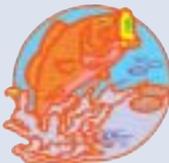




Jax Air News

TOUCHING BASE



Bass tournament set for Saturday

The 20th Annual Bass Tournament is slated for Saturday at the Mulberry Cove Marina. The event will begin at the first light of day. The entry fee per boat is \$75. The tournament will be team format with two anglers per boat. Cash prizes will be awarded for the top seven places and all participants can enjoy a free cookout during the awards ceremony.

The event is open to all base personnel. For more information call the marina at 542-3260.

Orientation slated for next Thursday

The next Navy-Marine Corps Relief Society orientation is scheduled for next Thursday from 9 a.m. until noon at the NMCRS office located in Building 876.

A breakfast snack and lunch will be provided. All child care expenses will be reimbursed. To sign up for this orientation, call 542-3515.

WEEKEND WEATHER

FRIDAY 63/76
Mostly Cloudy
SATURDAY 62/80
Mostly Cloudy
SUNDAY 62/80
Partly Cloudy

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

VR-58 gets new C-40 Clipper



VR-58's new C-40 Clipper makes its first landing at NAS Jax.

Photo by PH1(AW) Darryl Herring

New arrival replaces C-9B Skytrain

From VR-58

VR-58 celebrated the arrival of its new aircraft, the C-40 Clipper, on March 28. The C-40, the military's version of the civilian 737-700C passenger aircraft and the newest aircraft in the Navy inventory, is replacing the C-9B Skytrain, which VR-58 flew for 23 years.

VR-58 was the second squadron to fly the C-40. Fort Worth, Texas-based VR-59, home of the Fleet Logistics Support Wing, was the first squadron to fly the new plane last year.

With the arrival of the C-40, VR-

58 will continue to perform its same mission, moving people and cargo, but will do it cheaper and more efficiently. The C-40 will set new standards for performance, low-cost operations and reliability for the fleet logistics support mission.

The squadron will fly the aircraft in one of three different configurations: 1) the all-passenger rig, which will carry 121 passengers, compared to 90 passengers for the C-9B, 2) the all-cargo rig, which can carry 41,000 pounds, compared to 25,000 pounds for the C-9B, and 3) the combination rig, which can carry three pallets of cargo and 70 passengers, compared to three pallets and 45 passengers for the C-9B.

VR-58 said farewell to its last C-9B Skytrain aircraft on Dec. 13,

2001 when Lt. Cmdr. Jeff McRobert and Lt. Cmdr. Hobie Anderson flew the squadron's last C-9B mission to San Diego, Calif., and then to NAS Norfolk, Va. VR-56, the NAS Norfolk C-9 squadron, took possession of the aircraft on arrival.

"It's exciting, and an honor and privilege to get to take the last squadron flight. But it's kind of sad that we won't see these flying for our squadron anymore. We are very excited and proud, however, about the arrival of our new aircraft, and we can't wait to start flying that," said McRobert.

The C-40 Clipper is replacing the Naval Reserve's aging C-9B fleet, of which 25 percent are more than 31 years old. There are 27 C-9B aircraft spread among six C-9B squadrons around the country.

VR-58 started flying the C-9B Skytrain in April, 1978, six months after the establishment of the squadron at NAS Jacksonville. The squadron's active-duty and selected reservist personnel have provided seven days a week, around-the-clock worldwide logistical support for all Department of Defense agencies ever since. The six Naval Reserve squadrons like VR-58 provide 100 percent of the Navy's worldwide in-theater medium and heavy logistics airlift support.

The complete Naval Reserve transition to the C-40 will be a gradual shift from the old to the new, with a different squadron upgrading from the C-9 to the C-40 about every 12 months. VR-58,

See C-40, Page 8

'Fouled Anchor' reopens after renovations

By JO2 Mike Jones
Editor

The "Fouled Anchor" Chiefs' Club aboard NAS Jacksonville reopened its doors for business April 5 following a ribbon-cutting ceremony.

The club underwent approximately seven months of renovations that included a complete remodeling of the interior.

"We've installed new carpet, new furniture, new audio and visual equipment," said Mark Craig, MWR facilities maintenance manager. "The bar was also completely redone and a deck was added. Literally everything was redone."

Craig pointed out the addition of the outside deck helped to make the club one of the first non-smoking facilities. "All DoD facilities are supposed to become non-smoking by December," he stated. "We decided to get ahead since we were already into the renovation process."

Approximately \$100,000 was spent on the renovation project, Craig added. "It was all carried out



Photo by PH3(NAC) Aaron Taylor
(From left) AMC(AW) Jeff Tucker; Capt. Mark Boensel, NAS Jacksonville commanding officer; and CMDMCM(AW/SW) Charles Lawson officially reopen the "Fouled Anchor" Chiefs' Club with a ribbon cutting April 5.

by our own assets here at NAS Jacksonville" he remarked.

"A lot of self-help came through the First Lieutenant Division, MWR Maintenance Department and a lot of chiefs who pitched in

their time and effort to complete this project," said AMC(AW) Jeff Tucker, NAS Jacksonville assistant command master chief. "It was definitely a full team effort."

The club, located in The Zone

complex at Bldg. 798, moved to its current location from Bldg. 789 (PSD) in 1995. "It's neat when you think about the building numbers: 7, 8 and 9," Craig mentioned. "It has a nice ring to it."

"It's beautiful. Everyone was quite impressed with the new club," said Chris Aiell, MWR food and beverage manager. "It's a place to relax after work. It's also a place to house many of the chiefs' functions, such as retirements."

The combined efforts of everyone involved proved vital in the club's renovation, explained CMDMCM(AW/SW) Charles Lawson, NAS Jacksonville command master chief. "Chief Tucker was a driving force behind this renovation, and this project could not have been done without the support of the MWR system," he said.

"The final product turned out better than we hoped," Tucker said. "There was tremendous support from all levels - from the top down. There's a nice atmosphere to it. It's a chiefs' club."

For more information, call 542-3521.



Photo by JO2 Mike Jones

Universal Studios salutes America's heroes with parade

(From left) LN1 Jondell Ritchie, YN1(AW) Salvador Ortiz and LN1 Susan Noell practice some throws prior to the Universal Studios, Orlando Mardi Gras Parade last Friday. Several Sailors from NAS Jacksonville were featured in the parade as part of the park's "Salute to Heroes."

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HRO UPDATE

Federal government now offers long-term insurance

From Human Resources Office, Jacksonville

On March 15, Kay Coles James, director of the U.S. Office of Personnel Management, launched the Federal Long Term Care Insurance Program, under which federal employees and members of the uniformed services, as well as retirees of both groups and certain family members, can apply for coverage.

"The ability to insure our futures and to honor our primary responsibilities is one of the nicest gifts we

can make to our children, our spouses, other family members and, quite frankly, to ourselves," said James. OPM is the sponsor of the Federal Long Term Care Insurance Program (FLTCIP).

The long-term care insurance initiative begins with an early-enrollment period that runs through May 15, and includes an education campaign that will allow individuals to become better informed about long-term care insurance. The early-enrollment period is most appropriate for indi-

viduals who are better informed about long-term care insurance. OPM urges those who are not as familiar with this insurance product to use the education period to decide which, if any, long-term care insurance best fits their needs. The next enrollment opportunity or "Open Season" for long term care insurance after May 15, will be July 1 - Dec. 31.

"The Federal Long Term Care Insurance Program is an option that can protect us emotionally, financially and socially at a time when

family members face unimagined challenges," said James. "With access to long-term care insurance, we can act responsibly by planning well in advance for future care costs, giving us more time to focus our love and attention on what's really important — family."

To find out more about the new Federal Long Term Care Insurance Program and to subscribe for free to "Get Smart About Your Future", visit the Web site at www.LTCFEDS.com or call 1-800-582-3337.

Tax deadline nears

Tax Specialist Stephanie Wiley gets some information from Derrick Edwards before doing his federal income taxes at the Tax Center on base. The Tax Center will be open from 9 a.m. to 5 p.m. today, tomorrow and Monday. The deadline for filing is midnight on Monday. For an appointment call 542-8088/84.



Photo by Kaylee LaRoque

Battle of Midway dinner slated for May 31

By CNRSE Public Affairs

Tickets are now on sale for this year's Battle of Midway commemoration dinner, which will be held May 31, at the Radisson Riverwalk Hotel on Jacksonville's southbank. Tickets may be purchased from the following installation locations: NAS Jacksonville, Office of the Command Master Chief, IT1 Guy Stelzenmuller at (904) 542-4545/2934; Naval Station Mayport, ITC (SW/AW) Victor Martin, 270-7354 extension 116; and Naval Submarine Base Kings Bay, Lt. Suzette Maffett at (912) 673-2617.

Ticket costs for active duty personnel are as follows: E-6 and below, \$20; E-7 to O-4, \$30; and O5 and above, including civilians and retirees, \$40. Battle of Midway veterans and their spouses pay \$20 each.

The Battle of Midway, which took place June 4 through 7, 1942, has been called the most important

sea battle of the 20th century. It has been described by military leaders and historians as the turning point of World War II in the Pacific. The defeat of the much larger Japanese fleet at Midway by a numerically smaller U.S. force was a blow from which the Japanese Navy never recovered.

The purpose of the Midway celebration is to ensure that these acts of courage and spirit are not forgotten, and offer all hands the unique opportunity to meet and talk with true heroes of this historic battle.

The guest speaker will be Lt. Cmdr. William Roy, whose still and motion picture photography from the USS Yorktown captured scenes from the Battle of Coral Sea including the sinking of USS Lexington, and the sinking of USS Hammann during the Battle of Midway.

When forced to abandon the severely damaged USS Yorktown at Midway, Roy

carried three canisters of the historic film under his life jacket. While in the water he helped in rescue efforts and tended to wounded.

Roy began his military career with the Florida National Guard at Camp Foster, the site of what is now NAS Jacksonville. He joined the Navy in 1939, reporting to the USS Yorktown in 1941 after completing the Navy School of Photography. He later returned to NAS Jacksonville, receiving a direct commission as a lieutenant in 1953. He retired in 1981.

Following military service, Roy furthered his education, receiving both a law degree and MBA. He continued to serve his country by playing a key role with the Martin Company at their Test Division, Cape Canaveral, for Missiles and Rocket testing, as well as similar work for the Air Force. He was then heavily involved in both NASA's Gemini Project for the

launch of two astronauts into space, and the Apollo Moon project.

He subsequently worked as the international lawyer, then corporate counsel for Dow Chemical Company. Upon retirement from Dow he entered into private law practice in Florida, and now resides with his wife, Barbara, in Naples, Fla.

In addition to Roy's address, other plans include a historical program and displays, music by Navy Band Southeast, dining and dancing. Cocktails begin at 6:30 p.m., followed by dinner at 7:30 p.m.

Uniform will be:
O4 and above - Dinner Dress White Jacket
O3 and below - Dinner Dress White/Dinner Dress White Jacket Optional
Covers not required
Civilian: Black tie or business attire

This celebration marks the 60th anniversary of the Battle of Midway as well as the 100th anniversary of the Navy League.



Meet A Sailor ...

ABH3(AW) DAVID SMILEY II

Job title/command:
Air Operations, T-Line

Hometown: Buffalo, N.Y.

Past Duty Stations: USS Abraham Lincoln (CVN-71)

Family Life: Married

Career Plans: To become a Limited Duty Officer and retire from the Navy.

Most Interesting Experience: Walking under USS Abraham Lincoln while in drydock.

Words of Wisdom: Set goals for yourself and keep your eyes on them.



Meet A Civilian...

DON HALL

Job title/command:
FASO System Administrator/
Network Security Officer

Hometown: Somerville, Mass.

Past Duty Stations: NS Mayport Branch Medical and NAS Cecil Field ADP Department

Family Life: Married with several children, grandchildren and pets.

Career Plans: To serve the Navy's needs.

Most Interesting Experience: Meeting Sen. Sam Nunn.

Words of Wisdom: Always look for the best in people.

Hospital to sponsor fund drive event

A 3-on-3 Basketball Tournament is being sponsored by Naval Hospital Jacksonville on April 26 from noon to 5 p.m. and on April 27 from 8 a.m. to 4 p.m. at the NAS Jax gym. Four players are allowed per team and the cost is \$25. Trophies will be presented for first, second and third place. All proceeds go to the 2002 Navy-Marine Corps Relief Society Fund Drive.

For more information call Lt. Judge at 542-7841, HM1 Banks at 542-7456 or HM1 Tarver at 542-9231.

Maintain OPSEC on the Internet

Remember the importance of operations security (OPSEC). OPSEC can be defined as "the process of denying to potential adversaries information about capabilities or intentions by identifying, controlling and protecting generally unclassified evidence of the planning and execution of sensitive activities."

The careless posting, discussion or e-mail of sensitive or classified information in the unclassified Internet medium could pose a threat to Navy and Marine Corps operations and personnel.

Simply put: Loose lips sink ships.

Be conscious of what you put in an e-mail and of who it's going to. You may assume that everybody is cleared and everybody has a "need to know," even if it's unclassified. But once that email leaves, it can be forwarded to thousands of different locations without your knowledge.

If you aren't sure whether something can be construed as "classified," then don't send it through e-mail.

Don't discuss passwords over an unclassified phone. If a system administrator gives someone a new password, that should be done over a secure means.

Always ensure your anti-virus software is up-to-date at home, especially if you bring files from home in to work.

Use "strong" passwords, e a combination of upper and lowercase letter, numerals and special characters.

Correction...

In last week's issue of the Jax Air News we mistakenly printed that Daylight Savings Time will fall back when in fact it should have said spring forward.

Thanks to those who noticed and read the *Jax Air News*.



Sunday Services at the Base Chapel

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

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant Communion
9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship

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

Jax Air News

NAS Jacksonville Commanding Officer Capt. Mark S. Boonssel
Public Affairs Officer Charles P. "Pat" Dooling
Deputy Public Affairs Officer Miriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff
Editor JO2 Mike Jones
Staff Writer JO3(SW) Eric Clay
Staff Writer JO3 Jackey Bratt

Civilian Staff
Manager Ellen S. Rykert
Asst. Editor Kaylee LaRoque
Design/Layout George Athley

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VS-22 flies first fleet CIP jet

By Lt. Mark Alexander
VS-22 PAO

Since returning from a deployment last May, VS-22 aircraft have received multiple communications, navigation, and weapons upgrades. The latest is the Communications Improvement Program (CIP). CIP provides S-3B aircraft with improved UHF channelization, VHF radios, satellite communications capability, maritime VHF, Havequick, and Close-Air-Support (CAS) capability.

The expanded capabilities improve the aircraft's ability to operate overseas, as part of a strike package, or in conjunction with ground-based Army/USMC assets.

VS-22 is the first fleet squadron to install CIP hardware. Each jet is sidelined for 30 days while the communications equipment is added. During that period, the aircrew receive extensive training on the operation of the new system. On March 22, 2002, the VS-22 "Checkmates" flew aircraft 707, their first

CIP jet.

The return to flight for aircraft 707 was more difficult because flight control surfaces were used to support squadrons deploying earlier this year. A complex re-rigging of the entire flight control system was required prior to 707's return to flight.

VS-22 hopes to have another CIP modified jet flying this month. Meanwhile, Checkmate aircrew are eagerly developing tactical procedures to maximize CIP's benefit to the carrier air wing.

New OIC takes command of AIMD

By AIMD's Public Affairs Office

Cmdr. Robert Caldwell assumed duties as Officer-In-Charge (OIC) of Aircraft Intermediate Maintenance Detachment (AIMD), Jacksonville following a Change of Command ceremony March 14 aboard Naval Air Station Jacksonville.

Caldwell relieved "acting" AIMD OIC Lt. Cmdr. Timothy Pfannenstien in the ceremony. Pfannenstien will remain with AIMD until his transfer to USS John F. Kennedy (CV 67) in May 2002.

Caldwell, a native of Mississippi, was commissioned through the Naval Reserve Officer Corps. He is a graduate of Auburn University, holding a Bachelor of Science degree in aerospace engineering. He also earned a Master of Science degree in aeronautical engineering from Naval Postgraduate School in Monterey, Calif.

After receiving his commission Caldwell was assigned to Patrol Squadron Four (VP-

4), at NAS Barbers Point, Hawaii where he served as maintenance control, material control and quality assurance officer. In 1990, he reported to the East Coast F-14 Fleet Replacement Squadron (FRS), Fighter Squadron (VF)-101, at NAS Oceana, Va., where he served as squadron assistant maintenance officer.

His next tour was onboard USS Enterprise (CVN-65) as the general maintenance officer and support equipment officer. In 1998, he received orders to the Chief of Naval Operations (CNO), Air Warfare Directorate staff in Virginia and was assigned as the engine depot maintenance requirements officer.

In 2000, following his tour with CNO he was deployed to Sasebo, Japan as the aviation maintenance officer aboard USS Essex (LHD-2). In 2002, Caldwell reported to Commander, Sea Control Wing, U. S. Atlantic Fleet, and is currently assigned as OIC of AIMD.

CV-TSC announces Sailors of the Year

From CV-TSC

AW1(AW) Heriberto Cruz Jr. is Carrier Tactical Support Center (CV-TSC) Ashore Senior Sailor of the Year (SOY). Cruz, who reported to the command in August 1999, is CV-TSC Ashore's Assistant Mobile Training Team (MTT) coordinator, MTT Blue Team supervisor and Command Fitness coordinator.

The Yonkers, N.Y. native is known for being a well-rounded Sailor on and off duty. His selection as Sailor of the Year is a result of his unflinching leadership and his dedication to perfection.

Among Cruz' many accomplishments is assistant MTT coordinator managing an annual budget of \$78,000 while orchestrating 15 MTT events. As a MTT supervisor and Sea Control

Advance Readiness Program instructor, he was responsible for numerous program updates for the Fleet Carrier Tactical Support Center (SNEATT), S-3B mission software, Surface Network Embedded Analysis and Tactics trainer. He personally mentored personnel assigned to CV-TSC Ashore in obtaining their qualification standards.

ET2 Thomas Rowland is Carrier Tactical Support Center (CV-TSC) Ashore Junior Sailor of the Year (JSOY). Rowland, who reported to the command in May 2000, is the command's Video Teleconference Coordinator (VTC) and maintenance technician.

The Lake Alfred, Fla. native is directly responsible for the development and implementation of the VTC

system establishing high priority means of communications for numerous commands onboard Naval Air Station Jacksonville.

Rowland was "Santa Claus" for many families this past December by personally coordinating three VTCs for several commands stationed here who were deployed in support of Operation Enduring Freedom during the holiday season.

His tireless efforts along with his "can do attitude" were instrumental during the troubleshooting and reconfiguring of the CV-TSC phone system and repairs to the Multi Sensor Analysis System (MSAS) after suffering a critical power loss. Rowland's technical ability was vital in the fabricating, testing and workstation set-up for a new Local Area Networks for ComSeaConWingLant.

Two new master chiefs frocked at NAS Jax



Photos by Kaylee LaRocque

MSCM(SW) Carlouis Chester (above center), building manager of Barracks 822, proudly gets his master chief collar devices pinned on by Capt. Mark Boensel, NAS Jacksonville commanding officer, and his wife, Tawan, during a ceremony at the new Chief Petty Officer's Club on April 2.

NCCM(SW/AW) Robert Smith (below center), command career counselor receives his master chief collar devices from Capt. Mark Boensel, NAS Jacksonville commanding officer and his wife, Mary.



Keep your home clutter free to prevent fires

By Jim Hemple
Fire Prevention Bureau

Spring is here, and it's now time to do away with the winter clutter that has accumulated. "Spring clean-up" helps prevent fires in the home. Remember, cluttered areas gives fire a place to start.

To help you to have a fire safe spring season, the following safety tips are provided by your NAS Jacksonville Fire Prevention Bureau:

- Dispose of boxes no longer needed, they build up and invite fire into your home.
- Store paints, fuels, and all ignitable liquids in a cool, locked metal cabinet. Do not store chemicals that are not compatible together such as pool chemicals, oils, gasoline and cleaning products. If you're not sure, call a fire station near your home.
- Dispose of oily rags and rags used to wipe up after fueling various mechanical

equipment during the winter months. It doesn't have to be very warm in your garage or storage area for rags to heat up and catch fire. Rags used to apply furniture polish can also be dangerous and should be replaced.

- Check family storage areas. Attics, basements, and closets also invite fire. Dispose of anything you don't use. At the very least, straighten things up while observing good housekeeping practices. Do not place any combustible material or items within three feet of furnaces, water heaters or other heat sources.

- Routinely check behind and underneath the clothes dryer, vacuum to remove excess lint and dust build-up.
- Check with your local fire department before doing any outdoor burning, it may be prohibited. Spring cleaning is a great chance for you to help make your home fire safe. Don't give fires a place to start.



And they're off! Nearly 200 runners take off at the starting line for the 24th Annual Navy Run last Saturday.

Photos by JOC(SWAW) Jon Annis

NAS Jax hosts 24TH Annual Navy Run

By Bill Bonser
Sports Coordinator

The 24th Annual Navy Run kicked off with a bang as the NAS Weapons Department fired its cannon to start the race. MUFA Christy Hyatt from the Navy Band Southeast sang a beautiful rendition of the National Anthem and the NAS Jax Commanding Officer, Capt. Mark Boensel, greeted all the runners before giving the signal to the cannon gang to start the race.

The timing for the race was conducted by First Place Sports. They used the championship chip placed on all the runners' shoes to record the runner's times.

Runners ran with strollers and with dogs on leashes. The race began on Child Street between the Navy Exchange and the Post Office. Runners took off down Child Street towards Naval Hospital Jacksonville.

The course turned right at Akron Street, left on Allegheny and out to Perimeter Road along Highway 17. The course took runners along the perimeter of the base coming out behind the housing area on Mustin Road. The course continued down Mustin past the golf course and up to Enterprise Street where runners turned left heading down the stretch to the finish line.

The first runner to appear over the horizon was Gary Myers from



First-place finisher Gary Myers, a dentist from Middleburg, cools down after completing the Navy Run 10K with a time of 33:06.

Middleburg, who finished the race first with a time of 33:05. Lt. Cmdr. John Metzgar from VP-16 came in second with a time of 33:30. The first woman finisher and third place overall was Kim Pawelek from Jacksonville Beach with a time of 35:18.

The Navy Run was also a great chance for the Southeast Navy Regional Running Team to showcase their members. Patrick Hamper (35:28); Frank Reynolds

(35:36); and Jeff Tomaszewski (36:59) finished third, fourth and fifth, respectively. Susan Miller finished second in the female division with a time of 40:59.

There were 26 walkers who participated in the 5K walk. In the female division, Vivian Meriweather placed first with a time of 38:25. She was followed closely by Laura Lammert (38:30) and Bobbie Holliman (38:32). In the male division, George



Lt. Cmdr. John Metzgar of VP-16 is the first military contestant across the finish line, and second-place Navy Run 10K winner overall, with a time of 33:30.

Anderson, was first with a time of 38:25. He was followed by Ray Holmes (39:50) and Jorge Cuadros (40:09).

Another event was the military team event which featured four teams. Each team could carry five members with the four best times counting toward the overall team time. Branch Medical Clinic Jax was first with an overall time of 3:12:43. The team members were Frank Reynolds,



Kim Pawelek, a Navy family member, crosses the finish line first in the Women's Category with a time of 35:18.

Chuck Bryner, William Bruce, Carlson Moss, and Chris Lunsford. In second place was Jacksonville University NROTC with a time of 3:15:07 and in third place were the Sloggers with a time of 3:27:07.

Physical readiness program gets an overhaul

MILLINGTON, Tenn. (NNS) — In response to feedback from the fleet, the Navy is making major changes to the Physical Readiness Test (PRT) standards. Beginning in October, age groups will be in five-year increments instead of the current 10-year groups, and the overall score will be based on an average of individual event scores.

"The lowest score as your overall score was a big dissatisfier in the fleet, so we are going to average scoring," said Capt. Tim Cepak, deputy assistant commander of the Navy Personnel Command for Personal Readiness and Community Support. "We're going to maintain the same goal-oriented approach to scoring for individual events, but each of those goals will have a numerical value assigned to them. No one event is going to be weighed over the other."

The revised Physical Readiness Program instruction (OPNAVINST 6110.1G) is not finalized; however, the new PRT scoring table is available at



<http://www.mwr.navy.mil/mwr-prgms/missup.htm>.

The new instruction will also establish a probationary performance category. Sailors whose overall score falls into this category will be enrolled in their command's Fitness Enhancement Program (FEP). Under the current system, a score of Satisfactory/Marginal on any individual event is cause for enrollment in FEP.

As opposed to the old system of

cumulative point totals, the system of averaging scores will better reflect Sailors' level of fitness.

"What (the old system) did was mask performance on individual events; so we had individuals who could barely pass the run, yet they were scoring outstanding because they did a bunch of curl ups and push ups," Cepak noted. "The whole purpose of the test is to give an individual an idea where they are today so they can work with the command fitness

leader to find out what they can do to improve."

Another major change is that age groups will be in five-year increments (20-24, 25-29, etc.) rather than the 10-year groups under the current instruction. Scoring will be comparable to current standards.

Also, the command fitness leader is no longer required to be a chief petty officer or above; Navy Personnel Command is developing criteria for a unit award based on individual improvement, not the number of outstanding scores.

"The physical fitness program is not about the test," Cepak said. "What it's about is overall fitness and improving your overall fitness level. The reason we're spending money getting our command fitness leaders certified as

fitness trainers is so we can help people achieve their fitness goals. When an individual achieves fitness, the test is just an afterthought."

The Navy is also studying the possibility of incorporating a cross-training machine as an option for the cardiovascular portion of the test, and reducing the time for curl ups and push ups from two minutes to one minute. Those studies should be completed sometime in 2003.

Although changes to the test are of primary interest to Sailors, they shouldn't lose sight of the fact that the purpose of the Physical Readiness Program is to promote fitness and good health.

"If you get into the habit of a fitness lifestyle, as you age you will stay young. Fitness is the fountain of youth," Cepak added. "You want to be able to enjoy your retirement, and to do that, you need to be physically active."

For information on the Navy Physical Readiness Program, go to <http://www.mwr.navy.mil> and go to the "Select Your Page" on the pull-down menu.

April is Child Abuse Prevention Month

From Commander, Navy Region Southeast

April is the "Month of the Military Child" and is also recognized throughout the military and civilian communities as Child Abuse Prevention Month. This year's theme for Child Abuse Prevention Month is "Keeping our Children Safe in Difficult Times."

Our challenge is to provide a safe, nurturing environment for our children in the difficult and changing times in which we live.

The prevention of child abuse is the responsibility of all of us, both military and civilian. Our Navy community can be an active partner in this endeavor by supporting local events on our military installations and in our communities that emphasize the prevention of child abuse. Our Fleet and Family Support Centers and Morale, Welfare and Recreation Departments sponsor events and educational programs year round for families and children.



Together, we can make a difference in preventing child abuse by reaching out to children and parents in our community; recognizing the warning signs of abused or neglected children; knowing the people who spend time with our children; and talking to our children about sexual abuse so they understand appropriate and inappropriate behaviors.

Military and civilian professionals have specific responsibilities to safeguard our children. The Family Advocacy Program assures that victims of child abuse are protected from further maltreatment by providing education and counseling for parents who abuse or neglect their children. The New Parent Support Program provides educational programs and home visitation for new parents who are in need of support for parenting issues.

I strongly encourage everyone to take part in these activities and help put an end to child abuse. During this month, let us all take time to reflect and focus on the importance of family and think about ways we can save our children.

Keeping children safe from abuse and neglect

Story from Fleet and Family Support Center

April is Child Abuse Prevention Month and one of the Fleet and Family Support Center's goals is to ensure that our military community works hand-in-hand with the civilian community in combating child abuse/neglect. In order to break the cycle of child abuse, intervention is necessary, and intervention comes about as a result of someone reporting the abuse.

Frequently-asked questions about reporting child abuse include:

To report or not report?

If it appears to be an emergency situation, call local law enforcement immediately, then call the Department of Children and Families (Dept. C & F) at 1-800-962-2873.

All incidents of suspected or known child abuse should be reported to the Department of Children and Families so they can conduct an investigation. Call 1-800-962-2873

Child abuse reports can also be called in to Fleet and Family Support Center (FFSC) at 542-2766, Ext. 54, or 0.

Deciding to report an incident of known or suspected child abuse is the first step in freeing a child from an abusive situation and/or possibly saving his or her life.

You may decide to provide your name and other identifying information to the Dept. C & F worker, or FFSC, or you may call and remain anonymous.

Military personnel are required to report suspected child abuse. Professionals who work with children are also required by Florida law to report suspected child neglect or abuse.

"Suspected" abuse is based on any evidence or observation made by you, or statements made by someone else which lead you to believe that a child has been abused.

After I make the report, what happens?

Provide as much information as you can so the investigative team can make a decision as to whether or not abuse and/or neglect has occurred. They will also need information about the location/residence of the child.

If the child is school age, the case manager will locate and interview the child at the school (or at home, if not in school). If the

child is not school age, the caseworker will go to the location of the child to observe the child and interview the parents/caretaker(s).

Because of the number of on-going cases at any particular time, agencies may have to prioritize investigation of complaints according to the immediate risk to the child.

Who investigates complaints of child abuse and neglect?

The Department of Children and Families is the state agency in Florida that provides child protective services and has the legal authority granted it by law or charter to provide services when needed and which grants them the right to explore, study and evaluate the facts. Child welfare workers base their decision on whether or not to remove a child from the family on two issues:

What is the immediate danger or risk to child?

What is the motivation, capacity, and intent of the alleged perpetrator?

What happens to the child and family?

Recommendations for intervention/treatment are made based on the results of the investigation by the case worker:

No abuse has occurred – case closed. Abuse has occurred and family is being monitored; social services are recommended and provided; case manager continues to work with the family.

Abuse has occurred and child is in danger; child will be removed; social services are recommended and provided; case manager will continue to work with the family.

Children are removed from homes only when absolutely necessary (i.e. when a dangerous situation for the child exists). Child welfare agencies work to ensure that families remain intact if at all possible.

Depending on the circumstances, it may be necessary to place a child temporarily in foster care or in another safe place until a full assessment and/or services can be provided.

Can I be held liable if I report suspected abuse and it turns out no abuse occurred?

Reporters of suspected abuse or neglect are protected from legal liability as long as the report was made in good faith and not as a malicious act.



NMCRS fund drive continues



Photo by Kaylee LaRocque

STGSN Oscar Chatman and MS1 Felicia Lonon of the First Lieutenant's Office put up the first figures showing the progress of the Navy-Marine Corps Relief Society Fund Drive. NAS Jacksonville has currently reached 30 percent of the base's goal of \$154,300. The fund drive runs through April 10.



I Will!



YN2 Precious Scott (above) from Commander Navy Region Southeast helps paint a home on March 28 in in downtown Jacksonville as part of the Paint the Town program.



AW1 Scott Farmer (right), of FASOTRAGRU does some trim work on an area of a house during a recent Paint the Town project.

Navy volunteers (above) from NAS Jacksonville clean up after painting a house as part of a Paint the Town project.

Navy volunteers prepare to 'Paint the Town'

By Kaylee LaRocque
Assistant Editor

During the past couple of weeks, numerous Navy volunteers from NAS Jacksonville commands and departments have been getting away from their work centers to lend a helping hand out in the community as part of the annual USO Shipmates with Heart Program.

The program is a joint effort between Jacksonville's Navy community and the Jacksonville Housing Partnership, providing renovations, repairs and painting to the homes of senior citizens in the Jacksonville area. This is the eighth year the Navy has been involved in this program.

Over the years, Navy volunteers have contributed thousands of man-hours to the program. "The Shipmates with Heart Program is a lead-in to the annual Paint the Town project which is scheduled for May 4-11. There is a lot of preparation that needs to be done before the volunteers can actually go out and start painting the homes. The Navy has done a wonderful job helping out," said Carolyn Ettlinger, Jacksonville Housing Partnership director.

All homes being worked on are located in communities designated by Jacksonville Mayor John Delaney as intensive care neighborhoods.

On March 28, a large group of volunteers from Commander Navy Region Southeast (CNRSE), Fleet Aviation Specialized Ops Training Group Atlantic (FASOTraGrU) and the Regional Visual Information Support Center spent the day preparing and painting a home a nice shade of turquoise green.

"I'm not sure why they chose this color but the house next door was pink so I guess the residents want a colorful neighborhood. I've never painted a house this color before. It was different," said Capt. Scott Albertson of CNRSE.

Last Thursday, a small group from the NAS Jax Weapons Department headed out to offer their assistance on another project. "We're out here because it's such a gratifying experience to give something back to the community and help these people out. We have the time and really enjoy doing these

Photos by PH3 Aron Taylor



A group from Commander Navy Region Southeast, FASO TRAGRU and VISUPCEN help paint a home in downtown Jacksonville on March 28.





Paint the Town!



Photos by Kaylee LaRocque

TM3 Leonard Carter (left) of Weapons hauls some trash away after cleaning up a yard as part of a Paint the Town project.



AOC(AW) Chris Johnson (above), leading chief petty officer of the Equipment Division of Weapons digs a hole in preparation of building a handrail at the backdoor of a home in downtown Jacksonville.

PAINT: Volunteers turn out to help

From Page 6

projects," said AOC(AW) Chris Johnson, leading chief petty officer of the Weapons Equipment Division.

"Today we have six people helping out. We participate in the Paint the Town projects each year and try to help with Habijax projects monthly," he added.

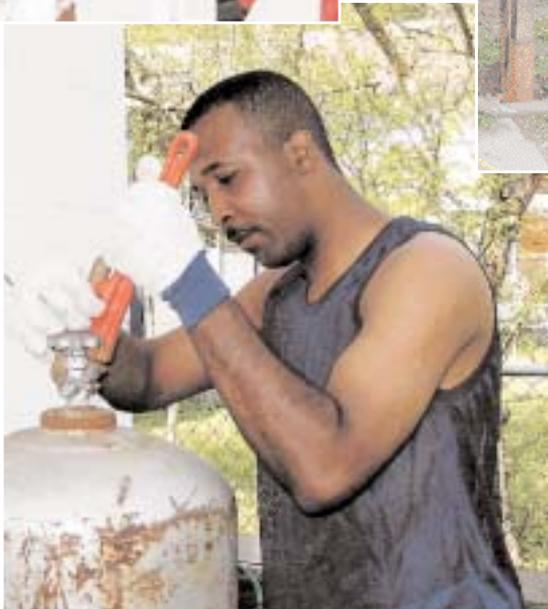
During the day, the Weapons group spent hours tearing down an old chicken coop, removing debris from the yard, building a handrail and getting the home ready for painting.

"This is really nice and I sure do appreciate all the work they are doing on my house. I'm so happy. This is so wonderful. I'm not going to know that I'm home anymore once everything is finished. Everything will be like new," exclaimed Jessie Porter, whose home was chosen for upgrades this year.

Although the projects are specifically meant to benefit the homeowners, the volunteers get a lot out of it also. Not only are they giving back to the community, but they are learning new skills and enjoying the camaraderie of working together as a team. "This is definitely Navy teamwork at it's best," stated TM1(SW) Rip McGhie who worked with TM2 Fred Tucker battling tearing grapevines while tearing down the chicken coop.

In the next couple weeks, several groups are scheduled to spend their days helping out with the Shipmates with Heart Program. "The Navy really helps us out quite a bit. For the past month or so, we've had volunteers come out pretty much on a daily basis helping us prep house. They done a lot of work and help out wherever we need them," said Sherrill Douglas, a field worker with the Jacksonville Housing Partnership.

Navy volunteers are needed now through May 11. All commands are encouraged to participate in the Shipmates with Heart and Paint the Town projects. Free T-shirts, lunch and all tools are provided. For more information, call JoAnn Dilling at 778-2821.



TM2(SW) Andre Smith (above) of Weapons removes a gas line as part of the preparation process to paint a home. Numerous Navy volunteers have been helping out with Paint the Town projects all over Jacksonville.



TM1(SW) Rip McGhie and TM2 Fred Tucker work as a team to tear down an old chicken coop as part of the project. Paint the Town volunteers help out the community by preparing and painting homes, cleaning up yards and doing landscaping.



CNO wraps up Navy guidance for leaders

Editor's Note: Calling our Navy "the greatest in the world," Chief of Naval Operations Adm. Vern Clark recently published his vision for the future. The following is the final installment of the CNO's Guidance for 2002.

Guidance for Leaders:

- We must fully realize Covenant Leadership throughout the Navy. (All)
 - We must invest in our Navy family (All)
 - Increase Spouse employment services and recreational opportunities by 20 percent. (N1)
 - Create civilian personnel community management organization to enhance civilian workforce planning. (N1)
 - We must improve training.
 - We will accelerate the revolution in Navy training via TF EXCEL to provide our Sailors with enhanced methods and technologies for learning, leading to a career-long learning continuum:
 - Engage the entire Navy in the training revolution process. (All)
 - Evaluate the success of Task Force EXCEL pilot programs.
 - Provide recommendations regarding expansion of promising initiatives
 - Determine/recommend the optimum organization to develop, deliver and assess the effectiveness of Navy training. (TF EXCEL/CNET)
 - We must provide quality housing and work spaces to our Sailors.
 - Reduce the shore infrastructure recapitalization rate to meet DoD guidance by 2010. (N4/N8)
 - Fund 100 percent facility sustainment across the FYDP. (N4/N8)
 - Develop a plan to move all single sea-going Sailors to Bachelor Quarters. (N4/N8/CFCC)
 - Accelerate elimination of inadequate bachelor housing via MilCon, PPV, and private sector initiatives. (N4/N8/CFCC)
 - Reduce BAH out of pocket expenses to zero by FY05. (OLA/N1)
- Alignment. Optimal alignment leads to enhanced mission accomplishment. Our goal is to make the Pacific and Atlantic Fleets as unified as possible in their equipment, manning, and training. We are striving

- toward the day when we are one Fleet — uniform, interoperable, and supremely combat ready.
- Guidance for Leaders:
- We must adapt our organization to our mission.
 - Employ the Navy Operations Group to develop innovative maritime operational concepts that enhance support to the global war on terrorism. (N3/N5)
 - Establish a command to serve as the single point of contact for information technology, information operations, and space requirements. (N6/N7/DNS)
 - Realign N6 and N7 into N6/N7 leveraging the warfighting capability of the network across all warfighting platforms. (N6/N7/DNS)
 - Pursue CFCC/Fleet TYCOM initiatives to increase Fleet integration, standardization, and streamlining. (CFCC/CPF/CNE)
 - Conduct a zero-based review of the Navy-wide organization by July 2002; develop a Plan of Action to enhance alignment. (DNS/Echelon II)
 - We will increase our communications clarity and consistency.
 - Accelerate investment in web-based management tools to streamline administrative processes. (TF Web/N6/DNS)
 - Continue development of metrics to evaluate CNO's Top Five priorities. Schedule CNO Executive Boards prior to Summer 2002 to review/discuss resultant metrics and influence the POM-04 process. (DNS/N8)
 - We will align better for joint warfare.
 - Develop a plan to align IT-21 afloat network and NMCI ashore network into one seamless Naval network. (N6/N7/DNS)
 - Strengthen our most important joint partnership — the USN-USMC Team — by:
 - Improving warfighting capabilities to the greatest extent possible through effective integration, especially in the areas of aviation, engineering, and C4I;
 - Developing an updated Naval vision that provides strategic guidance; and
 - Drafting a Naval Operational Concept to serve as the basis for Fleet doctrine and programmatic decision-

making. (N3/N5/N4/N6/N7/N8/CFCC)

- Conduct USN/USAF and USN/USA Warfighter Talks during 2002. (N3/N5)

On Leadership

Throughout this document I talk about the importance of leaders. In our institution, we value leadership as the foundation of success. Leaders make our Navy work. We count on their influence; they are the difference between winning and losing in battle. We expect a great deal from our leaders, from the most senior to the most junior. I will never apologize for that. Our people promise to serve. In return, our Navy provides the opportunity to lead. Some days are victorious; some days are difficult. We do not promise an easy life. Anyone can lead when the going is easy; it takes strength and character to lead when circumstances are challenging...but the rewards are immense.

I could not be more proud of our Sailors and civilian shipmates. Today's Navy is performing superbly in the war against terrorism and all around the world. This guidance for leaders updates you on the tremendous progress made to date. We must now build on that progress in 2002.

We are the greatest Navy in the world because of our people. Our future is bright because we are a service that sets goals and strives to become better.

Final point: we need a standard for the way we evaluate leaders. This is it: I want every leader — from myself to COs, to CPOs, to LPOs — evaluated on how we keep two promises. First is our personal commitment to mission accomplishment. Second is our dedication to the growth and development of the men and women entrusted to our leadership.

America's Navy proves every day that we are ready. As we sail into 2002, we will do so together to fight and win!

The entire text can be viewed online at: <http://www.chinfo.navy.mil/navpali/b/cno/clark-guidance2002.html>

NAS Jax hosting Technology Exposition 2002

A free Technology Exposition will be held here Monday in the Navy-Marine Corps Reserve Center, Bldg. 938 from 10 a.m. to 2 p.m. All personnel are invited to attend.

More than 20 exhibitors will be on hand demonstrating the latest computer hardware, software and services.

Some featured technologies are: Modular Workstations, Computer Training, IT, Web, and Management Services, e-Business Solutions, Office Furniture, Document Management Solutions, Document Imaging and Scanning Solutions, Storage Solutions, Knowledge Management, Data Warehousing, Network Operations Services, Web/Enterprise Content Management, Information Assurance/Security, Mobile Computing Solutions, Wire-less Networking/Computing, Collaboration Tools, Software, Hardware and much more.

For more information call 1-888-603-8899, Ext. 231.

USO hosting annual golf tournament April 22

The annual USO Invitation charity Golf Tournament will be held April 22 at 9 a.m. at the Casa Linda Oaks Golf Course at NAS Jacksonville. The tournament is the Captain's Choice Format. Entry fees are \$50 for military and retirees and \$75 for civilians. Sign-up begins at 7:30 a.m.

Prizes will be presented to the first three teams, closest to the pin, longest drive/putt and closest to center of fairway on drive. A new car will be presented to anyone with a hole-in-one at Par 3 holes.

Following the tournament, lunch will be provided, prizes awarded and raffles drawn.

A special Players Reception is planned for April 21 at 6 p.m. at The Zone. The cost is \$10.

For more information call the USO at 542-3028.



Photo by PH1(AW) Darryl Herring
The new C-40 can hold 121 passengers.

C-40: C-9 replaced after flying into NAS Jacksonville since 1978

From Page 1

meanwhile, transferred it's C-9B Skytrains, named after the venerable R4D transport aircraft of World War II and Berlin Airlift fame, to its sister squadrons in Norfolk and Philadelphia to upgrade the remaining C-9 fleet.

Even though VR-58 has been without any aircraft since January, squadron personnel have spent thousands of man-hours preparing for the C-40's arrival by completing all necessary ground and maintenance schools and simulator training.

"The initial training for the C-40 is state-of-the-art computer based training, or CBT, which is done right in our own VR-58 squadron hangar. Maintenance and air-

crew schooling takes place in Atlanta, and simulator training takes place at Boeing training facilities in Seattle and Flight Safety International training facilities in Miami," said VR-58 Commanding Officer Cmdr. Gary Weistroffer.

"The C-40 is a tremendous aircraft that our entire squadron couldn't wait to get its hands on."

With superior range and performance compared to the C-9B, 777-type cockpit, updated avionics, Boeing Business Jet wings and quiet, clean, fuel efficient engines, the C-40 will increase VR-58's capability for rapid response to the fleet's worldwide airlift requirements. And they cannot wait to get back in business.

Configurations between the C-9 and C-40		
C-9		C-40 Clipper
Wingspan		
93 feet, 3 inches		112 feet, 7 inches
Cabin width		
11 feet		11 feet, 7 inches
Overall length		
119 feet, 3 inches		110 feet, 4 inches
Tail height		
27 feet, 5 inches		41 feet, 2 inches
Total cargo volume		
3,747 feet, 3 inches		3,800 feet, 3 inches
Maximum weight		
111,000 pounds		171,000 pounds
Fuel capacity		
5,929 gallons		6,875 gallons
Sea level static thrust		
14,500 pounds		26,300 pounds
Maximum passengers		
90		121
Maximum cargo		
25,000 pounds		41,000 pounds

AFGE holds membership drive

American Federation of Government Employees (A.F.G.E.) Union Benefits Coordinator Jan Fulps explains several benefits to NAS Fire Inspector Billie Bryant during the A.F.G.E. membership drive on base Tuesday.



Photo by JO2 Mike Jones

TRICARE For Life: Outreach to identify eligibles, pay claims

From Nav/Hosp Jacksonville Public Affairs

TRICARE For Life, a new health benefit extended by the Department of Defense (DoD) to approximately 1.5 million beneficiaries aged 65 and over, provides pharmacy benefits and TRICARE coverage secondary to Medicare.

More than 3.1 million health care claims have been paid since the program started in October 2001. Payment for some health care claims, however, was initially denied by TRICARE for individuals recorded as being ineligible for TRICARE in the Defense Enrollment Eligibility Records System (DEERS).

In many cases, these denials were based on persons who have "expired eligibility" in DEERS, meaning that their eligibility has not been re-verified in the last four years as required by DoD policy.

DoD announced in February that TRICARE claims will be paid for a limited time for TRICARE For Life (TFL) beneficiaries with "expired eligibility" in DEERS. Claims filed beginning Oct. 1, 2001 but denied due to "expired eligibility" will be auto-

matically reprocessed. Neither beneficiaries nor providers will be required to resubmit the denied claims. Beneficiaries are required, however, to ensure their eligibility is updated in DEERS by Aug. 1, 2002.

"We want to ensure that our beneficiaries, some of whom are re-entering the Military Health System, and using TRICARE for the first time, have the best possible experience and receive their rightful benefits. We will do everything we can to overcome initial difficulties that may arise," explained Dr. William Winkenwerder, Assistant Secretary of Defense for Health Affairs.

"We understand that some of our elderly beneficiaries who have not used military benefits in many years may not have kept their military eligibility files updated or they may be unable to make contact with the military," he added.

"We are working with DoD leaders who manage the DEERS system and with The Military Coalition and the National Military and Veterans Alliance to redouble our outreach to these beneficiaries," said Winkenwerder.

After Aug. 1, 2002, claims received

for beneficiaries with expired eligibility will be denied until the eligibility information is updated.

Charles Abell, Assistant Secretary of Defense for Force Management Policy is working with the Personnel community on the Department's outreach effort. "We will help our beneficiaries understand how to update their eligibility information," said Abell. "And we are exploring how we can make this process easier for those unable to travel."

To learn how to update or re-verify eligibility for those persons 65 and older, beneficiaries who have received an Explanation of Benefits (EOB) stating that they need to get a new military ID card should call 1-800-361-2620. DEERS eligibility can be updated at the Personnel Support Detachment aboard NAS Jacksonville.

For more information on TRICARE For Life, interested persons can visit the TRICARE Web site at www.tricare.osd.mil, or call the TRICARE Information Center, toll-free, at 1-877-363-5433 (1-877-DOD-LIFE). Beneficiaries may also visit the Health Benefits Office at Naval Hospital Jacksonville.

NavHosp Jax News

How do you survive a heart attack?

From NavHosp Jacksonville Public Affairs

Fast action is your best weapon against a heart attack. Why? Because clot-busting drugs and other artery-opening treatments can stop a heart attack in its tracks. They can prevent or limit damage to the heart—but they need to be given immediately after symptoms begin. The sooner they are started, the more good they will do—and the greater the chances are for survival and a full recovery. To be most effective, they need to be given ideally within one hour of the start of heart attack symptoms.

Uncertainty is normal
Expectations often don't match reality when it comes to heart attack. People expect a heart attack to happen as it does in the movies, where someone clutches his or her chest in pain and falls over. Because of this expectation, people often are not sure if they're having a heart attack. As a result, people often take a wait-and-see approach instead of seeking care at once. This even happens to people who have already had a heart attack. They may not recognize the symptoms, because their

next heart attack can have entirely different symptoms.

Learn the warning signs of a heart attack. But, always remember: Even if you're not sure it's a heart attack, you should still have it checked out.

Delay can be deadly
Most persons having a heart attack wait too long to seek medical help—and that can be a fatal mistake. Patient delay—rather than transport or hospital delay—is the biggest cause of not getting rapid care for heart attacks.

- People often take a wait-and-see approach, delaying because they:
- Do not understand the symptoms of a heart attack and think that what they are feeling is due to something else.
- Are afraid or unwilling to admit that their symptoms could be serious.
- Are embarrassed about "causing a scene," or going to the hospital and finding out it is a false alarm.
- Do not understand the importance of getting to the hospital right away. Some patients are more likely than others to delay. For instance, women, older persons, and minorities are

more likely to delay getting help.

As a result, most heart attack victims wait 2 hours or more after their symptoms begin before they seek medical help. This delay can result in death or permanent heart damage—damage that can greatly reduce the ability to do everyday activities.

Call 9-1-1

The first step to take when a heart attack happens is to call 9-1-1. Call whether you're sure you're having a heart attack or not.

Anyone showing heart attack warning signs needs to receive medical treatment right away. Don't wait more than a few minutes—5 minutes at most—to call 9-1-1.

Calling 9-1-1 for an ambulance is the best way to get to the hospital because:

Emergency medical personnel can begin treatment immediately—even before arrival at the hospital.

The heart may stop beating during a heart attack. This is called sudden cardiac arrest. Emergency personnel have the equipment needed to start the heart beating again.

Heart attack patients who arrive by ambulance

tend to receive faster treatment on their arrival at the hospital.

If for some reason, you are having heart attack symptoms and cannot call 9-1-1, have someone else drive you at once to the hospital. Never drive yourself to the hospital, unless you absolutely have no other choice.

Calling 9-1-1 is like bringing a hospital emergency department to your door. Why?

Emergency medical personnel can take vital signs, determine your medical condition, and if needed give added medical care.

In many places, emergency medical personnel are linked to hospitals and doctors, so they can relay your vital signs and electrocardiogram to the emergency department before you arrive.

This way, you receive immediate continued treatment by emergency department personnel once you reach the hospital.

Emergency medical personnel can give a variety of treatments and medications at the scene. Emergency medical personnel carry drugs and equipment that can help your medical condition, including oxygen, heart medications (such as nitroglyc-

erin), pain relief treatments (such as nitroglycerin), pain relief treatments (such as morphine), and defibrillators (equipment that restarts the heart if it stops beating).

Plan ahead

Make a plan now for what you should do if a heart attack should happen. Doing so will save time and could help save a life.

- To plan ahead:
- Learn the heart attack warning signs.
- Think through what you would do if you had heart attack symptoms. Decide what you would do if it happened while you were at home, in the middle of the night, at work, or at any other place or in any other situation that might need advance planning.
- Decide who would care for any dependents in an emergency. Emergency medical personnel will generally contact a friend or relative (or the police department, if necessary) to make emergency arrangements for your dependents.
- Talk with your family and friends about the heart attack warning signs and the importance of acting fast by

calling 9-1-1 after a few minutes—5 at the most—if those signs persist. Explain the benefits of calling 9-1-1, instead of getting to the hospital by car.

- Talk to your health care provider about your heart attack risk and what you can do to reduce it. (Rate your chances of having a heart attack.)
- Talk to your doctor about what you should do if you experience any heart attack symptoms.
- Gather important information to take along with you to the hospital. Do this by preparing a heart attack survival plan. Fill in the form, print it out, and keep copies in handy places, such as your wallet or purse.
- If you are concerned about your insurance coverage, call your insurance company and check on your benefits. Most insurance companies cover emergency care for a possible heart attack.

The above information is from the National Institute of Health website <http://ovcr.nhlbi.nih.gov/actin-time>. Information is also available through Naval Hospital Jacksonville's Health Education Office. Call Sharon Gladden or HMC Greg Eberhardt at 542-7300 or 7431.

St. Patrick's Day surprise

By Loren Barnes
NavHosp Jacksonville Public Affairs

When Susan Macyko, wife of Cmdr. Andy Macyko, went into labor with their second son, on St. Patrick's Day, she created quite a stir among their family and friends. The blessed event of March 17 also stirred things up at Helicopter Antisubmarine Squadron (HS) 7, where her husband was set to be relieved as commanding officer on March 22.

By going into labor a month earlier than expected, Susan threw an unexpected wrinkle into an already hectic week for the family. In fact, they had planned a party for 65 the evening of March 17, as the squadron wardroom, family members and friends gathered at their home to celebrate the pending change of command.

With Susan in labor around 10:30 a.m., the evening's host and hostess duties shifted to Cmdr. Macyko's parents, Andy and Cathy Macyko, visiting from Garden City, N.Y. The party went off without a hitch, with the blessed event just adding one more thing to celebrate. In true Navy spirit, the revelers formed a pool to guess the gender, weight and time of birth of the newborn. Finally, at 5:49 p.m., the newest Macyko, a six-pound, 2-ounce, 18 and half-inch boy, entered the world to later be christened with the good Irish name Andrew Patrick.

Susan was accompanied to Naval Hospital Jacksonville Obstetrics by neighbors and soon to be Godparents, Monica and Jim Fugit. Monica served as Susan's labor coach for



Photo by Loren Barnes

Cmdr. Andy Macyko holds 19-month-old Thomas as his wife, Susan, assists Lt. Michelle Mendez with Andrew Patrick during his three-week check up in Family Practice at Naval Hospital Jacksonville.

the delivery. They were joined in the delivery room by Cmdr. Macyko.

Susan said the decision of where to have the child was easy for her. She had worked at the Naval Hospital in Pediatrics as a nurse practitioner from 1995-98 and her husband's sister, Kathy, had also worked here as a pediatrician. She said she knew that she and her child would get high quality care here and she also felt comfortable in a hospital where she still knew many of those on staff. Susan also had positive prior experience to draw from, as her first child, Thomas, now age 19 months, had been delivered at the Naval Hospital. At the time, her husband was at sea with his squadron. In both births, Susan said, the care she received here was "excellent."

Family Practice's Lt. Michelle Mendez delivered Andrew assisted by Lt.

Cmdr. Mary Ronald. Susan said that they and all the nurses and staff during the labor and in post partum were wonderful. "They were absolutely everything I hoped for," she said.

Having her husband here to experience this birth with her made a joyous occasion even more so for Susan. Cmdr. Macyko, usually an untruffled, analytic officer, was "wide-eyed" with excitement Susan said as he saw his second son come into the world. And later, during his change of command ceremony, he remarked, "There's nothing better than being called Skipper, unless it's being called Dad."

The Macykos are now preparing to move to

Virginia Beach, Va. as Cmdr. Macyko joins the crew as the Ship's Navigator aboard the USS Harry S. Truman (CVN-75) homeported in Norfolk, Va.

As Naval Hospital Jacksonville (NHJ) strives to offer the best care and services possible to Navy families, the hospital's Family Advocacy Council wants to hear from NHJ patrons. One forum through which those interested can impact hospital initiatives in the area of obstetrics is the hospital's Obstetrical Focus Group. That group will meet April 23 at 6:50 p.m. in the hospital's second floor conference room. Call Marsha Childs at 542-9457 for more information.

April is Prostate Cancer Awareness Month

From NavHosp Jacksonville Public Affairs

Prostate Cancer is one of the most common forms of cancer in men. It is the second leading cause of male cancer deaths in the United States. Prostate Cancer usually causes no symptoms until it has spread beyond the prostate. This is one reason why early detection is important.

Who is at Risk? Men over 50 years, men over 40 years with a family history of prostate cancer and African-American

men over the age of 40. A simple PSA blood test is done for early detection along with history and exam. The key is to detect and treat early. That is the importance of regular prostate screenings.

The Urology Clinic at Naval Hospital Jacksonville is conducting early detection for prostate cancer screening on April 24. Please call the Urology Clinic for your appointment at 542-7489. Do not wait. Prostate cancer is a health issue that should be on everyone's radar screen!

NavHospJax needs teen volunteers

Naval Hospital Jacksonville's Red Cross Office is starting a summer volunteer program for teenagers. If your teenager is dependable, willing to accept responsibility and has a desire to help within the community, the hospital's summer program is for them.

Teens who are interested in volunteering must be between ages 15 and 18 and willing to work a minimum

of four hours per week.

Applications are available in Naval Hospital Jacksonville's Red Cross Office and must be returned by May 8, with a copy of the teen's immunization record. Orientation and training will be held June 6 and 7.

For additional information, please call the Red Cross Office at 542-7525, Monday through Friday, from 9 a.m. to 1 p.m.

Navy Reservist assists child from Grenada

By YNSN Melanie Freeman
Naval Reserve Mobile Public Affairs
Team Detachment 208

Cmdr. Harrison Sells and his wife Debbie have the opportunity of a lifetime to share their home and their love with a special little girl from Grenada. Shen Gibbs, a 12-year-old Grenada native, is living with the Sells during her medical convalescence in the United States.

Sells is a Naval Reserve officer who drills with the Voluntary Training Unit at the Naval and Marine Corps Reserve Center, Naval Air Station Jacksonville. In his civilian job, Sells is the Vice Principal of San Jose Episcopal Day School.

Debbie works as a pediatric physical therapist at Wolfson Children's Hospital in Jacksonville. She is part of a medical mission group called C.H.O.R.E.S. (Children's Health Organization Relief and Education Services).

Volunteers from C.H.O.R.E.S. go to Grenada twice a year to provide medical, surgical, rehabilitation and education services. During a recent visit to Grenada, Debbie, a wheelchair specialist, went to check on the status of Shen's wheelchair. During her visit, she determined that more than a new wheelchair was needed. Shen needed corrective surgery.

Shen lives in the village of Paraclete, in the province of Saint Andrews with her parents, two brothers and four sisters. Shen has a rare condition called arthrogyposis, which is a muscle condition that causes the muscles to contract and freeze the joints into a bent position. Since Shen's knee joints were locked in this bent position, it made walking an impossible task for her. Her wrists were also curled up, making it hard to use her hands.

Despite her condition, Shen still went to school. She crawled a quarter of a

mile on the backs of her hands and her knees over gravel and asphalt paths to make it to school. Shen said that language arts is her favorite subject, and she wants to learn to read.

When the C.H.O.R.E.S. volunteers decided to bring Shen to Jacksonville for surgery, everyone stepped in to help out. Graciously, the surgeons and anesthesiologists donated their skill and time and Wolfson Hospital waved all fees.

Shen arrived in Jacksonville on Feb. 20, and had her first surgery on Feb. 23rd. In her first surgery - which lasted 12 hours - Shen's wrist joints were straightened, and she was fitted with a set of metal rings with 13 pins. The pins go into her leg bones. These awkward braces serve the purpose of slowly straightening her legs.

Debbie has the task of tightening and adjusting the struts in Shen's leg braces each day. This

process is a long and painfully agonizing process that slowly lengthens the muscles, tendons, nerves and blood vessels.

The end result will be straight, healthy legs to allow Shen to walk. After this process is completed, Shen will have another surgery to repair her dislocated hip and club feet.

Shen is in remarkably good spirits although her small body is in constant pain and discomfort. She has a beautiful smile, and a strong spirit that is an inspiration to those she meets. She clings to her big, pink Easter bunny as she shares some details of her life.

Shen enjoys drawing. Taco Bell is her favorite place to eat. When asked "What is your favorite part of being in America?" she answered with a big grin "Going to the mall."

The Sells are "dad" and "mom" to Shen during her stay in Jacksonville. On days when Shen is feeling



Photo by PHC(AV) Dale Brown
Cmdr. Harrison Sells and wife, Debbie with Shen Gibbs.

well enough, she goes to school and attends fourth grade classes.

The Sells, and all the others who have contributed so much to Shen's life, look

forward to this coming September when Shen will walk on to the plane to go back home - not with a new wheelchair, but with new legs.

FFSC offers educational and support programs

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

All FFSC workshops and classes are free of charge and available to service members, family members and civilian personnel aboard the base. Pre-registration is required.

If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

The following workshops are available during the month of April 2002:

- April 15, 9 a.m. - noon** - Florida Family Law Information Seminar
- April 16, 11 a.m. - 1:30 p.m.** - Budget for Baby Workshop
- April 16, 6 - 8 p.m.** - Budget for Baby Workshop
- April 16, 9 - 11 a.m.** - What About the Kids?

- April 17, 9 - 11:30 a.m.** - What a Difference a Dad Makes in the Life of a Child
- April 22-25, 7:30 a.m. - 4 p.m.** - Transition Assistance Workshop (retirement)
- April 23, 8 a.m. - 4 p.m.** - Couples Communication Workshop
- April 24, 9 a.m. - noon** - How to Have a Healthy Relationship
- April 25, 8 - 11 a.m.** - Anger Control Workshop
- April 25, 9:30 a.m. - noon** - Child Support Information Workshop
- April 25, 6:30 - 9 p.m.** - O m b u d s m a n Assembly
- April 25, 1:30 - 3 p.m.** - Volunteer Service Council
- April 30, 8 a.m. - 4 p.m.** - Stress Management Workshop

Battle of Midway 5K Race slated

From CNRSE Public Affairs

Fresh air, exercise and the opportunity to meet a real-life World War II hero are on tap for participants of the Battle of Midway 5K race to be held at 11:30 a.m. aboard NAS Jacksonville on May 29.

Starting the race and assisting in the presentation of awards will be James Cunningham, Jr., a Battle of Midway veteran and retired Navy chief. Recipient of the Purple Heart and five Battle Stars, he was serving aboard the USS Hammann when it was sunk at Midway.

The race will begin south of the BOQ on Patrol Road, following a course down that road and back.

Registration forms are available at the Fitness Source (Building 867) or Base Gym (Building 614) located on NAS Jacksonville. The race is open to all military and civilian personnel; there is no entry fee. The first 100 to register will receive a free Battle of Midway 5K Run commemorative t-shirt.

Late registration will take place up until race time. The race starts at 11:30 a.m. with an awards ceremony following. Awards will be presented for the top three male and female finishers.

For additional race information contact Barbara Millhollan, NAS Fitness Director, at 542-3518 (dmillhol@nasjax.navy.mil).

The Battle of Midway, which took place June 4 to 7, 1942, was the turning point of WWII in the Pacific. Veterans of this epic battle are being honored in annual remembrances. A Battle of Midway Memorial Dinner is being held June 1 at the Radisson Hotel on Jacksonville's Southbank.

The purpose of the Midway celebration is to give all personnel time to pause and reflect upon this important event in Naval history. Cunningham will be available before and after the race to talk to participants about his experiences.

Military children also need support while family members are deployed

By JO2(SCW) Eric Clay
Staff writer

Deployment can be a rough time for military families, especially children.

Deployment brings on many changes to a child's life. Separation may lead to a feeling of loneliness and isolation. But deployment can also provide a chance for personal growth and discovering themselves and others for strength and support.

Children may take on more responsibilities that will provide a chance to develop new skills and interests.

As the military member you may want to express your feeling as early as possible to your children before you deploy.

These feelings may include how you will feel on deployment and how you need to your children's support. In the same regard, you may want to allow your children to express their feelings as well. A good idea would be to plan a good-bye family activity such as a special dinner or a family outing.

During deployment the military member should try to keep in touch as much as their duties will allow. Constant communication will assure both the military member and their

children comfort. The military member could also send pictures, tape recordings or video tapings to their children.

Remember while the military member is on deployment that the children still need proper rest, nutrition and exercise. Set aside some time for each individual child as well for family activities. Arrange for children to have time off with friends or an occasional special outing.

Keep a deployment calendar and/or a deployment map, to help the children understand and deal emotionally with the other parent's absence.

The reunion after a deployment can be stressful to the children also. Many things could go through a child's mind, like will my parent want to see my teacher, will my I get punished for things I did while the parent was deployed, will the rules change and how long will the parent stay this time.

The military member could ask the children question and help them express their feelings. They can also become excited and realistic about the reunion.

The military member should realize that their children may have changed while they were gone and may not

have the same interest or friends. If the military member and their children had disagreements before the deployment, separation more than likely didn't make the problems disappear.

The military member should stay flexible and realize that their family may be tired or have spur of the moment ideas for fun on reunion day.

After the reunion there has to be time for your children to readjust and this may take up to eight weeks. When a parent returns, it's natural for a child to find out how things have changed by acting up a little or not at all.

The returning parent should make special time for you and your children to get reacquainted. After returning, it is important to get involved in their children's lives. Ask them about what's going on and support their positive efforts.

For more information about children and deployment contact the Fleet and Family Support Center at 542-2766.

HELPING HANDS

Landscapers needed

The Jacksonville Baptist Home for Children needs volunteers to help plant flowers, rake lawns and help with minor clean-up of their horse barn.

Shifts are available during the week from 9 a.m. to 2 p.m. and Saturdays from 9 - 11:30 a.m. Refreshments and tools are provided. Call Sherri Albertson at 542-5380 to sign up.

Help the Girl Scouts

Volunteers are needed to assist the Girl Scouts of Gateway Council with their 90th anniversary "The Beat Goes On Parade" on Saturday. Call Mona Wootens at 693-9308 or email bpaulson@girlscouts-gateway.org for details.

Earth Day events

Volunteers are wanted to assist with children's crafts at this year's Earth Day Ecology Fair at the

Jacksonville Landing on April 20. One, two-hour shifts are available from 10 a.m. to 4 p.m. Call Sherri Albertson at 542-5380 for info.

Help build a home

Another Habijax event is planned for April 22 through May 11. Volunteers are needed to do roofing, painting, framing and landscaping.

Help is also needed at the framing plant and new, non-profit HomeStore. Minimum age is 16. For more information call Karen Pruitt at 798-4529, Ext. 240.

World of Nations Celebration

Join the City of Jacksonville April 26-28 from 8 a.m. to 9 p.m. in Metro Park to celebrate the World of Nations.

Various volunteer opportunities are available. Call Sue Bibest at 630-1020 for information.

Find buried treasure in your attic

Do you have old Savings Bonds? Check out the Savings Bonds Collector at www.livingston.gov to discover what you can do! 1-800-455-8040

NAVY NEWS

Naval Station Mayport to receive SECNAV environmental award

By Naval Station Mayport Public Affairs

MAYPORT, Fla. (NNS) — Naval Station (NS) Mayport has been recognized for its outstanding work with the environment. The base will be awarded the 2001 Secretary of the Navy Environmental Quality Award for a non-industrial installation. NS Mayport also won the Chief of Naval Operations award in the same category.

NS Mayport and its environmental team are being awarded for their work in reducing air, water and noise pollution from the base.

Over the past year, the base has evaluated and installed technology and equipment that is estimated to save \$250,000 per year in waste disposal.

The base demonstrated a high-tech detection and treatment system for contaminants entering the oily waste or sanitary system

that saves an estimated \$500,000 per year. NS Mayport also instituted land-use controls at two petroleum sites that will save an estimated \$650,000 in cleanup costs.

Another accomplishment for the base in 2001 includes a partnership with three regulatory agencies in northeast Florida, two naval installations and three contracting authorities, in an initiative to understand operation constraints related to regulatory compliance.

NS Mayport has also participated in a pilot study to evaluate the impact of new regulatory standards and develop Department of Defense standardized approach and procedures across all the Armed Forces.

The award will be presented during an April 30 ceremony at the Navy Memorial in Washington, D.C.

For more information on NS Mayport, go to <http://www.nsmayport.navy.mil>.

Navy Seeks Reservists for Permanent Duty

WASHINGTON (NNS) — The Navy is rapidly expanding its security forces, and recalled Reservists will now have the opportunity to permanently join their active-duty counterparts once their recall orders are finished.

Reservists who are rated MAs (master-at-arms) or hold the Navy Enlisted Classification (NEC) 9545 (Law Enforcement Specialist) and have been recalled to active duty may apply to permanently join the active-duty force.

Approved members will be allowed to re-enlist as active-duty MAs upon the effective date of their demobilization.

Although all requests will be considered, the primary need within the active-duty force is for personnel in pay grades E-4 through E-6 with 14 years or less of active service.

Approved personnel holding NEC 9545 will be permanently converted to MA at their current pay grade.

"We are expanding the MA force to meet the needs of the Navy. We need experienced mid-grade leadership and Reservists cur-

rently serving with force security units can help fill this fleet need," said MA community manager Lt. Cmdr. Myles Brooks.

"The experience our Reservists bring to the job is what we really need. Some of our Reservists are civilian law enforcement personnel and their level of expertise is very much in demand," Brooks added.

Reservists who are thinking of accepting a permanent place in the Navy must meet several minimal requirements.

First, members applying to re-enlist in the regular Navy must be able to transfer to the Fleet Reserve prior to their 55th birthday.

Applicants must meet physical readiness standards and have maintained proficiency in their rating through satisfactory participation as a member of a drilling Reserve unit.

Applicants must also be a U.S. citizen, possess a valid state driver's license, have normal color perception and vision correctable to 20/20, and have no non-judicial punishments or convictions in civilian or military courts in the two years preceding their application.



Photo by Photographers Male Airman Lauric L. Wood U.S. Navy Master-at-Arms 2nd Class Eli Rivera from Springfield, MA, poses with Bo, his explosives detector dog, in front of the K-9 obstacle course. Rivera is stationed with the Security Department's Military Working Dog Unit.

Requests to re-enlist as an active-duty MA should be routed via the appropriate Reserve chain of command to the General Assignment Recall (Enlisted) Coordinator, Pers-811H.

A sample application and guidance for submission is contained in Chapter 19 of the Enlisted Transfer Manual.

Questions regarding this

program can be addressed to Personnelman 1st Class Norma Smith at Pers-811H, DSN 882-4024 or (901) 874-4024, or the MA enlisted community manager, Lt. Cmdr. Myles Brooks, at DSN 614-0805 or (703) 614-0805.

For additional information, see NAVADMIN 089/02, available online at <http://www.bupers.navy.mil/navadmin>.

Mess management program underway

HYDE PARK, N.Y. (NNS) — As part of the Revolution in Training, the fleet and Task Force for Excellence Through Commitment to Education and Training (EXCEL) are sending 50 new recruits to the Culinary Institute of America, instead of the Mess Management Specialist (MS) Class A School at Lackland Air Force Base, Texas. Sailors participating in the intensive 12-week culinary course are the first to test the newly developed MS Continuum.

The pilot program involves both a foundation and a finishing culinary course. Foundation classes are slated to begin April 22 and July 15 at the Institute's Hyde Park campus.

In addition to the foundation courses, finishing courses are being developed for senior mess management specialists (pay grades E-5 and above).

The initial three-week certification courses will consist of 12 to 15 senior Sailors and are slated to begin May 6, June 3, July 15, and Aug. 12.

"This is an excellent opportunity for not only our mess specialists, but the Navy as well," said Cmdr. Patrick McCabe, Naval Supply Corps. "The purpose of the professional continuum is to integrate professional coursework with the appropriate college-level credits and industry-related credentials. When our Sailors com-

plete this program, they will have earned college credits."

The Sailors can earn up to 26 credits for the foundation course and up to eight credits for the finishing course.

"In addition, the foundation course meets all the American Culinary Federation (ACF) educational requirements for Certified Culinarian, and will result in industry certification when combined with additional on-the-job training," McCabe said. "The finishing course is advanced culinary arts training that contributes towards advanced certification as certified sous chef and certified chef de cuisine. This industry-based training will allow the Navy's cooks to be recognized by the culinary industry and contribute to later certification as executive and master chefs — the highest chef certifications in the country."

The MS Continuum is the just the first in a long line of professional pilots that are currently under development throughout the fleet, and is serving as a template for subsequent continuums.

To see the entire MS Continuum, and learn more about the Revolution in Training, visit <http://www.excel.navy.mil>.



Photo by Photographer's Male Airman David Smith Mess Specialist 2nd Class Russell Burns prepares vegetables for midnight rations "Mid-Rats" for crewmembers assigned to late night duties aboard USS John F. Kennedy.

Local conference and trade show touts acquisition and logistics

By Daphne Burke, NADEP Jax Public Affairs and Glenda Rife, Fleet and Industrial Supply Center Deputy for Small Business

The third annual Acquisition and Logistics Excellence Conference and Trade Show is scheduled for April 24-25. The site for the conference will again be the University of North Florida Conference Center.

This conference is intended to provide attendees with credit hours under the Defense Acquisition Workforce Improve Act requirements for continuous learning. Small businesses and prime contractors are large players in the acquisition and logistics processes and will also benefit from this event. With world events as they are today, and especially considering the events since Sept. 11, the theme for this year's conference is "Acquisition: From Reform to Excellence — Where we've been to ... Where we are going."

This two-day training conference and trade show is organized by various agencies from the Department of Defense and the Federal Government. The participating agencies and supporting activities of this event are: U.S. Navy commands (Fleet and Industrial Supply Center Jacksonville; Naval Air Depot; Naval Facilities Engineering Command, Engineering Field Activity Southeast; Department of the Navy Acquisition Reform Office; General Services Administration; Small Business Administration; University of North Florida Small Business Development Center; Chamber of Commerce Procurement Technical Assistance Center; and the Society of Logistics Engineers, Greater Jacksonville Chapter. These agencies/activities have partnered to provide training and networking opportunities for acquisition, logistics, and private industry.

In addition to "Acquisition: From Reform to Excellence ...," the focus will again be the aging workforce dilemma that the Department of Defense (DoD) is facing. In the past several years, DoD has reduced its acquisition workforce by 50 percent. Of those remaining, many will be eligible for retirement in 2005. This will inevitably result in additional losses. The 21st century national security environment will demand much of those involved in carrying out the DoD acquisition mission.

Future acquisition managers will have a different perspective than those of today. They will need a spectrum of managerial and leadership competencies that support executive core qualifications in addition to technical skills. Cross-functional experience and training is of particular importance in obtaining these competencies.

Potential resources for obtaining these competencies include recruiting and training new employees, developing current staff, and competitive sourcing. Tomorrow's workforce must be empowered to meet these national security demands. This conference networking opportunities and seminars are designed to improve acquisition logistics knowledge and possibilities. The conference will also provide opportunities for individuals to learn about intern programs.

Senior DoD management recognizes that people are DoD's greatest asset. The Acquisition and Logistics Excellence Conference and Trade Show will provide tools necessary to meet the challenges of acquisition excellence and allow for sharing of new acquisition strategies and problem solving techniques.

This conference is important because the Government continues to change the way it does business. DoD must meet the challenges of providing materials and service to the warfighter. Quality products must be delivered on time. This is an opportunity for Acquisition and Logistics professionals to receive continuing education in their chosen career field. For small businesses and prime contractors, this is an educational opportunity to bring contracting knowledge up to date, to network, and to broaden business prospects.

The conference registration fee is \$80 per attendee. The booth rental fee for businesses wishing to exhibit is \$200 for Large Business and \$180 for Small Business. The booth rental fee includes one booth with draped table and access to all events for one attendee. Parking is free.

Reasonable accommodations for Persons with Disabilities are available if requested. Persons with Disabilities requiring accommodation, please see the Registration Form for more information. For a list of scheduled seminars and registration information, please access the UNF website at www.sbdc.unf.edu/ac2002.html or www.jax.fisc.navy.mil.

FROM THE GALLEY

Meal hours

Monday through Friday

Breakfast: 6 to 7:30 a.m.

Lunch: 11 a.m. to 1 p.m.

Dinner: 4:30 to 6 p.m.

Saturday, Sunday and holidays

Breakfast: 6:30 to 8:30 a.m.

Brunch: 10:30 a.m. to 12:30 p.m.

Dinner: 4 to 5:30 p.m.

Meal costs

Breakfast: \$1.60

Brunch/Lunch: \$3.25

Dinner: \$3.25

Thursday

Breakfast

Minced beef w/toast

Home fried potatoes

French toast puffs

Grilled minute steak

Grits

Omelets

Lunch

Roast corned beef

Baked macaroni and cheese

Steamed carrots

Stuffed flounder

Steamed cabbage

Cream of broccoli soup

Summer squash

Dinner

Beef cordon bleu

Rice pilaf

Peas w/celery

Beef gravy

Herbed chicken

Oven brown potatoes

Mulligatawny soup

Friday

Breakfast

Bacon & Sausage links

Hash brown potatoes

Boiled eggs

Apple fritters

Rolled oats

Assorted omelets

Lunch

Steak ranchero

Potatoes au gratin

Steamed green beans

Clam chowder

Southern fried fish

Steamed rice

Calico corn

Dinner

Chili conquistador

Mashed potatoes

Brussel sprouts

Bean/bacon soup

Tomato soup

Baked chicken

Chicken gravy

Steamed egg noodles

Saturday

Breakfast

Creamed beef

Home fried potatoes

Waffles

Grilled ham slices

Farina

Assorted omelets

Brunch

Creamed beef

Farina

Spaghetti noodles

Beef rice soup

Waffles

Spaghetti w/meat sauce

Dinner

Syrian beef stew

Paprika potatoes

Vegetable combo

Corn chowder

Roast pork

Summer squash

Steamed egg noodles

Sunday

Breakfast

Oven fried bacon

Cottage fried potatoes

Boiled eggs

French toast

Minced beef w/toast

Assorted omelets

Brunch

Minced beef w/toast

Assorted omelets

Onion rings

Chicken rice soup

Brown gravy

French toast

Hamburgers

Dinner

Liver w/onions

Steamed rice

Beef vegetable soup

Baked chicken

Lyonnaise potatoes

Steamed cauliflower

Monday

Breakfast

Biscuits and sausage gravy

Home fried potatoes

Banana pancakes

Assorted omelets

Minute steaks

Grits

Lunch

Yankee pot roast

Tossed green rice

Steamed broccoli

French onion soup

Tempura fish fillets



Whipped potatoes

Glazed carrots

Dinner

Chicken tetrazzini

Steamed rice

Caufflower Parmesan

Grilled pork chops

Mashed sweet potatoes

Peas w/mushrooms

Tomato vegetable soup

Tuesday

Breakfast

Minced beef

Apple cinnamon oatmeal

Grilled bacon

Grilled hash browns

Waffles

Assorted omelets

Lunch

Beef sukiyaki

Green beans

Chinese fried rice

Chicken egg drop soup

Vegetable stir fry

Chicken adobo

Steamed rice

Egg foo young

Chinese egg rolls

Southern style greens

Dinner

Teriyaki steak

Steamed rice

Southern style greens

Baked tuna and noodles

Baked potatoes

Steamed squash

Knickerbocker soup

Wednesday

Breakfast

Grilled bacon

Cottage fried potatoes

French toast

Creamed beef w/toast

Farina

Lunch

Beef pot pie

Buttered noodles

Vegetable stir fry

Mushroom soup

Oven fried chicken

Oven browned potatoes

Steamed wax beans

Dinner

Swedish meatballs

Candied yams

Steamed corn

Creole soup

BBQ ribs

Mashed potatoes

Southern style greens

Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

MWR NOTES

Triple play vendor day

If you are in the market for new golf clubs or want to see the latest on the market head to NAS Jacksonville Golf Club on April 19 from 10 a.m. – 2 p.m. There will be representatives from Cobra, Callaway and Titleist demonstrating and displaying the latest in golf merchandise. For more information call 542-3249.

Tryout for largest active-duty golf tourney

If you are active-duty and interested in playing in the Southeast Military Golf Tournament May 6-9 at NAS Jacksonville tryouts are April 19-20. Call the Pro-Shop for details at 542-3249.

Cinco de Mayo parties

A variety of fiestas will be held to celebrate Cinco de Mayo, get in the partying mood and come on out!

May 2 – Drop in to the T-Bar at 4 p.m. for the taco bar and specials.

May 3 – Head to Mulligan's 19th Hole to enjoy the fun that kicks off at 4 p.m.

May 3 – Stop by the Budweiser Brew House at 4 p.m. to enjoy a taco bar and beverage specials.

Upcoming Liberty events

For More Information on Liberty, call 542-3491

Friday – A 9-ball pool tournament will be held at 7 p.m. Free food will be served. Sign up at 6 p.m. at the Liberty Cove Recreation Center. It's free to enter and first place takes home some cash.

Saturday – Go to the rodeo with Liberty. The van leaves at 6:30 p.m. The event is free for active duty. Sign up at Liberty Cove starting on that day.

Sunday – Paintball trip is planned for only \$10. Sign up at Liberty Cove Recreation Center today.

April 21 – Deep sea fishing trip for only \$50/active duty and \$60 guests. The trip includes 10 hours on the new K-2 Boat, transportation and all your fishing needs. The deadline to sign up is Monday at Liberty Cove.

Catch some breakfast

Mulligan's 19th Hole has the best breakfast specials for only \$3. Two eggs with toast, hash browns and your choice of coffee or juice. Breakfast is available every day of the week from 6:30 – 10 a.m. We also feature a daily lunch special Monday-Friday and Happy Hour on Wednesdays and Fridays from 4 – 6 p.m. Beverage specials and free munchies are a great way to wind down for the day.

Sign up now for sailing classes

Sailing classes are being offered at Mulberry Cove Marina. The cost for Basic Sailing Centerboard is only \$80/person. Designed for the beginner, classes are held Saturdays and Sundays: Class #3 June 1-23, Class #5 Sept. 7-29 or take them on Tuesdays and Thursdays from 4:30 -7:30 p.m. Class #2 April 23-May 21, Class #4 May 28-June 25. Call the Marina for info at 542-3260.

Enjoy getting away

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. For more information stop in our office located across from the Post Office or give us a call at 542-3318. Trips are open to all base personnel and their guests.

Saturday - Okefenokee Swamp Tour

April 20 - Tallahassee Day Trip

April 21 - Kennedy Space Center

April 27 - Disney World Shuttle

Food that comes to you

Can't get out of the office? Live on base? All great reasons to utilize Call the Delivery Zone to meet those hunger needs. The Delivery Zone delivers anywhere on base and has a wide variety menu that includes Bambino's pizza, subs and sandwiches, salads, wings, burgers and more. Delivery is available seven days a week from 11 a.m. - 8:30 p.m. Call 542-3900.

Catch the Tomcat action

Arena football action is back in season. The I.T.T. office has Jacksonville Tomcats tickets on sale now for all home games; ticket prices are \$10.50 and \$15.50.

2002 Schedule

April 26 vs. Charleston

May 24 vs. Florida

May 31 vs. Columbus

June 14 vs. Macon

June 21 vs. Pensacola

July 5 vs. Tallahassee

July 13 vs. Mobile

Ladies tee it up

Calling all ladies out to the golf course on Fridays at 4:30 p.m. to socialize while learning or improving golf skills. The cost is only \$10 per session and includes wine and cheese after the lesson. Call 542-3249 for more information or just show up on Fridays.

Get Xtreme on Saturdays

NAS Freedom Lanes is running a Saturday Xtreme Bowling Package from 4 – 6 p.m. Glow in the dark sound and light show brightens up anyone's bowling experience. The cost is only \$6/person (includes shoes) or pay \$21.95 per lane (includes six pairs of shoes).

This is a great place to spend time with friends and family in a non-smoking environment.

Learn to dive

It is never too late to learn to scuba dive. The April/May class starts on April 23 and finishes May 25. The cost is only \$118 and includes textbook, workbook, video and audio educational tapes, dive tables, decals, and certification card. To hold your spot in the class a \$50 deposit is due by April 22. Call JJ or Vera Thomas at 291-1575 or e-mail aqspaceventure@aol.com.

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

VP-30 to host DEFY Summer Camp

From VP-30

A five-day residential DEFY Summer Camp is being hosted by VP-30 at Camp Blanding July 14-19.

DEFY is a two-phased prevention program for kid's ages 9-12. DEFY deters

"at risk" behaviors by giving kids the tools they need to resist drugs, gangs and alcohol. It focuses on building self-image, interpersonal relations, goal setting, leadership, and team building skills. It is a challeng-

ing, fun-filled week in the summer (Phase I) followed by a year of mentoring (Phase II).

This camp is only for military and DoD children. Volunteers are also needed to help run the camp. All volunteers must be able to get no cost TAD orders for one week and attend mandatory staff training.

Applications for camp guests and staff members can be picked up and returned to the VP-30 Duty Office or via Internet at <http://www.hq.navy.mil/defy>. Email applications back to macdonaldr@vp30.navy.mil or navycc@aol.com.

All staff and youths will be notified if selected. The deadline for registration is May 10.

A mandatory meeting for parents will be held June 19th at 6 p.m. in the VP 30 auditorium.

The camp begins July 14 at 3 p.m. Youths should be dropped off at VP-30. Parents can pick up their children after the graduation ceremony and picnic on July 19 at Sea King Park.

For more information, call AMC(AW) MacDonald at 542-3077, NCC(SW/AW) Long at 542-3769, or YN3 Green at 542-3022.

City of Jacksonville sponsoring Children's Day Walk/Fair

The Seventh Annual Stand for Children's Day Walk and Community Fair is May 18.

What you can expect: Navy personnel, family members and friends will gather as a group at Jessie Ball Dupont Park, 1123 Prudential Drive at 8 a.m. They will be led in a leisure walk by Navy leaders across the Main Street Bridge to the Jacksonville Landing for a rally on behalf of children and other scheduled activities. Other agencies, organizations and community groups will also participate in this event. Wear your command cap and t-shirt.

Events: Carnival games and prize give-aways, mini-train rides, summer camp and childcare information booths, child seat belt workshop, live entertainment, educational interaction booths, face painting, balloon art and more. All activities are open to the public.

All commands and departments, spouse clubs and other Navy organizations that participate as a group in the walk will receive a certificate of recognition. Navy commands have been invited to set up static displays or provide demonstrations at The Landing for children on this day. Interested commands should call

542-2766, Ext. 130 for information.

How to get involved: To sign up for the walk, e-mail oparker@najax.navy.mil. For additional information, call your base Navy Community Service Program Coordinator at 542-2766, Ext. 130.

History of Stand For Children: Stand For Children was formed by the Children's Defense Fund to organize a mass demonstration for children on June 1, 1996, at the Lincoln Memorial in Washington, D.C. Organized in just over five months and endorsed by more than 4,000 local, state, and national organizations, the first Stand For Children Day drew more than 300,000 people, making it the biggest gathering for children in American history.

That historic day was Stand For Children's founding. Moved by the flood of calls expressing interest in local action following Stand For Children Day, rally organizers Jonah Edelman and Eliza Leighton began on June 2, 1996 to transform Stand For Children into an ongoing nationwide grassroots voice for children

JAX SPORTS

Men's tennis tourney set

A men's competitive and recreational singles tennis tournament will be held April 29 for all NAS Jax active duty men. The tournament will be played at the Birmingham Tennis Courts at 5 p.m. Individuals playing in the tournament will earn Captain's Cup points for their respective command.

Women's tennis tourney coming up

A women's open singles tennis tournament is scheduled for April 29. The event is open to active duty, dependents over 18, retirees, and DoD/NAF civilian women. The tournament will be played at the Birmingham Tennis Courts at 5 p.m. Active Duty women playing in the tournament will earn Captain's Cup points for their respective command.

Intramural volleyball league forming

The league is open to all NAS Jax active duty personnel. Games will be played on Mondays, Wednesdays, and Fridays at 11:15 a.m. and noon. The season is scheduled to begin April 1. All interested

personnel should stop by the base gym to get the required paperwork to join the league.

Officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball. Experience is not required. If interested, contact Al Vandercar 282-0809.

Women's softball league forming

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DOD civilians. All interested personnel should stop by the athletic department to get the required paperwork to join the league.

Running and Triathlon Team

Competitive runners are wanted to represent U.S. Navy in 5K, 10K, marathons, and/or triathlons? U.S. Navy will showcase

elite active duty men and women in regional races. Uniforms will be 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) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional Qualifying Times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3H 30M	Women 4H
Triathlon	Men 2H 30M	Women 3H
Triathlon time based on 1.5K swim, 10K run, 40K bike		

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr

STANDINGS

Intramural Soccer Standings as of April 6

Team	Wins	Losses	Ties	Points
NavHosp	3	1	0	6
VP-30 O'S	2	1	1	5
VS-22	2	1	1	5
SRSS	1	2	0	2
VS-24	1	2	0	2
AIMD	0	3	0	0

Greybeard Softball Standings as of April 6

Team	Wins	Losses
CFRW-11	3	0
VP-30	2	1
NAMTra	2	1
AIMD	2	2
NMCR	1	2
FASO	0	2

Open Softball Standings as of April 6

Team	Wins	Losses
New Look C.B.'S	3	0
Bukkets	3	0
VP-16	1	1
First Command Chiefs	1	2
VP-30 Students	1	2
Enforcers	0	2
Hangar Bangers	0	2

NADep Basketball Standings

Team	Wins	Losses
Hornets	4	0
Prowlers	4	1
Rockets	3	1
X-Factor	3	2
Engine World	2	3
Barraudas	1	3
Tomcats	1	4
Jets	0	4

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every 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. Call 772-0242 or President Barbara Howard at 471-1444.

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.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join the newly inclusive established organization, called "First Coast Sub Vets". If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. For more information call Ron Robertson at 241-6222 or email rjrj@mediaone.net.

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 at the Lil' Angels room 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. Contemporary music, refreshments and bible study featuring a video study of Philip Yancey's "The Jesus I never knew" will be apart of the activities. For more information call 542-3051.

The Ladies Auxiliary of the Fleet Reserve Association Unit 126 is hosting a Hawaiian Night on Saturday at 5 p.m. at the Fleet Reserve Hall on Blanding Blvd. A donation of \$6 is requested. Call 771-2936 for information.

The Professional Bull Riders elite Bud Light Cup Series is coming to Jacksonville tomorrow and Saturday at the Veterans Memorial Coliseum at 8 p.m. Tickets are available at the door, military discount is being offered.

The next **Jacksonville Semper Fidelis Society** luncheon is scheduled for April 17 at 11:30 a.m. at the Picadilly Cafeteria near Regency Mall. The guest speaker will be Dr. Rudy Geer. For more information call Sharon Leahy at 545-0635 or go to the society website at www.jaxsemperfidelis.org.

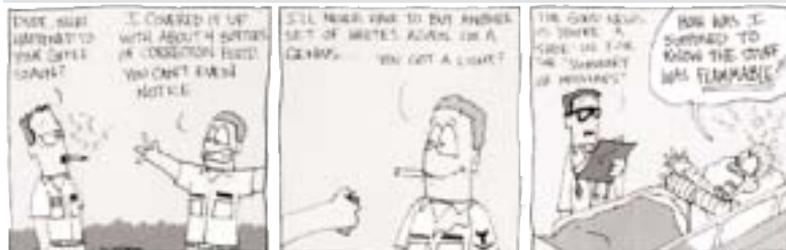
The Retired Officers' Association of Northeast Florida will hold their next dinner/business meeting on April 17 at 6 p.m. at The Zone. For reservations call 269-2942.

The World of Nations Celebration is slated for April 26, 27 and 28 at Metropolitan Park. Join us as we celebrate the rich cultural traditions and unique heritage of people from around the world of nations. Experience cuisine, artistry and customs from lands near and far. Saturday night features fireworks. Call 630-3690 for information.

The U.S. Air Force will host the 47th Annual **Joint Electronic Warfare Conference** at Lackland Air Force Base, San Antonio, Texas on May 6-9. An EW Intelligence session will be held on May 6. The conference is for U.S. Government personnel only. This conference is unique in that it is the only Electronic Warfare (EW) conference where the barriers to complete communication are removed by limiting attendance to active duty military and civilian representatives of U.S. Government agencies with a need-to-know. For more information visit <https://jewc.mugu.navy.mil> on the web.

JAX TALES

By Mike Jones
mikejones43@hotmail.com - www.rickystour.com



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