW-7 assets. Operational exercises involved coordination with F-14s from VF-143 and E-2s from VAW-121. Each day, a number of "survivors" would be inserted into the woods, simulating downed aviators requiring extraction. After brief-

ing the rescue assets, HS-5 would launch a dual-ship rescue event simulating combat conditions. It was a rare and extremely valuable chance for the "Nightdippers" to work with composite members of their carrier air wing.

Obviously an evolution on this scale was not without its challenges. With such a limited time to take advantage of the invaluable training environment offered at Dobbins, it was essential that the aircrew remained flexible for training evolutions during the week.

With three aircraft along on the trip, it required a supreme effort on behalf of Nightdipper's maintenance personnel to keep the birds up and ready to fly.

Another important assist came from the "Red Dogs" of HMLA-773, who gave up a significant portion of their squadron spaces in order to allow the Nightdippers to have a home-away-from-home at Dobbins.

bins.

Even with all the support, there are some conditions for which even the best planning cannot compensate. Our final day of training was cancel due to bad weather.

But because of the focus and effort of all HS-5 detachment personnel, losing one day hardly impacted overall mission accomplishment and success. "It's really valuable for us to be able to get up there and get a chance to do some work we don't always have the opportunity to do" said Lt. Rob McGregor.

The important training, however, was not the only valuable asset gained by the Nightdippers during their expedition. Two experienced and trusted Sailors from the squadron, who had made the decision to reenlist, took the opportunity to do so in a very distinct manner.

AW1 Kevin Hamilton and AW2 Marcus Barber, wanting to commemorate the occasion in a memorable way, decided to take advantage of the somewhat exotic setting and take part in what was called a "tactical reenlistment."

During a flight, the HS-5 pilots found a suitable location on the ground and brought the aircraft to rest there, allowing the two to disembark and complete their reenlistment right in the landing zone.

"It didn't seem right to do it in an office somewhere" said Barber. "Most of our job is done outside, in places like that, so that's where we felt it should happen. It's an important commitment to make and its really not like us to be boring."

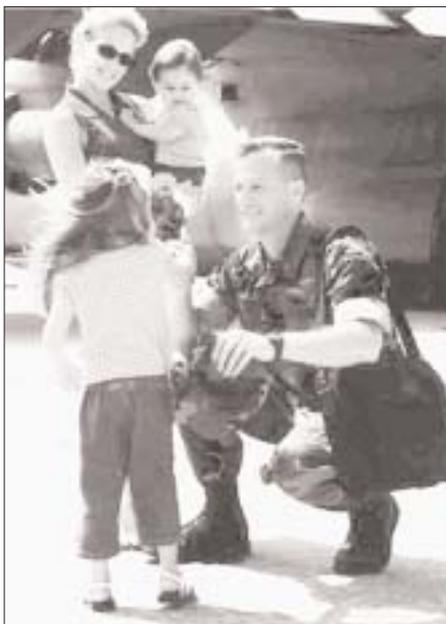


Photo by JO2 Jennifer Valdivia

HDCU 206 Assistant Plans Officer, Lt. Cmdr. Frank Conway greets his wife, Jennie, and two daughters, upon returning home to Jacksonville, after being mobilized with his unit for more than two months.

HDCU 206 returns home

By JO2 Jennifer Valdivia
REDCOM Southeast Public Affairs

"The plane has landed, they're here," echoed through the noisy Naval Air Station Jacksonville, Air Mobility Command Passenger Terminal. Then, it suddenly became quiet as anticipation increased among family members and friends waiting for the return of Harbor Defense Command Unit 206 (HDCU 206) to Florida. Eagerly, they rushed outside to meet their loved ones.

Looking through the chain-linked fence at the giant Air Force C-5 plane, Lynn Hill waited for her husband. "I'm excited and nervous," she explained.

Naval and Marine Corps Reserve Center Jacksonville's HDCU 206, made up of 26 Naval Reservists and

15 Coast Guard Reservists, left on Feb. 5 for Rota, Spain to provide force protection for ports and harbors. Using three C-17's to transport all of their gear, HDCU 206 deployed as part of Naval Coastal Warfare Group Two Detachment C, comprised of some 700 Naval and Coast Guard Reservists stationed in seven locations across five countries.

HDCU 206 Commanding Officer, Capt. Kevin McCormick said, "We are all so happy we were there helping out. That's what we do this all for. Unfortunately, that means being away from our families, though."

By the end of their mobilization, more than 20 awards were given out to the Reservists for their continued efforts in ensuring the safety of personnel and facilities overseas.

NAVAIR honors employees

From Naval Air Depot Jax

Naval Air Systems Command has designated June as Teammate Appreciation Month. This official Naval Air observance provides an opportunity for Naval Air Depot Jacksonville leadership to express their gratitude to Depot employees for their hard work, dedication, and effort. The Depot has planned a calendar of events to honor its employees throughout the month of June.

The schedule of events is listed below.

June 9 – Capt. Karl Yeakel, Depot commanding officer, and Capt. David Beck, Depot executive officer, will address the work force and participate in cake-cutting ceremonies in various locations around the facility.

Weekly walk-arounds by senior leadership to talk with employees

Other planned events for Teammate Appreciation Month are: distribution of CNO Top Five cards, employee awards, and a tentatively scheduled Jacksonville Suns baseball game with reduced priced tickets sponsored by the Civilian Employee Welfare and Recreation Committee.

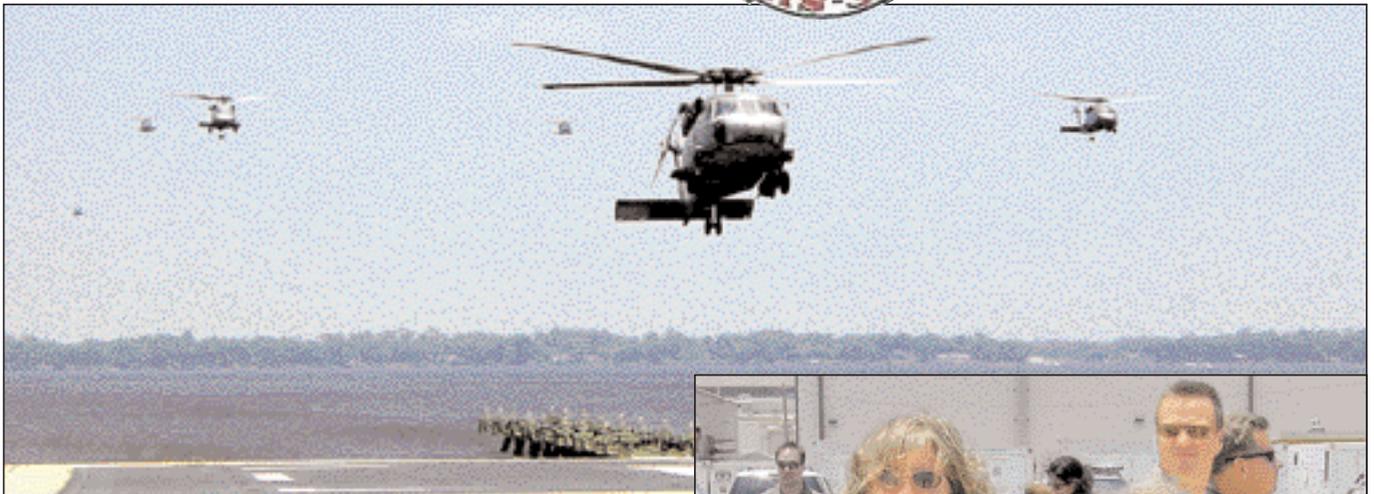
FISC sponsors conference



Photo by Ryan Adrick

Capt. Jack Prendergast, Naval Supply Systems Command deputy commander for Fleet Logistics Operations, gives a presentation on the transformations occurring within the Naval Supply Commands during the Fleet Supply Policy Conference sponsored by the Naval Supply Systems Command, Fleet and Industrial Supply Center Jacksonville May 28 aboard NAS Jax. The conference is a unique decision-making body that brings customers and providers together twice a year to shape the future of afloat supply.

Welcome Home



HS-3 helicopters arrive home in style as the helos perform landing maneuvers in front of a cheering crowd.

'Tridents' back from Iraq

And they're happy to be home

From HS-3

The "Tridents" of HS-3 returned home last week, culminating a highly successful deployment as part of the Carrier Air Wing (CVW) 8 and USS Theodore Roosevelt (CVN 71) Strike Group.

The deployment was one marked by unexpected changes in schedule, as the strike group responded to unfolding world events.

From an unexpected order to deploy, to the even more surprising (though very welcome) order to return home, the Tridents saw their mettle tested as they flexed to meet a wide array of tasking in support of Operation Iraqi Freedom (OIF).

Already in the midst of an accelerated inter-deployment training cycle, HS-3 was embarked on Roosevelt for a scheduled six weeks training exercise. Many Tridents however, sensed ominous events looming on the horizon and packed for a much longer trip.

"You really kind of sensed that there was a strong chance we would deploy early," said Lt. j.g. Michael Keaveny. "I think that most people prepared for the worst case scenario."

Those preparations proved a wise choice indeed; as Roosevelt's Strike Group received, in late-January, notification that their training would be further accelerated in order to have the strike group in position to commence OIF by mid-February. Some three weeks later, the ship/air wing team found themselves preparing for battle in the skies and waters off the coast of Turkey.

No sooner had the Tridents adjusted to their new environment, the strike group was called into battle. The squadron found themselves flying a myriad of missions in support of combat operations while the air wing simultaneously adjusted to a daily flight schedule that began at 5 p.m. and often ran until noon the following day. When not in the air, the Tridents were charged with maintaining an around-the-clock force protection alert posture.

As the final battles against Iraq began to subside, the Tridents again flexed to meet a new challenge. The strike group was advised that Roosevelt and CVW-8 would



AMAN Brandon Hipp, his wife, Nicole, and their one-month-old baby, Glendon, embrace for the first time as a family. Glendon was born while Hipp was on deployment in support of Operation Iraqi Freedom.

transit to the North Arabian Gulf, where they would remain on station through October. A 10-month deployment now ahead of them, the ship/air wing team made ready for their transit. "The thought of going home was not something anyone was expecting," said Lt. j.g. Kevin Colón, "but as soon as the ship began to steam west, we knew that Norfolk would be our ultimate destination."

The transit was not to be, however, as word came that Roosevelt and CVW-8 were now to be sorted back to homeport, after a port visit in Spain. Though happy news indeed, the change of fate was so unexpected that it took time to sink in on the ship.

HS-3 Commanding Officer Cmdr. Jamie Hopkins, noted challenges faced by HS-3. "This has been a very demanding deployment and we are all very happy to be returning to our loved ones," he said.

Hopkins went on to point out a few of the



Christy (left) and Heather Whittington (front) and Ashley Morgan show support for HS-3's Chief Petty Officer Robert Whittington as he arrives home from a long deployment.

Photos by JO2(SCW) Eric Clay and Ryan Adrick

Tridents' accomplishments, "During the course of our deployment, HS-3 flew more than 600 sorties and 1,700 flight hours, completing each mission safely and professionally. I couldn't be prouder of our people."

Along with their efforts to support the tactical and operational needs of CVW-8, HS-3 had the opportunity to prove their value in their "bread-and-butter" mission area, search and rescue. While deployed, the Tridents were involved in three separate rescues, recovering an airman blown from the deck of Roosevelt, and a pilot and radar intercept operator who ejected from their F-14 Tomcat.

Additionally, the squadron teamed with HS-7 to rescue one of two pilots from a civilian contract helicopter involved in a replenishment of USS Harry S. Truman

(CVN 75).

The Tridents are now back at NAS Jacksonville. However, they now find themselves in another unusual situation. The squadron returns home, not to the usual stand-down period, but to a six-month "surge" commitment in support of contingency operations.

This deployment has been a rewarding, although demanding, experience, and one that we will not soon forget. Our success could not have been possible without the support and dedication of countless friends, family, and colleagues.

Many of the family members rejoiced with the arrival of their love ones. "I am so proud of the efforts of HS-3 and of my husband, AMAN Brandon Hipp. I'm so excited he's home. This is the first time he's seen our new son," exclaimed Nicole Hipp.



(Above) As the C-9 arrives carrying members of HS-3, eager family members and loved ones rush out to greet them.

(Right) Family members and friends anxiously await as members of HS-3 come home May 29.



Welcome Home



The VS-24 "Scouts" taxi in on the NAS Jacksonville runway after a five-month deployment in support of Operation Iraqi Freedom May 28.

Hugs Galore!



ISSN(AW) Miquel Del Jesus and mother, Myrna Jurado of Coral Springs, Fla., tightly hug each other during their reunion at VS-24's hangar last Thursday. A tearful Del Jesus said, "I was ready to cry when I saw my family standing on the tarmac. I am so happy to be back home safe."



AN Misti Kriss greets her parents, Mary and David Heats. The Heats traveled from Pennsylvania and said, "We missed our daughter terribly. She served our country well and we are very proud of her."



Newlyweds AT3 Shawn and Jeannette Allard embrace during VS-24's homecoming May 29. The Allards were married two months before deployment and are expecting their first child. "I feel so good to be back. I learned of my wife's pregnancy while on deployment. I am glad that I'll be home for the birth of my daughter," said AT3 Allard.



AM3 Jamie Conyers is reunited with his six-month-old son, Colby, and wife, Leila. Conyers deployed two weeks after Colby was born and is looking forward to "catching up."



VS-24 Flight Coordinator AEC(AW) Michael Yack hands out red roses to VS-24 Sailors upon their arrival at NAS Jacksonville May 29.

VS-24 'Scouts' rule in triumphant return home

By Lt. j.g. Robert Shuman
VS-24 PAO

The "Scouts" of VS-24 have made a triumphant return home from their deployment in the Mediterranean Sea.

Hundreds of family members and friends turned out at Hangar 113 to welcome the Scouts back to NAS Jax from their five months of overseas duty. The squadron actually left Jacksonville in early January on an accelerated deployment and were soon in the Mediterranean Sea on board USS Theodore Roosevelt (CVN 71) along with the rest of the squadrons from Carrier Air Wing (CVW) 8. Now five months later, they are happy to be home safe with their families and loved ones.

Their journey actually began in December of 2002 as they participated in Tailored Ships Training Activity (TSTA) for nearly three weeks. They returned to NAS Jax for two weeks during the holidays, but continued their hard work and long hours in preparation for their upcoming exercises. In early January, they left again for Composite Training Unit Exercise (COMPTUEX) off of the southern coast of Puerto Rico.

As they left their families there was some doubt as to when they would be able to return home. At the time, there were rumors that the Scouts and the rest of CVW-8, deployed aboard Roosevelt, would be deployed in support of ongoing diplomatic efforts in Iraq as soon as the exercise was completed. As it turned out, the rumors were true and

Roosevelt Battle Group was ordered to deploy to the Eastern Mediterranean Sea on Feb. 4.

After an eight-day transit across the Atlantic Ocean, the Scouts and the mighty Roosevelt passed through the Straits of Gibraltar and into the Med, where they would spend the rest of their deployment. After a couple of weeks of unit level training (ULT), the ship pulled into port in Souda Bay, Crete, for five days of much needed rest and relaxation.

On March 18, the Scouts watched as President George Bush gave a 48-hour ultimatum to the Iraqi government. Two nights later, Scout aircraft were among the first jets launched in strikes against the Iraqi regime. During Operation Iraqi Freedom (OIF), the Scouts flew 339 sorties, totaling 731 hours.

After their OIF operations were completed, the Scouts had two more port calls, Koper, Slovenia and Cartagena, Spain. Although given an opportunity to relax and enjoy some "fun in the sun," the crew just couldn't wait to get home to be with their loved ones.

Following their mini-European vacation, the Scouts were back flying missions in support of Operation Joint Forge/Guardian in the Adriatic Sea. During this time they learned that the ship would be returning home in late May. Even with the exciting news, there was still work to be done and flying to do. The Scouts did an outstanding job of staying focused.

After transiting the Atlantic

Ocean once again, Scout aircraft flew their eight S-3B Vikings off the ship's deck and headed for NAS Jax. Only a day later, Roosevelt pulled into Norfolk, Va. and the rest of the squadron was flown home for a joyous homecoming celebration.

The Scouts of VS-24 are very proud of the work they accomplished while on deployment. The Scouts flew 1,010 sorties totaling 2,028 hours, and passed 1.88 million pounds of jet fuel to other air wing aircraft. Squadron personnel will continue their hard work and will be prepared to deploy again at a moments notice, if needed.

The squadron's homecomings on May 28 and 29 ended the long wait and anticipation that the VS-24 family members endured.

AT1(AW) Robert Thompson of AIMD, who greeted his wife, AT2(AW) Catherine Thompson, with a dozen red roses said, "I'm happy she is back. They went out for a six-week exercise and never came home. Next thing I knew, she was on her way to Iraq. I am very proud of my wife."

"Relieved, scare, nervous, words can't describe how a mother feels when she learns that her son is fighting a war," said Sheila Adams, mother of AN Eric Givens Jr. "Now that he is back, I am proud. We are having a family cook-out tonight and we are celebrating his safe return."

The Scouts would like to thank their families and friends, and everyone in the Jacksonville community for their love and support.

Photos by Miriam S. Gallet, Ryan Adrick & Nancy Osborn



Lt. Shane McDonald is reunited with his wife, KaCee, and their 10-month-old son, Austin, after a long deployment.

Mass casualty response

Drills and new equipment prepare NavHosp Jax

By Loren Barnes
Naval Hospital Jacksonville
Public Affairs

Naval Hospital Jacksonville would play a pivotal role in the event of a mass casualty event aboard NAS Jacksonville. The hospital would lend vital support to the base Fire Chief, who would command the response effort, and the station's Unified Command Post.

Naval Hospital emergency medical teams, in most scenarios, would be called upon to stabilize and transport victims from the scene to the hospital emergency room.

There, victims would be triaged, and either admitted to the hospital or sent to other area hospitals for care. Should exposure to a biological or chemical agent be suspected, victims and medical teams would be decontaminated before entering the hospital.

Over recent weeks, Naval Hospital Jacksonville has put its Mass Casualty Response Plan to the test in a series of drills. "This plan is continuously being evaluated and fine-tuned and hospital personnel are regularly trained and drilled on its execution," said Command Emergency Planner Dana Shropshire.

Prior to these drills the hospital conducted training for 10 members of its Medical Monitoring and Decontamination Team. The team is made up of the Radiation Health Officer and Environmental Health Officer and their technicians.

This was followed on May 15 by a hands-on drill in which the team assembled outside the Emergency Room and deployed the hospital's new decontamination unit. This unit, a portable facility that could be assembled in minutes, would be used to provide tertiary and primary decontamination to both ambulatory and litter patients in the event of a biological or chemical event.

This self-contained and easily stored unit also has a redress area for the patients once they're decontaminated. Members of the hospital's Executive Steering Council were on hand to assess the effectiveness of the new unit.

Five hospital representatives participated in a tabletop drill on May 19 in which base responders went through the fine points of the station's response plan using a scenario involving



Hospital Medical Monitoring and Decontamination Team members assemble the conveyor table that would be used to bring litter patients into the decontamination unit.



Patients arrive in the immediate care (red) triage area adjacent to the hospital Emergency Room during the May 21 Weapons of Mass Destruction Drill.



Lt. Vernon Richmond shows Capt. John Sentell, Naval Hospital Jacksonville executive officer, the decontamination shower's generator.

the release of a biological agent. This preceded a full-scale Weapons of Mass Destruction drill on May 21. That drill involved a simulated scenario in which an explosive device dispersing a chemical agent was set off at the Navy Exchange.

During the drill hospital medical teams, including first responders from Branch Medical Clinic Jacksonville under the direction of Disaster Preparedness Officer Steve Parris, transported and treated 17 "victims" to the hospital emergency room.

Shropshire said, "The drill provided an excellent opportunity for the Naval Hospital to exercise our command plan. We identified some areas that we need to improve but overall we received highly laudatory comments from the station's senior controller for the drill. He was particularly impressed that we actually exercised the drill rather than just simulating responses. Our people actually went

through the physical procedures that would be necessary in such an event." More than 50 hospital personnel were involved in the drill. These included Emergency Room personnel, the hospital's Security Force and leadership personnel from various hospital departments manning an Emergency Operations Center. "This was truly a command-wide evolution," Shropshire said.

The base-wide drill was overseen by the experts from the U.S. Army Soldier and Biological/Chemical Command, Aberdeen Proving Ground, Md.

"This drill was just one of several exercises that are forthcoming," said Shropshire. "All are designed to ensure that we are as prepared as possible for such a crisis."



Members of the hospital's Executive Steering Council take a look at the litter table that would be used for non-ambulatory patients during decontamination.

Naval Hospital Jacksonville
First and Family First

Your Doctor Is In!

Concerned about the availability of healthcare? Don't worry! Naval Hospital Jacksonville and TRICARE are here for you. From Family Practice to Surgery, OB/GYN to the Emergency Room, our staff continues to deliver the best family-oriented healthcare available.

For information on Naval Hospital Jacksonville services call the Customer Satisfaction Office, DMJ 322-9173 or visit us online at navy.mil

DISPATCHERS: Security department upgrades center



Photo by Ryan Adrick

Police Dispatcher Tina Hayes works on one of the computers in the new state-of-the-art dispatch center at the NAS Jax Security Department. Hayes recently completed a new 232-hour public safety telecommunications course to become more efficient in her daily tasks.

From Page 3

enced dispatchers gain knowledge by attending this course. "I really enjoyed the class. It was very informative and gave us a good foundation to build our skills. They also provided us with some points of contacts and allowed us to get some hands-on practical experience with other local departments," stated Gregory Snyder, who has worked as a dispatcher for the past 16 years.

While taking emergency calls is their primary responsibility, police dispatchers handle a myriad of other jobs as well.

"They are responsible for watching the base monitors, dispatching patrols, conducting base-wide notification procedures, checking the National Crime Information Center for stolen and wanted items and vehicle registrations, monitoring secret messages, checking email and writing up the daily desk journals," said Glenn Williams, NAS Jax chief of police.

"This course has been highly beneficial for our dispatchers. Even some of our road patrol officers have mentioned that they've noticed a difference on how our dispatchers are handling calls. I think they are doing a much better job gather information to give our officers on the road a more complete picture as to what they are responding to," Williams continued.

"There are no set standards for

police dispatchers in this state. We're hoping the Florida Department of Law Enforcement will look at this course at St. Johns River Community College and mandate some standards. There is an extremely high turnover of police dispatchers because they are paid low wages and the job is very stressful. New dispatchers need some sort of set standards to follow," he added.

As the only military organization in the area to send dispatchers through the course, the NAS Jax Security Department is striving to provide the best quality service they can to the community.

"We are very, very proud of our dispatchers and have provided them with the best professional training available for their job. We feel the outcome of this will benefit the safety of our police officers and members of the community. Their jobs are extremely vital. You never know when one of the calls they receive could mean the difference between life or death for one of our officers or someone they are responding to. They have to be accurate in both gathering and disseminating their information," explained Gary Newman, deputy director of Security.

Because the class is so new, there is currently no certification for police dispatchers, but at least for now there is a place they can go to get the training needed for this extremely crucial position.



Photo by HM2 John Veres

Cmdr. Michael Maher is in bliss as he greets his wife, Margarette, and children Meghan, Michael, Patrick Keenan, Colleen, Seamus, and Daniel.

HOSPITAL: 'Devil Docs' return home from mission

From Page 1

Clinics located throughout Florida and Georgia.

Similar to the better-known MASH units depicted in film and television, the 2nd FSSG is basically a surgical company. It consists of several elements including shock/trauma platoons as well as surgical platoons.

Braving attacks on their convoys, sandstorms and harsh living conditions and four months of separation from their loved ones, the 2nd FSSG's "Devil Docs" delivered outstanding care to Marine forces in the field. They started out in camps in Kuwait and moved in-country with the Marines as Iraq was invaded.

The trials of the deployment just made the return that much sweeter. HM3 Nathalie McKoy said, "Compared to what we went through this feels like heaven," as she made her returned home on crutches.

Lt. Cmdr. Alicia Morrison said the living conditions were very crude. "There was sand everywhere. I don't want to go the beach for a very long time," she said smiling.

Still she said, "We did great stuff over there. And all the Iraqi people were very appreciative." She said the experience that will stay with her forever was working with a little Iraqi boy who was critically wounded by a land mine. The young boy didn't make it," she explained, "and it affected all of us deeply. To see all the horrors of war. It affects children so badly," she said. "Especially since I work in the Pediatrics Clinic, it was really bad for us." Still, she said the Navy medical personnel made a huge difference. "They were unbelievable. We did great things with minimal supplies. Everyone worked together as a team. They were just great."

Lt. Danisha Robbins agreed that, "It was an incredible experience," but added, "It is great to be home." Greeted by her husband Ron, and children Kendall, 3, and Sydney, 2, she said what got the deployed troops through was planning and looking forward to their return.

Robins said the most memorable experience for her was when they administered last rites to an Iraqi civilian. "We just tried to make him feel at peace and reduce his fears. He was such a gentle man, very



Lt. Danisha Robbins clutches her son, Sydney, as she arrives at Naval Hospital Jacksonville.

Photo by HM2 Michael Morgan

kind." The deployment was also demanding on families back home. HM2 James Nelms was greeted by his wife, Dawn and children, Shyenne, 5, and Dakota, 18 months. Dawn said the separation had been trying. She said, "It was difficult explaining to her five-year-old why her Daddy was gone, why he wasn't back from work yet." She said, "I got through it with a lot of family support from my parents back in Michigan." She said now that he is back they plan on "lots of relaxation and spending time with Daddy."

Eighty-four deployed Naval Hospital personnel already returned on May 14 from serving aboard Casualty Receiving and Treatment Ships in the region. Approximately 20 members of 2nd FSSG continue to be deployed assisting various Medical units. They will return in small contingents as their mission requirements are fulfilled. Other hospital staff members are deployed with various Marine units around the globe, with Joint Task Force, Guantanamo Bay, Cuba or providing host nation medical support in Bahrain.

The safe return of this contingent of Naval Hospital Jacksonville "Devil Docs" is cause for celebration for the entire Naval Hospital Jacksonville family. It is a moment of pride as both our deployed men and women and their counterparts who continued delivering care back home can proudly say mission accomplished, job well done!



Photo by Kaylee LaRocque

Task Force Excel Briefing Team Member, Lt. j.g. Gary Turner gives a presentation on the new Task Force Excel program to NAS Jax Sailors at the base theatre May 27.

TRAINING: TFE turns corner on previous Sailor development

From Page 1

The evolution of the Navy advancement system and impact on officer and enlisted communities.

The NKO Navy Knowledge Online (NKO) Portal (www.NKO.navy.mil) and how it will be used for training and Sailor development.

"TFE serves as an ongoing process designed to deliver better trained, higher quality Sailors to the fleet, while providing Sailors with the tools and opportunities to achieve meaningful certifica-

tions and qualifications as a by-product of that training," Turner added. "We would like to ensure that all Sailors become an active part of the change process by logging on to the Navy Knowledge Online Portal (www.NKO.navy.mil) while it is in development. As more training opportunities become available on-line, the NKO portal will be the central point for access of Sailor career and training information."

For more information, visit the Navy Knowledge Online Portal or www.excel.navy.mil.

Navy College Office offers workshops

Tuition Assistance Workshop
Navy College Office will be conducting a Tuition Assistance Workshop June 19 from 1 p.m. in Classroom #3 at the Navy College Office. First time users and people who have

experienced difficulty using the TA process need to attend. For more information, call 542-2477.

Retirement Preparation Workshop
Navy College Office will be conducting a Retirement

Preparation Workshop June 26, at 1 p.m. in Classroom #3 at the Navy College Office. Any retirees, retiring military or previously military retired civil service personnel are invited. For more information, call 542-2477.

New 'welcome home' Web site launched

The Florida Times-Union has created a new Web site featuring welcome home articles from the different area commands. The Web site will be up and running through June. To check out this new site, log on to www.Jacksonville.com/militarysite/welcomehome/.

THIS IS NOT THE FLOOR PLAN OF A HOUSE. IT'S A TREASURE MAP.

Your home could be hiding some valuable treasure. More than 60 years ago Grandma gave you a nice bundle of Series E Savings Bonds. So you put them in a safe place and forgot about them—until now. And even though your old Series E Bonds are no longer earning interest, they could still be worth more than 5 times their face value. So why not redeem those old bonds at your local financial institution? To find out more call 1-800-4US BOND. Begin searching your memory then start searching your house. Because old Savings Bonds are a treasure worth digging for.

Do you have old Savings Bonds? Check out the Savings Bond Calculator at www.savingsbonds.gov to discover their value. 1-800-4US BOND

Creating a New Century of Savings **U.S. SAVINGS BOND**

A public service of this newspaper

FITNESS CENTER: Renovated space open and ready for sweating

From Page 1

cardio rooms, put in a new sprinkler system, additional showers and toilets in the women's locker room, completely renovated the men's locker room, added a massage room and a special control center for the instructors," stated Barbara Millhollan, Fitness Center director.

The renovation project is being done by Ellis Environmental Group for about one million dollars. "It definitely took a lot of hard work and coordination to get the Fitness Center open again. The contractors have been outstanding, especially Neal Donley of the Ellis Group. He's been great. Without him, we would have this facility where it is today. He paid attention to every one of my requests, no matter how big or small. He consulted me on every step and we discussed every process," Millhollan exclaimed gratefully.

"I also have to thank my staff. Without them, we never would have gotten our doors open on time. Many of them came in over the Memorial Day weekend to help get things situated. We still have some minor things to do, but we want everyone to know, we are back open for business," she added.

As many patrons hit the treadmills, bikes and stair steppers the minute the doors opened, others just stopped in to take a look around. "I just walked in the door to check things out. So far what I've seen is very nice. There is much more room and everything is more spread out. I like it. I work at NS Mayport and was coming here at night to work out because I live on this side of town. When they closed, I rearranged my schedule to work out at lunch. Now, I'll switch back and come here again," explained GMC James Little, happily.

The center has also resumed its classes including a biking class in the new spinning room. "We are back up and running. Our doors open at 5 a.m. and all our classes are back on schedule," said Millhollan.

The rest of the renovations are expected to be completed sometime in July. "At that time, we will hold a grand re-opening celebration to officially open our "new" fitness center," Millhollan stated.

The Fitness Center is open Monday through Friday from 5 a.m. to 9 p.m. and Saturday and Sunday from 9 a.m. to 3 p.m. For more information, call 542-3518.

Classes Available

The following are classes currently offered at the NAS Jax Fitness Center:

Monday

- 6:45 a.m. – Group Exercise
- 9 a.m. – Getting Started
- 11:15 a.m. – Ultimate Cardio Step
- 4 p.m. – Ab Attack
- 4:15 p.m. – Just Step
- 5 p.m. – Just Step
- 6 p.m. – Step and Tone

Tuesday

- 11:15 a.m. – Cycle Reebok
- Noon – Discovery Yoga
- 4 p.m. – Ab Attack
- 4:15 p.m. – Just Step
- 5 p.m. – Ultimate Cardio Step
- 6 p.m. – Step and Tone

Wednesday

- 6:45 a.m. – Group Exercise
- 9 a.m. – Getting Started
- 11:15 a.m. – Power Flex
- 4:15 p.m. – Cycle Reebok
- 5 p.m. – Kick Boxing
- 6 p.m. – Step and Tone

Thursday

- 11:15 a.m. – Cycle Reebok
- Noon – Discovery Yoga
- 4 p.m. – Ab Attack
- 4:15 p.m. – Just Step
- 5 p.m. – Power Flex
- 6 p.m. – Step and Tone

Friday

- 9 a.m. – Getting Started
- 11:15 a.m. – Power Flex
- 4:15 a.m. – Kick Boxing

Saturday

- 9 a.m. – Step Class

Sunday

- 9 a.m. – Power Flex



Photos by Kaylee LaRocque

Patrons workout on the stair steppers at the Fitness Center, which reopened May 28 after a six-month renovation.

The Wellness Center offers assistance

Building 867
Corner of Jason & Enterprise

Monday-Friday
7:30 a.m. - 4 p.m.

- Health Fitness Assessment
- Cholesterol Reduction
- Blood Pressure Reduction
- ShipShape Weight Management
- Healthy Eating
- Lose Weight With Hypnosis
- Tobacco Cessation using Nicotine Replacement
- Tobacco Cessation using Zyban
- Quit Smoking With Hypnosis

Call us today to schedule an appointment at 542-5292, Ext. 10.

Out in town, need a ride - Club 2000 can help

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338.

You will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.

Who to notify when a credit card is stolen

Credit card theft is a huge burden and can cause major problems for victims.

The following are numbers to call if cards are lost or stolen. These agencies

should be contacted immediately.

Equifax Credit Bureau: 800-525-6285.

Experian Credit Bureau: 888-397-3742.

TransUnion Credit

Bureau: 800-680-7289.

SS Administration Fraud

Line: 800-772-1213.

Federal Trade

Administration - Identity

Theft Line: 877-438-4338.



MWR NOTES

Flying Club holding open house

The Jax Navy Flying Club is hosting a homecoming/open house at Cecil Commerce Center on June 21 from 11 a.m. - 5 p.m. at Pavilion 174 at the entrance to the Cecil Commerce Center. All naval personnel are welcome to come out. There will be food, games, and airplane rides. For more information, call 742-9290.

Father's Day lunch

An all-hands Father's Day Luncheon is being offered June 15 from 1-4 p.m. at the River Cove Officer's Club main dining room. The meal will be a reef and beef buffet. The cost is \$17 for adults and \$8.50 per child. Reservations required, walk-ins will not be accepted. Call 542-3041.

NAS Jax Golf Club happenings

A golf and lunch special is being offered for \$19 weekdays after noon and weekends and holidays after 3 p.m. This special ends Aug. 31.

Players are entitled to 18-holes, cart, green fees and one lunch menu item. For more details stop in the Pro Shop or call 542-3249.

Aquatics Department taking reservations

The Outdoor Pool is now open for the summer season. The hours are 11 a.m. - 6 p.m. daily.

The Aquatics Department staff members are now taking reservations for private parties at the outdoor pool.

The Aquatics staff is eager to help you get you fit. Join them for an aqua aerobics class, Monday - Thursday from 11 a.m. to noon, or Monday, Wednesday, and Friday from 4:30-5:30 p.m. and again from 5:30-6 p.m. There is still time to enroll in May swimming classes. Registration is open for all levels. Please contact the Aquatics Department at 542-2930.

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 has been forced to increase prices. We still have the lowest prices around.

The NAS Jax Veterinary Treatment Facility 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.

Appointments may be made in person or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an out-patient basis. Heartworm and flea prevention products are available for purchase at the clinic during regular business hours.

Liberty offers adventures

If adventures and challenges are your cup of tea, then join the crew at Liberty Cove Recreation Center for some real excitement this month.

On Saturday, the crew is going on a kayaking and canoeing down the St. Mary's River. The cost is \$7. The van leaves Liberty at 7:15 a.m.

On Sunday, take a mountain bike challenge ride and swim at Summer Waves Water Park at Jekyll Island. The cost is only \$15. The departure time is 7:30 a.m.

On Tuesday, Sailors can

enjoy free hotdogs and hamburgers from 5-7 p.m.

Liberty Cove is also selling Luau tickets for the Bowling Center at a reduced price for single Sailors. For more information, call 542-3491.

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.

NAS Freedom Lanes offers great deals

This summer enjoy some bowling fun. Each weekday this month through August, patrons can enjoy three games of bowling (including shoes) or two games, shoes and a hotdog and small drink for only \$6 from 11 a.m. to 4 p.m.

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

The Freedom Lanes fourth annual Luau is June 28 from 6-11 p.m. Bring your friends, family and shipmates to this "Island in the Sun" themed event. The event is open to all hands. There will be bowling, shoe rental; all you can eat buffet, DJ, prizes and beverage specials. The cost is \$20 for adults 13 and up, \$15 for children 5-12, \$5 for children 3-4, and children 2 and under are free. A special buy of five adult tickets get an additional ticket for free.

Call the center for event schedules at 542-3493.

Youth classes

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

advantage of the fun events at the youth center. Monday evenings in June are indoor soccer from 6:15 - 8:15 p.m. There are plenty of Friday events in June to keep the kids happy. Tonight is free movie night; June 13 is pizza and fun for \$3. Call for other Friday events.

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.

Tomorrow, 7 p.m. - Catch Me If You Can (PG13)

Saturday, 5 p.m. - Just Married (PG13)

Saturday, 7 p.m. - NARC (R)

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.

Here are some of the upcoming events I.T.T. has tickets for: Suns Baseball tickets - general admission is \$4.

Disney Florida resident four-day play pass - \$107.45. Good until Sept. 30.

The following are upcoming trips:

Saturday - Savannah trip. Enjoy a beautiful day that includes transportation, a guided trolley tour of the city and plenty of free time for \$27.75.

June 21 - Shop till you drop. Shop at the Millenia and the Premium Outlet Mall in Orlando for \$14.

June 28 - Spirits of St. Augustine. Sail on a 72' schooner and hear ghostly tales for \$36.

Orlando theme parks salute the military

To show their appreciation for active duty military, there are special deals available at Disney, Universal, Sea World and Busch Gardens. For more information contact the parks at: Sea World: www.seaworld.com

Busch Gardens: www.buschgardens.com

Disney: www.disneyworld.com/military or call (407) 939-7424

Universal: www.universallorlando.com or call (800) 232-7827

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 mwrnktg@nasjax.navy.mil.

NAS Jax golf happenings for June

From MWR

The NAS Jax Golf Club is offering a welcome home military special of golf and lunch for \$19 weekdays after noon and weekends and holidays after 3 p.m. until Aug. 31.

Players are entitled to play 18 holes which includes cart and green fees and one lunch menu item.

All patrons celebrating their birthdays in June can take advantage of a free 18 hole round of golf on their special day.

All military patrons play free when you bring three civilian guests to play NAS Jax at the normal guest rate in the same foursome. A tee time is required. This special is good weekends and holidays.

Active duty golfer appreciation discount days are June 10 and 24. Retirees and DoD days are June 12 and 26. Enjoy free green fees on your day. Cart fee required.

Every Thursday night we host a 9-hole scramble. All authorized patrons and guests are welcome to compete. Call the golf shop to register your name by 3:30 p.m. on Thursday. The scrambles will begin at 5:30 p.m. The handicap computer will form the teams ABCD. If you do not have a handicap index, please give us an average score or your best guess when you call. The entry fee for authorized patrons is \$15 and guests are \$20. The fee includes green fee, cart, and prize purse. There will be an optional team skins purse and closest to the pin contest.

The MGA will conduct its monthly event on Sunday. The format will be the best net ball of the two-man team. You may form your own two-man team and playing foursome. Individual skins are \$5, individual closest to the pin is a \$2 entry, free coffee and doughnuts. Registration deadline is today. Players must check in by 7:45 a.m. to be eligible

to play in the event. A steak dinner will be offered following the round.

Another volunteer workday is scheduled for Monday from 9 a.m. to noon. Everyone is invited to help out with various clean up projects on the course. Bring work gloves and limb cutters. All volunteers receive lunch and a round of golf on Monday and an additional round on a weekday as a thank you for helping. Register your name and phone number in the golf shop.

On June 22, NAS Jax will conduct its local qualifying for the 2003 Buick Scramble on at 1 p.m. The entry fee is \$60 per player and all participants receive a complimentary round of golf for participating. Also included are a dozen golf balls, \$50 gift certificate in the golf shop sponsored by Buick, and team prize purse. The golf shop has entry forms and brochures with guidelines on how to form teams. Divisional winners move on with a Jax professional to the sectional qualifying at Deerwood Country Club.

NAS Jax is holding a two-man civil service championship June 23 at 1 p.m. The entry fee is \$45 per person. Form your own two-person team. Teams will be flighted by the team total handicap. All players must have an established handicap to be eligible. Each two-person team must have an active or retired civil service individual. All participants will receive a complimentary round of golf in appreciation for participating and a steak dinner following play.

The Golf Club is hosting a Junior Golf School for ages 6-17 of all levels. The school offers three one-week sessions with classes running from 8:30-10 a.m. Monday-Friday. The cost is \$75 per golfer per session.

For more information on any of these events, call 542-3249.



FFSC offers programs

The NAS Jacksonville Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. Contact 542-2766, Ext. 127 to register.

The following workshops are available in June:

- June 9-13, 8 a.m. - 4 p.m. - Command Financial Specialist Training
- June 10, 8 a.m. - 4 p.m. - Stress Management
- June 10, 9-11 a.m. - Self-Directed Search
- June 11, 9 a.m. - noon - Coping With Difficult People
- June 12, 8 a.m. - noon - Divorce Adjustment
- June 16-19, 7:30 a.m. - 4 p.m. - Transition Assistance (retiring)
- June 24, 9-10 a.m. - Sponsor Training
- June 24, 1-3 p.m. - Car Buying Strategies
- June 25, 9-11 a.m. - Marketing Yourself (for spouses)
- June 25, 9 a.m. - noon - How To Have A Healthy Relationship
- June 26, 8-11 a.m. - Anger Control Workshop
- June 26, 9 a.m. - noon - Florida Family Law Information Seminar
- June 26, 1-3 p.m. - Volunteer Service Council
- June 26, 3-5 p.m. - Mentor Training
- June 26, 6:30-8 p.m. - Military Spouse 101 Resource Fair
- June 27, 9-11 a.m. - Debt Management

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 #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.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month

from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (kaldj28@aol.com).

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.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

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

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. NNOA is a non-secretariat, not-for-profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image. Interested personnel are encouraged to attend or contact

Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

The **Fleet Reserve Association Branch and Unit 126** will have their installation of officers Saturday at 5 p.m. All interested parties are invited to attend this ceremony at the Branch Home, 7673 Blanding Boulevard. For more information, call 771-2936.

The **Jacksonville Genealogical Society** will meet June 21 at 1:30 p.m. at the Webb-Wesconnett Library, 6887 103rd Street. For more information, call Mary Chauncey at 781-9300.

The **VFA-131 20th Anniversary Reunion** will be held July 11-12 in Virginia Beach, Va. For more information contact Lt. James Yeats, VFA-131, Unit 60145, FPO AE 09504-6229 or email yeatsja@vfa131.navy.mil.

The **U.S. Coast Guard Auxiliary (Flotilla 14-8)** is sponsoring a one-day Boating Safely program June 14 and July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob

Strong at 721-1346.

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.

The **VP-4 Association** is holding a reunion Oct. 6-9 at the Flamingo Hotel in Las Vegas, Nev. For more information and to register, email VP4assoc@adelphia.net.

USS Iwo Jima (LPH2/LHD 7) will hold their annual reunion Oct. 16-19 in Norfolk, Va. For more information, call Robert McAnnally at (866) 237-3137 or email yujack@megalink.net.

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

COMMUNITY CALENDAR

JAX TALES

By Mike Jones

RICKYSTOUR@YAHOO.COM



HELPING HANDS

Red Cross needs volunteers locally

The local chapter of the American Red Cross has numerous volunteer opportunities available. If you can help out, call Karen at 358-8091, Ext. 1815.

Instructors - currently needed to teach aquatics, CPR/first aid and babysitting programs. Evening/weekend availability.

The Disaster Action Team needs volunteers to provide immediate and essential assistance to families and individuals affected by disasters.

Shelter workers are needed to work in a shelter providing food and other essential care to families evacuated from their homes in times of disaster. Needed in all 10 counties in chapter's jurisdiction.

Medical support opportunities are available at Naval Hospital Jacksonville, NS Mayport Medical Clinic, and NSB Kings Bay, Ga. Opportunities are available in the pharmacy, dental, Family Practice, Medical Records, and the shuttle service for patients at NAS Jax.

Mental Health Counselors are needed to provide assistance to victims of disaster. Opportunities are also available to provide support to military family members and to host family support group meetings.

Nurses are needed to assist during disasters, perform blood pressure screenings, and represent the Red Cross at health fairs.

Coordinators are also needed to develop and implement a recruitment program for each of

chapter's 10 counties.

Fur Ball Gala

Join the Jacksonville Humane Society Saturday by volunteering as a pet butler, monitor the silent auction, register guests or assist in the pet lounge during a black-tie affair. Shifts are available from 5 p.m. to midnight. You must be 18. Call Chris Whitney at 725-8766, Ext. 206 to sign up.

Beaches Fine Arts Series Triathlons

The Beaches Fine Arts



GULFSTREAM INT'L AIRLINE; 2c; 7"; Black Only;

THE GOOD FEET STORE; 3c; 10.75"; Black Only;

RICHARD C CROVATTO
DMD; 1c; 2.5"; Black Only;

NAMTra wins Greybeard League



Photos by Ryan Adrick

James Husser of Wing 11 tries to keep his team in the championship game on Monday. Due to a double elimination the two teams played their final match Tuesday.

(Below) NAMTra Pitcher John Pisarski keeps his team close on the heels of the Wing 11 team knowing that a win would give them the championship title. NAMTra defeated Wing 11, 18-6 in the final game Tuesday to win the Greybeard Softball League.



JU SCHOOL OF ORTHODONTICS; 3c; 10.75"; Black Only; PU 5/29 R001263

JAX SPORTS & STANDINGS

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races.

Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times.

If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

For more information, call 542-2930/3239. Visit the MWR website at www.nasjax.navy.mil.

HS-5	4	9
ZHITRON 10	5	9
VP-62	4	9
HS-15	2	9
SERCC	2	12

Open Softball Standings

As of May 30			
Team	Wins	Losses	
CB'S	12	5	
VP-16	11	4	
Beanie Boys	10	7	
NAMTRra	8	8	
Beef O'Brady's	7	8	
Onsite Aviation	1	16	

Intramural Final Soccer Standings

Team	Wins	Losses	Ties	Points
VP-30	9	0	1	19
NavHosp	6	2	1	13
VS-31	6	3	0	12
ASTC/CNRSE	4	6	0	8
VP-45	2	7	0	4

2003 Women's Final Softball Standings

Team	Wins	Losses
VP-16	10	1
VP-45	9	3
Lady Cougars	5	5
MWR	3	9
NavHosp	1	10

Regular Season Bowling Standings

SERCC "G/S"	356
VS-32	340
AIMD "D"	284
SERCC "B/T"	271
AIMD "B/B"	265
VR-58 "B/B"	236
VR-58	195
CV-TSC	71

League Champion

- 1st - SERCC "G/S"
- 2nd - AIMD "D"
- 3rd - VS-32

Standings

Greybeard Final Softball Standings

Team	Wins	Losses
CPRW-11	11	3
NAMTra	7	5
AIMD	6	6
VP-30	5	9

Intramural Softball Standings

As of June 2		
Team	Wins	Losses
Air Ops	13	2
AIMD Bombers	9	2
VR-58	10	3
NAMTra	9	4
VP-30	9	5
VP-16 Red	7	5
VS-30 Red	7	6
VS-31	7	6
VP-45	8	7
VS-30 Black	6	7
HS-75	3	7
VP-16 White	6	8

SCOTT LOANS; 2c; 3"; Black Only;

DUVAL HONDA; 3c; 10.75"; Other Color;