

# JAX AIR NEWS

Vol. 59 • No. 1

NAS Jacksonville, Fla.

January 11, 2001

## MCPON visits base, meets with Sailors

By **JO2 Mike Jones**  
Assistant Editor

Master Chief Petty Officer of the Navy MMCM(SS/SW/AW) Jim Herdt visited Naval Air Station Jacksonville Jan. 8. During his visit, Herdt toured several facilities on base and met with the Sailors of NAS Jacksonville to hear their concerns and questions about the Navy.

"Coming down here is a great delight for me for a lot of reasons," he said. "Jacksonville Sailors are different - they're in a place that a lot of people want to be."

During several all-hands calls, Herdt explained the recent improvements to Navy quality of life issues. "From my perspective, over the last couple of years we've made some pretty significant gains, legislatively," he said. "Last year was a good year for us. Not only did we get a 3.7 percent pay raise, but we got a lot of other things that people may or may not be aware of."

One of the big changes Herdt pointed out dealt with TRICARE. "First of all, we've got TRICARE for life," he said. "They're paying

nearly 100 percent of their bills on time so we don't have as much of a problem of creditors going after our Sailors as we used to have. We also now have the pharmacy prescription and TRICARE for life in business for those retirees over 65, which is a big deal."

Sailors can also expect to notice a change in sea pay, Herdt said. "We've got the authorization to reform sea pay," he said. "Authorization is not appropriation. There is a big difference. An authorization says, 'Yes you can do this. If you can find the money to do this, you can do it,' which is a good deal, particularly in the area of sea pay reform. Congress has given us blanket approval to pay up to \$750 a month in sea pay. We've got the authorization, now we need to build into our budget process ... the money that we need in order to be able to do that."

Herdt also explained the Navy's



Photo by PH2(AW) Leigh Anne Francisco

MMCM(SS/SW/AW) Jim Herdt, Master Chief Petty Officer of the Navy listens to a question from PR1(AW) Robert Baker during an all-hands call Jan. 8.

See MCPON, page 5

## Macyko assumes command of HS-7 in overseas ceremony

By **Lt.j.g. Dom Pastorin**  
HS-7 PAO

Cmdr. Andrew T. Macyko relieved Cmdr. Richard P. Scudder as commanding officer of Helicopter Antisubmarine Squadron (HS) 7 during a ceremony conducted Dec. 20 onboard USS Harry S. Truman (CVN-75) off the coast of Souda Bay, Crete. HS-7 is currently embarked onboard Truman for its maiden six-month deployment as a component of Joint Task Group 01-1. Cmdr. Kevin M. Kenney has assumed duties as HS-7's executive officer.

Rear Adm. James D. McArthur, Jr., commander of the Truman Battle Group, was the featured speaker and presented Scudder with the Meritorious Service Medal in recognition of the squadron's outstanding record of achievements while under his command.

A native of Ridgefield, Conn., Scudder received his Bachelor of Science degree in Mechanical Engineering from the Uni-



Cmdr. Andrew T. Macyko



Cmdr. Richard P. Scudder

versity of Bridgeport, Conn. in 1981. He was commissioned in March 1982, and was designated a Naval Aviator in July 1983. His career to date has featured five worldwide deployments with the Atlantic and Pacific Fleets while serving with HS-4, Carrier Air Wing (CVW) 17 Staff, HS-3 and HS-7. In addition, he completed shore tours with Air Develop-

ment Squadron (VX) 1 and the Naval Air Systems Command. Scudder has accrued 4,300 flight hours in 15 models of naval aircraft, and will report to the Naval War College as a student in March.

A native of Garden City, Long Island, N.Y., Macyko graduated the United States Naval Academy in 1983 with a Bachelor of Science in Ocean Engineering.

Upon completion of flight training, he was designated a Naval Aviator in February 1985. His career to date has featured four worldwide deployments with Atlantic Fleet ships serving with HS-7 as a Division Officer, USS Guam as the Ship's Navigator, HS-11 as the Administrative and Maintenance Department Head, and once again at HS-7 as the Executive Officer. In 1988, he was selected as the HS Wing One "Pilot of the Year" and subsequently graduated from the U.S. Naval Test Pilot School with Class 96 in 1989.

See HS-7, page 6

INSIDE

Frank Geary Remembered  
Page 3

Martin Luther King, Jr. Day Observance  
Page 3

Shedding Holiday Pounds  
Pages 14 & 15

## Meet a Sailor... HM3 Aundrea Holloway



**Job title/command:** Health Promotion Corpsman, Naval Hospital Jacksonville

**Hometown:** Cleveland, Ohio

**Past duty stations:** Iceland

**Hobbies:** Reading, running, listening to music, and going to the movies.

**Family Life:** Single

**Career plans:** To pursue a second BA degree in education.

**Most interesting experience:** "While vacationing in England with friends, I met up with another friend. We had a great time!"

**Words of Wisdom:** "Live your creed."

## Meet a Civilian... Debra Shannon



**Job title/command:** Wellness Center Receptionist

**Hometown:** Charleston, S.C.

**Past duty stations:** Guantanamo Bay, Cuba

**Hobbies:** Reading and attending church.

**Family Life:** Husband, Robert and a 20-year-old daughter, Aqueelah.

**Career plans:** After having a successful career as a receptionist, to retire and reside in Jacksonville.

**Most interesting experience:** The birth of my daughter.

**Words of Wisdom:** "Let the Lord have all your worries and cares, for he is always thinking about you and watching everything that concerns you."

# Monday celebrates life of Dr. Martin Luther King, Jr.

### From the Chief of Naval Operations

Monday will mark the anniversary of the Dr. Martin Luther King, Jr. national holiday. The theme for the 2001 King holiday celebration is "Remember! Celebrate! Act! A Day On, Not A Day Off."

Jan. 12-15 has been designated as the period to commemorate the annual Dr. Martin Luther King, Jr. holiday observance, which is celebrated in some form in more than 100 countries around the world. During this time, we pause to commemorate the birth, life, and vision of Dr. Martin Luther King, Jr., recognizing his leadership and lifetime commitment to challenging racial injustice and seeking equal opportunity for all Americans.

In 1963, Dr. King wrote in "Strength to Love," "the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his

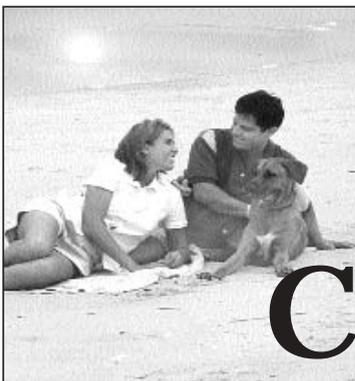
position, his prestige and even his life for the welfare of others. In dangerous valleys and hazardous pathways, he will lift some bruised and beaten brother to a higher and more noble life." As a servant of the American people, the U.S. Navy is committed to upholding these basic principles of personal sacrifice, justice, and equality to which Dr. King devoted his life.

Commands are strongly encouraged to commemorate the Dr. Martin Luther King, Jr. holiday consistent with current mission commitments and available resources. Maximum participation by all civilian and military personnel should be promoted.

Join thousands of Americans across the country who are honoring the life and work of Dr. King by spending the day serving in your community. You could tutor a neighborhood child who is home from school that day; join in on a Habitat for Humanity build for the day; participate in a neighborhood clean-up; stop by

make a donation in your local community center; or visit your family home. For more information, contact your local commander or contact the Department of Defense at 202-696-6958.

*Additional information can be found on the Navy website: [www.bupers.navy.mil/menator](http://www.bupers.navy.mil/menator) and the Corporation for National Service's Martin Luther King Day website: [www.mlk-day.org](http://www.mlk-day.org).*



## It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Jan. 25 through 28 and Feb. 24 through 27. A Marriage Enrichment Retreat is set Feb. 9 through 11. For more information, or to register, call CREDO at 270-6958.

# CREDO

## JAX AIR NEWS

NAS Jacksonville Commanding Officer ..... Capt. S.A. Turcotte  
 Public Affairs Officer ..... Charles P. "Pat" Dooling  
 Deputy Public Affairs Officer ..... Miriam A. Lareau  
 Editor ..... Loren Barnes  
 Asst. Editor ..... J02 Mike Jones  
 Staff Writer ..... J03 Jackey Bratt  
 Design/Layout ..... James Hodges

The *Jax Air News* is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, the U.S. Navy and do not imply endorsement thereof. The editorial content and any supplement is prepared, edited and provided by the public affairs office of NAS Jacksonville.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, NAS Jacksonville or Add Inc., of the products and services advertised.

Everything advertised in the *Jax Air News* shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Deadline for all routine copy is close of business the Friday before publication. Deadline for Fleet Market submission is noon Monday. Questions or comments can be directed to the editor. The *Jax Air News* can be

reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the *Jax Air News*, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The *Jax Air News* is published by Add Inc., a private firm in no way connected with the U.S. Navy under exclusive written contract with the U.S. Navy. It is published every Thursday by Add Inc., whose offices are at 1564 Kingsley Ave., Orange Park. Estimated readership over 32,000. Distribution by Publication Distribution Service, 904-PDS (737)-7320.

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

**Add Inc.**  
**Vincent Grassia, Publisher**  
 1564 Kingsley Ave. • Orange Park, FL 32073  
 904-264-3200 • Fax 904-269-6958

# Today, celebrate the joy of diversity

By **JO3 Jackey Bratt**  
Staff writer

Naval Air Station Jacksonville Ethnic Observance Committee is sponsoring this year's Dr. Martin Luther King Day commemoration with a service at the NAS Jacksonville All Saints Chapel, today at noon. The service's guest speaker is Cmdr. Anthony Barnes, Commanding Officer Patrol Squadron (VP) 16. There will also be a tribute by Lt. Cmdr. Troy Johnson attached to Helicopter Antisubmarine Squadron Light (HSL) 46, Naval Station Mayport.

Barnes, a native of Savannah, Ga. completed the Naval Academy Preparatory School, Newport, R.I., in 1977. He graduated from the United States Naval Academy in May 1981, and was designated as a Naval Flight Officer in April 1983.

In September of 1983, he reported to Patrol Squadron (VP) 49, the "Woodpeckers," at Jacksonville, Fla. for his first sea tour. While assigned to VP-49, he qualified as P-3C Patrol Plane Tactical Coordinator and Mission Commander, served as Assistant Tactics Officer, Electronics Branch Officer, Training Readiness Officer, and completed deployments to Sigonella, Sicily; Rota, Spain, and the Azores. During this tour, VP-49 established new records for ASW

contact in the Mediterranean receiving one Battle "I" and two Commander Sixth Fleet "Hook-em" Awards for superior achievement. ASW

In January 1987, as a Lieutenant, he reported to the staff of Navy recruiting area three in Macon, Ga.. He served as program manager for minority office and enlisted programs. During this tenure, the Southeast United States set national recruiting records for percentages of blacks and hispanics recruited to enter the Navy.

In October 1989, he reported on board the USS Saratoga (CV-60) as the assistant strike operations officer and participated actively in both operations Desert Shield and Desert Storm. He qualified as Officer of the Deck

(inport and underway,) served as general quarters officer of the deck, and was des-

igned Command Duty Officer (underway.)

In August 1992, Barnes reported to VP-22, NAS Barbers Point, Hawaii. While assigned to the "Blue Geese," he served as tactics officer, and training officer, and deployed to Naval Support Facility, Diego Garcia with detachments to Masirah, Oman, and Kadena, Japan. Due to disestablishment of VP-22, in October 1993, he was reassigned to VP-17 as the training officer.

In May 1994, he was chosen to serve as Operations Officer for a first ever quad-site deployment to Diego Garcia; Masirah, Oman; Kadena, Japan; and Jeddah, Saudi Arabia, until his departure in December 1994.

In January 1995, Barnes joined the staff of the Commander, Task Force 67, Naples, Italy as Deputy Assistant Chief of Staff for operations. Following this assignment, Barnes received a Masters Degree in National Security Decision-making and Strategic Studies at the Naval War College, Newport, R.I.

Barnes' personal awards include the Meritorious Service Medal, Navy Commendation Medal, and various other unit and service awards.

Barnes is married to the former Donna M. Murphy. They reside in Orange Park with their daughter, Ashley Patrice.



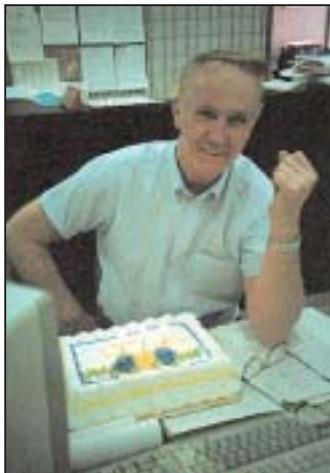
**Cmdr. Anthony Barnes, Commanding Officer Patrol Squadron (VP) 16 will be the featured speaker at the Dr. Martin Luther King Day commemoration service.**

## Frank Geary, *Jax Air News* staff writer, remembered as man of principle, caring

By **Cinnamon Carlson**

*Jax Air News* lost a beloved member of its editorial staff Dec. 15 when Francis (Frank) X. Geary, 67, succumbed to lung cancer after a lengthy battle with the disease. An employee of Add Inc., publisher of *Jax Air News*, Frank had served as the newspaper's features editor for the past six years. As such, Frank made a major impact on board NAS Jacksonville and beyond, covering many of the base's major news stories.

Frank first began his writing career while serving in the U.S. Marine Corps; it was during this service that he was trained in the art of journalism at Northwestern University. Upon leaving the Marine Corps after serving nine years, Frank worked for many major newspapers and publications including the Philadelphia Bulletin and the Globe. Having worked with Frank for five of his six years at the *Jax Air News*, I can tell you that he was the most talented and creative writer I have ever known. He could make just about anything interesting and exciting through use of the writ-



**Francis (Frank) X. Geary**

ten word. Of course, anyone who picked up a copy of this newspaper and read one of Frank's stories would know that he was a unique find in the world of military newspaper reporting.

But Frank was much more than just another journalist. He was, perhaps, the most unique individual I have ever known. For the scope of the generosity and warmth that defined his heart was beyond that often seen in most of us.

He was a man who could make you smile on even the worst of days, and he could do that because he cared. I guess that's what stands out most in my mind when I think about Frank: his immense ability to care. That caring quality showed itself in everything he did, especially in the stories he wrote. No one could do a story justice the way Frank could. And that ability, while having a great deal to do with the talent Frank possessed for writing, most of us attributed more so to his wonderful heart.

He especially enjoyed writing about the veterans and military members who make up this base. Their stories intrigued him. As he interviewed them, he made them feel as though they were the most important people in the world. He made them believe that their stories mattered - because they mattered to Frank. Many times, I would see tears in

his eyes as he sat with several of those he interviewed at his desk. It was as though he felt everything they felt as they relayed to him their tales of loss - their stories of war, of heroics, and of death and dying. Frank was right there with them in their pain. Afterward, when he set about to write their stories down, Frank was meticulous. He cared so very deeply that every word he typed was thoroughly scrutinized. He wanted the written portrayal he was crafting to be perfect. At the heart of this pursuit of perfection was his belief that he had been honored by their trust in him. More than anything, he did not want to break the trust these veterans and active duty members had bestowed upon him.

For you see, Frank was a man of principle. He was a man who believed in goodness; he believed in the good in life and in the good in those of us who were fortunate enough to know him. He did not judge, did not harbor anger or resentment. He only loved and laughed, and did so with the rarest of grace.

*See Geary, page 7*

# U.S. Navy-Marine Corps Court of Criminal Appeals to hear murder case at NAS Jax

**By Cmdr. Orlando Ruiz-Roque**  
*Executive Officer, LSO SE*

The Navy-Marine Corps Court of Criminal Appeals (NMCCA) will hear appellate argument in the case of *United States v. AW1 Frederick Thomas* starting at 10 a.m., Jan. 19 at the NAS Jacksonville BOQ Conference Room. The Thomas case was a general court-martial originally tried at NAS Jacksonville. Thomas was found guilty of the murder of his child. The hearing is scheduled for one hour, after which the Court will answer questions

from the audience. This hearing is part of the Court's outreach program, and is a unique opportunity to observe how the Navy's intermediate appellate court works within the military justice system. The hearing is open to the public. Military personnel are especially welcomed to attend. Seating at the Conference Room is limited, so early arrival is encouraged.

The mission of the Navy-Marine Corps Court of Criminal Appeals is to decide appeals from convictions by courts-martial for the Navy and Marine Corps in accordance with the U.S. Constitution,

the Uniform Code of Military Justice, and the opinions of the U.S. Court of Appeals for the Armed Forces. The Court is an independent judicial body within the administrative structure of the Office of the Judge Advocate General. The appellate judges are appointed by the Judge Advocate General. In FY 00, NMCCA and the Navy-Marine Corps Appellate Review Activity resolved 1,252 courts-martial appeals while receiving 1,807 new courts-martial appeals. The Court recently established a web page at [www.jag.navy.mil/html/nmccahome.htm](http://www.jag.navy.mil/html/nmccahome.htm), which allows public access to the court's

rules, authored and published decisions, and its oral argument schedule.

The Court's visit to NAS Jacksonville is also one of several activities taking place as part of the Florida Bar's 2001 Military Law and Legal Assistance Symposium. The Symposium will be held on Jan. 20 at the BOQ Conference Room and features military and civilian subject matter legal experts on topics of concern to the military community. The Symposium's keynote speaker will be Rear Adm. Don Guter, Judge Advocate General of the Navy.

## Community tribute planned for Representative Tillie Fowler

Business and community leaders will jointly honor the congressional service of Representative Tillie Fowler during a Jan. 13 celebration at the Jacksonville Fairgrounds. Doors open at 11 a.m., with a program starting at 11:30 a.m. followed by a free barbecue lunch.

The "Welcome Home Tillie Fowler Appreciation Day" will also feature entertainment by Navy Band Jacksonville, a joint color guard, the Land Marine Corps Team and special appearance by the Jaguars mascot Jaxson De Ville. Former Commander, Navy Region South-

east Rear Adm. Kevin Delaney, USN (Ret.), will be the master of ceremonies. All activities are free and open to the public.

Area military men and women and their families will be honored as special guests during the event. Military personnel are encouraged to attend, bring their families and wear their uniforms. Uniform is service dress blue.

This event is sponsored by various community associations, the Jacksonville business community and individual citizens to thank Congresswoman Fowler for a job well done. A former Jacksonville City

Council president, Congresswoman Fowler became the fifth highest ranking leader in Congress and one of America's most influential voices for strong national defense.



## Flu vaccine available at Naval Hospital Jax

The Flu vaccine is now available at Naval Hospital Jacksonville. All patients who are interested in receiving a flu shot can report to the hospital's Family Practice Clinic, Monday - Friday from 8 a.m. to noon and from 1 p.m., to 3 p.m.

Flu shots will be given to all beneficiaries on a first come basis while last.



## MCPON: Visits NAS Jacksonville

*Continued from page 1*

concerns regarding manpower. "We are engaged in a war for talent," he said. "This is a very tough recruiting market. The qualifications for getting into this outfit are pretty daunting. Not just anybody who walks into a recruiting office qualifies."

After his talk, Herdt took questions from service members in the audience. Questions presented to Herdt included topics such as pay raise, adjustments in Basic Allowance for Housing and deployment schedules.

Following the all-hands call, Herdt made himself available to Sailors for more questions before departing NAS Jacksonville.



**MMCM(SS/SW/AW) Jim Herdt, Master Chief Petty Officer of the Navy speaks to NAS Jacksonville Sailors during an all-hands call at Hangar 1000 Jan. 8.**

**Happy New Year!** — Little Royce Velasco was the first baby born at Naval Hospital Jacksonville for the New Year, 2001. Royce was born Jan. 1 at 2:39 p.m. and weighed seven pounds, six ounces. His parents are AK1 Rainer and Cristine Velasco. Petty Officer Velasco is stationed at Naval Air Station Jacksonville and is a member of Sea Control Squadron (VS) 32.

The hospital presented Royce a First Baby of the Year Certificate and the Oak Leaf Spouses presented a gift certificate to the parents. The Oak Leaf Spouses are married to Medical Corps, Dental Corps, Nurse Corps and Medical Service Corps Officers in the Jacksonville area. (In Photo: The Velasco's, Carol Regan of the Oak Leaf Spouses and Naval Hospital Jacksonville Acting Commanding Officer Capt. Charles Hostettler.



*Photo by JO2 LeaVonda Battle*

# FASO Det Jax selects Sailor of the Year and Instructor of the Year for 2000

By AKC(AW) Arleen L. Starks

Fleet Aviation Specialized Operational Training Group, Atlantic Det Jacksonville recently named its Sailor of the Year and Instructor of the Year for 2000. AD1 (AW) Richard D. Bucek was honored as the Sailor of the Year and AZ1 (AW) David M. Blackburn has the distinction of being the Instructor of the Year.

Bucek competed against five other Sailors from FASO Det Jax. Because FASO is a detachment site, Bucek will now go to Norfolk, Va. for the FASO Sailor of the Year board and will compete against Sailors from detachment sites in Brunswick, Maine and Cherry Point, N.C. as well as FASO headquarters in Norfolk.

A 17-year veteran, Bucek's prior tours include Sea Control Squadron (VS) 31, Naval Aviation Test Center Patuxent River, Md., Strike Fighter Squadron (VFA) 83, and Guantanamo Bay, Cuba.

Bucek said, "My drive and motivation come from my years of working for good LPO's and Chiefs. I always seem to be in the right place at the right time, and I try to pass my experience and knowledge on to those who are in my charge."

At FASO Det Jax he is the Training Department LPO and is responsible for



AD1 (AW)  
Richard D. Bucek



AZ1 (AW)  
David M. Blackburn

quota control for more than 60 courses. He is the key coordinator for four divisions. Bucek is also an Aviation Maintenance Administration Management Training (AMAMT) instructor at FASO and is qualified in five AMAMT courses. His interactions with students as well as the fleet keep him abreast of changes and updates. He is consistently singled out in student evaluations for his technical expertise and enthusiastic instruction and he has almost completed his Master Training Specialist designation. He

their first child in July.

Blackburn competed against six other Sailors and will now go on to Norfolk to FASO headquarters and compete against Sailors and Marines from Brunswick, Maine and Cherry Point, N.C. as well as Norfolk, Va. Blackburn is qualified to teach four AMAMT courses: Maintenance Control Management, Organizational Maintenance Activity (OMA) System Administrator, OMA Maintenance Operator, and Dispersed Technical Publications Library. He is the site

coordinates the command's Volunteer Coordinator. His active participation in the MWR committee assisted in a 50 percent increase in funds available for command functions. Bucek has been attached to FASO Det Jax for 14 months. He is a native of Pittsburgh, Pa. and lives in Green Cove Springs, Fla. with his wife, Rhonda. They are expecting

as the coordinator for OMA System Administrator and OMA Maintenance Operator. Blackburn is a 12-year veteran and his past tours of duty include Helicopter Antisubmarine Squadron (HS) 7, Aircraft Intermediate Maintenance Department (AIMD) NAS Jacksonville, and Strike Fighter Squadron (VFA) 81.

Blackburn said, "I always wanted to be an instructor. I enjoy teaching the knowledge and experience I have gained through the years to others. When the opportunity finally came I was thrilled."

Petty Officer Blackburn has graduated more than 150 students and his student critiques credit him with an uncanny ability to connect students while his extensive knowledge, helping to strengthen the effectiveness of the curriculum. He has qualified as a Master Training Specialist and he says that should help him at the IOY board in Norfolk. Blackburn serves as the Command Career Counselor and maintains a direct liaison with local commands in an effort to stay abreast of changes in the aviation community.

Blackburn is a native of Malvern, Penn. and lives in the community of Mandarin in Jacksonville, Fla. He has one son, Ethan.

## 'Dusty Dogs': Macyko assumes command

Continued from page 1

Macyko's shore tours included Rotary Wing Aircraft Test Directorate (RWATD) as the SH-60F Seahawk Model Manager and Engineering Test Pilot; student at the Naval Command and Staff College at Newport, R.I.; and as the Bosnia-Herzegovina Desk Offi-

cer and Politico-Military Planner on the Joint Staff, J-5, Strategic Plans and Policy Directorate in the Pentagon.

He has a Master of Science degree in Aviation Systems from the University of Tennessee and earned a Master of Arts degree (with Distinction) in National Security and Strategic Studies from the U.S. Naval War College.

Macyko has accrued more than 3,650 flight hours in 28 different models of rotary-wing and fixed-wing military aircraft. He has earned the Surface Warfare Officer qualification and was selected as a member in the Society of Experimental Test Pilots. He has been awarded the Defense Meritorious Service Medal,

the Navy and Marine Corps Commendation Medal (three awards), the Navy and Marine Corps Achievement Medal, and various campaign, unit, and service awards. His bride is the former Susan Jane McClenathan of Orchard Park, N.Y. They reside in Jacksonville, Fla. with their son, Thomas Joseph.

# 'Trident's' Hendrix named 2000 HS Wing Atlantic Maintenance Officer of the Year

By Lt. j.g. Jack McKechnie  
HS-3 PAO

Helicopter Antisubmarine Squadron (HS) 3 is proud to report that the HS Wing Atlantic Maintenance Officer of the Year is Trident Maintenance Material Control Officer Lt. Dennis Hendrix. Since his arrival in November of 1999, Hendrix has clearly established himself as a leader in aviation maintenance. An expert at long range planning, he enabled the squadron to safely meet all commitments during a high-tempo, inter-deployment, turn-around cycle with full mission capable aircraft. As a result of his guidance and attention to detail, the Trident Maintenance Department received comments of "outstanding" and "better than any

we've seen" during the HS Wing pre-deployment inspection. Throughout last year, HS-3 passed seven Aircraft Service Period Adjustment (ASPA) inspections in which the maintenance department was consistently praised for exceptional aircraft material condition despite increasing age.

After 24 years in the Navy, Hendrix enriches HS-3 with experience and sophistication drawn from a wide variety of previous assignments in naval aviation. Previously an aviation machinist's mate with F-14 and F-18 squadrons, he made chief in just over ten years. He worked with the "Blue Angels" for three years where he was responsible for the preflight, servicing, and postflight of Blue Angel aircraft. He then served at "Top Gun" where he certified aircraft safe for

flight. Following limited duty officer (LDO) indoc, Hendrix served as the Material Maintenance Control Officer for the C-2s of Air Transport Squadron (VRC) 40 and then as the Maintenance Officer for the SH-60Bs of Light Helicopter Antisubmarine Squadron (HSL) 40.

Now, Hendrix is being recognized for a superb performance as HS-3's Maintenance Material Control Officer. The skipper of HS-3, Cmdr. George A. Chamberlain, remarks, "Lt. Hendrix is exactly what a maintenance leader should be in Naval Aviation. His unique ability to plan, organize, and coordinate production requirements with CVW-8, functional wing, ship, supply, and AIMD is the primary reason behind all of HS-3's successes." HS-3 is fortunate to have Hendrix aboard and congratu-

lates him for receiving the HS Wing Atlantic Maintenance Officer of the Year. *Bravo Zulu!*



Lt. Dennis Hendrix

## Geary: Writer remembered

*Continued from page 3*

I've never met a man so full of life and love. But the love that filled his heart was apparent the most when he spoke of his family.

His wife, Marie, and his children, Cindy, Andrea, Billy, Donna and Bobby, meant everything to Frank. He was so very proud of everything they did. And he was a happy man, happy because he was a man whose love was returned by family and friends. Everyone who knew Frank simply adored him. How could you not? I cannot recall a moment of cynicism in Frank. He seemed to me to be above all of that.

I guess that's why being a Marine was so important to Frank. It was the honor of it all. I think, to Frank, the Marines stood for everything he did -

courage and sacrifice in the name of love, God and country. Frank took these ideals to heart. He was a rare find in today's world. His word was important to him, as people were important to him. When he told you he loved you, they weren't just words; you knew he meant it. For love meant everything to the man. And it is this knowledge that gives those of us who knew Frank comfort today, because we know Frank died while in love's embrace. His daughter, Cindy, and wife, Marie, held his hands as he left this world - sending him to God with their love. And a man like Frank, a man for whom love was so very important in life, could not have asked for anything more in death.

\* *Cinnamon Carlson is a former editor of Jax Air News*

## Coast to Coast for the Cure

People around the world are touched by the trauma of Cancer in their lives. When the devastation of cancer enters a person's life, they often wonder when there will be a cure or what can they do to help? One young man who is taking action to help is Philip J. Tannian or "P.J.", as he is known to his friends. P.J. is running across the United States of America from Key West, Fla. to the Mackinac Bridge in Michigan, more than 2,500 miles. He expects to complete his mission by Labor Day, 2001 and is striving to raise as much money for cancer research as possible. We spoke to his

father, a Korean War Navy Veteran on Wednesday. He is accompanying his son providing logistical support from a motor home. On Wednesday, they were passing through St. Augustine and planned to make it to Jacksonville Beach and Jacksonville via A1A, U.S. 90 and Highway 17 on Sunday. P.J. is hoping that by raising awareness for cancer research people will get involved all across the country. How can you help? By organizing fund raisers for cancer research in local civic organizations or by making direct donations to: Coast to Coast For the Cure, C/O Mt. Clemens General Foundation, 1000 Harrington Blvd. Mt. Clemens, MI 48043. To see how you can volunteer in other ways or for more information email [Coast2Coast4Cure@aol.com](mailto:Coast2Coast4Cure@aol.com). There is also a website at [www.coast2coast4cure.org](http://www.coast2coast4cure.org).



# Hey, Money Man!



Below is the text of a message from Commander, Navy Region Southeast Rear Adm. Jan Gaudio concerning an issue that Hey MoneyMan! agrees is of great importance to our reader, payday loans. CNRSE and Navy leadership has taken a strong stand in confronting this issue on a local, state and federal level. It is an issue every Sailor, Marine and Navy family member should be aware of.

I am deeply concerned with the problems associated with our Sailors and Marines obtaining "payday" loans. Payday lenders make small advances based upon personal checks held for future deposit at interest rates approximating 300 percent APR or higher. For example, you write a check for \$115, receive \$100, and the lender agrees not to cash your check until next payday. The actual cost of that loan for two weeks is \$15 which works out to an APR of 390 percent. In Florida, which has a small interest cap of 30 percent, payday lenders with triple digit interest rates are still operating. While state law caps the annual interest chargeable on loans of less than \$2,000 at 30 percent, licensed check cashers are permitted to charge up to 10 percent of the check's face value to cash a personal

check along with an additional \$5 for "verifying identity." Therefore, Florida payday lenders have chosen to dub their service as check cashing, advancing money on post-dated checks at up to 13 times the legal interest limit for small loans.

Payday loans are not the answer. In most cases, the results are Sailors, who are already financially strapped, falling deeper and deeper into debt. This effects not only the Sailor and the family, but also the operational readiness of the command.

I strongly encourage commands to ensure that their Sailors are made aware of the financial counseling available to all Navy personnel and of the hazards associated with payday loans. Sailors and Marines should not have to use these predatory services. The Navy and Marine Corps Relief Society can provide emergency loans and Fleet and Family Support Centers and individual unit's counselors can provide financial counseling. Make sure your Sailors and Marines are aware of these valuable services and encourage their use while you discourage payday loans.

Within the next week, a letter will go out to area commands asking for assistance in combating the payday loan problem. Here at the Region, I have initiated steps to require payday loan advertisers in our military newspapers to fully disclose their loan rates as a prerequisite to purchasing advertising space. I encourage commanding officers to require their Sailors to receive financial counseling prior to negotiating payday loans. I welcome your additional suggestions on how we may help our Sailors avoid this unscrupulous practice. I also need your input regarding the problem and how it may have impacted your command. I will use your input here in Florida to address the Governor's Military Leadership Advisory Council in February with the goal of changing the laws regarding these lenders. In the meantime, please use your leadership to ensure everyone is educated about the dangers of payday loans.

Questions for Hey MoneyMan? Call 778-0353.



# Dealing with debt after the holidays

By Bob Crawford  
Florida Commissioner of Agriculture

In the aftermath of the gift-giving season, millions of Americans struggle with how to pay the bills for presents and other expenses related to the holidays. For many, overzealous holiday spending may have pushed them into serious and troublesome financial situations, or aggravated existing indebtedness.

Early signs of dangerous personal financial trends include:

- Not paying bills on time, or juggling which to pay.
- Paying only the minimum on large credit card bills.



- Spending all income with no money going to savings.
- Being denied credit because of a bad credit report.

If one or more of the warning signs applies, consumers might consider following guidelines for getting back on track.

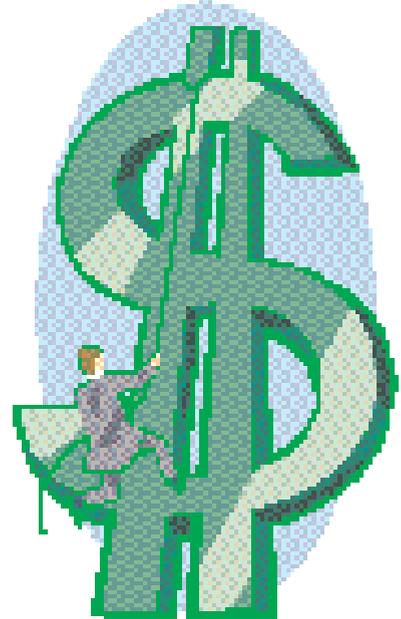
- Determine exactly where the money is going. Draw up a budget and stick to it.
- When having problems making payments, contact creditors immediately about alternative, more manageable payment plans. Do not wait until the matter has been turned over to a collection agency, which might not be willing to negotiate.
- Check out companies offering debt consolidation loans carefully. Exorbitant fees, high interest rates and inflated promises can aggravate debt and credit problems rather than ease them.

Beware of firms or individuals who offer to "clear up" negative data reported to credit bureaus. If the negative information is accurate, credit bureaus may report it for at least seven years. Bankruptcies may be reported for 10 years.

Avoid using credit cards. Pay off balances each month. If debt has accumulated, pay more than the minimum due each month, if possible.

Consumers who fall behind in paying creditors may be contacted by debt collectors. The Federal Fair Debt Collection Practices Act prohibits debt collectors from using harassing, oppressive or abusive tactics when attempting to collect owed money. They cannot use false statements or engage in unfair practices in the performance of their work. Consumers who believe they are victims of unfair debt collection practices should contact the Florida Department of Agriculture and Consumer Services at 1-800-HELPLA (1-800-435-7352) to file a complaint.

Those who feel they need more help in solving their debt and credit problems might consider contacting the nearest office of the Consumer Credit Counseling Service (CCCS). CCCSs are local, non-profit organizations, providing education and counseling on personal budgeting and the wise use of credit. Services are free or for a reasonable fee. For the nearest CCCS office, call 1-800-388-2227 or check the web site at [www.nfcc.org](http://www.nfcc.org).



# CNRSE's Guido trades in oak leaves for eagles

By YNC(SW/AW) Terry Farris

Capt. Anthony R. Guido, U.S. Navy, Program Manager for Community Support Programs, Commander, Navy Region Southeast, was recently promoted to his current rank during a ceremony at Bldg. 1 on board Naval Air Station Jacksonville.

Also attending the ceremony were Guido's mother, Mary, father, Nick, of New Alexandria, Penn., and his daughter, Jessica, of Orlando, Fla.

Guido has been in the Navy for 23 years and has served on Commander, Navy Region Southeast Rear Adm. Jan C. Gaudio's staff since Aug. 2000. His last three duty assignments were Director of Administration at Naval Hospital Great Lakes, Ill., Program Manager for Health Affairs, Regions 7, 8, and 9, Pentagon, Washington, DC, and Office of the Surgeon General, Bureau of Medicine, Washington, DC.



Commander, Navy Region Southeast Rear Adm. Jan C. Gaudio administers the



With the help of daughter, Jessica, and mother, Mary, Capt. Anthony R. Guido puts on his new shoulder boards, assuming his present rank during a ceremony recently.

# Act paves way for military participation in thrift plan

By Jim Garamone

American Forces Press Service

WASHINGTON — Military members will be able to create their own retirement nest egg by using the Federal Employees Thrift Savings Plan beginning this year, DoD officials said.

A portion of the Floyd D. Spence National Defense Authorization Act for Fiscal Year 2001 that President Clinton signed Oct. 30 allows service members to participate in the civilian retirement plan, said Navy Capt. Elliott Bloxom, DoD's director of military compensation.

The Thrift Savings Plan offers federal civilian employees the same type of savings and tax benefits that many private corporations offer their employees under so-called "401(k)" plans. Money invested in the TSP comes from pre-tax dollars and reduces taxable income; investments and earnings are not taxed until they're withdrawn.

The plan has been in place since 1986. The authorization act would allow active duty and reserve service members to invest up to 5 percent of their basic pay in the plan and all of any special and incentive pays they may receive — including bonuses — up to a total \$10,500 annual limit.

Civilians in the current Federal Employees Retirement System receive matching government funds in

the TSP program. The investment benefit for the bulk of the military force, however, will resemble that of workers in the old Civil Service Retirement System. Those employees also have a 5 percent ceiling and matching funds.

Service members may be eligible for matching funds in limited instances. Under the Special Retention Incentive portion of the legislation, members of certain critical specialties receive matching funds based on their contribution from basic pay. In return, the member would have to agree to spend at least six years in the specialty.

"The match is discretionary by the service secretaries," Bloxom said. "We will be meeting with the services to determine how the services want to implement this. I would envision at this point that the services would offer the match similar to the way they offer the selective re-enlistment bonus."

Bloxom said the services might offer TSP matches instead of a selective re-enlistment bonus, but nothing in the law says service members cannot receive both.

The legislation calls for the plan to

be implemented within 360 days of the signing of the legislation. "Of course, the critical question will be determined by when the General Retirement Thrift Investment Act is able to provide



provide rate services to our members," Bloxom said. "Accommodating DoD will double the number of individuals who are eligible to participate in the TSP. Right now, we

envision that members will be able to enroll in the TSP beginning in October. That will mark the start of a special 60-day open season."

Participation is optional and not automatic. Service members who want to sign up or change their investment levels generally would do so during designated "open seasons" — the same as civilian employees.

"Actual cash contributions would not start until after that open season," Bloxom said. He estimated service members would actually begin investing by January 2002.

DoD officials are working with the Defense Finance and Accounting Service and the thrift investment board on how to get the whole program up and running. Forms and educational materials will go out to service members so they can make an informed choice during the open season.

The TSP program currently allows employees to invest in any or all of three mutual funds: a government bond fund, a corporate bond fund and a stock fund. TSP administrators currently estimate that May 1, 2001, will be the stand-up of two new mutual fund options: international stocks and small-business stocks.

For more information on how the program works for civilian employees, visit the TSP Web site at [www.tsp.gov](http://www.tsp.gov).

# VS-22 at 'the tip of the spear'



Another perfect pass for the "Checkmates."

**By Lt.j.g. Brian D. McIntosh,**  
*VS-22 PAO*

After seven months of work-ups, the "Checkmates" of Sea Control Squadron (VS) 22 have begun their six-month deployment. The "Vidars" got underway aboard the USS Harry S. Truman (CVN 75) at 8 a.m. on Nov. 28. This voyage marks the maiden deployment for the Fleet's newest and most advanced aircraft carrier. As a part of the Harry S Truman battle group and Carrier Air Wing Three, the "Checkmates," along with seven other squadrons, will be the first air wing to conduct national tasking from the deck of the Tuman. VS-22 aircrew flew eight S-3B Vikings aboard the Truman on the morning of the 29th, completing

their carrier qualification requirements in only two days. With all the pilots qualified, VS-22 was ready for the "translant," the crossing of the Atlantic Ocean. After settling in and covering safety issues and training necessary for forward-deployed tactical operations, the ship arrived in the eastern side of the North Atlantic, near the Azores, ready for flight operations.

Initially, rough seas and stormy weather prevented all flight operations. However, on Dec. 8 the "Vidars" along with the rest of the air wing began the first day of "cyclic ops," flying as many as 14 hours a day. The readiness of the aircrew and the superior performance of maintenance personnel resulted in a top-notch performance by the "Vidar" team. In addition to conducting aircrew training on the Maverick missile system, VS-22 provided sea control assets for the carrier and fuel for the strike-fighter aircraft, successfully completing seven continuous days of flight operations. The first break in the flight schedule came when Truman traversed the Strait of Gibraltar, joining 6th Fleet as the nation's primary power projection asset. Flying resumed after a brief turnover with the off-going USS George Washington with the Vidars clearing the way for the mighty war ship.

In just over a week of flying, the "Vidars" accumulated more than 215 flight hours in 95 sorties. The Maintenance department put forth a superior effort to provide the aircrews with fully mission capable aircraft. Currently operating in the eastern Mediterranean, VS-22 along with the entire Truman crew is looking forward to their first port visit to Souda Bay, Crete. After a short visit, the "Vidars" will spend Christmas on board, transit the Suez Canal, and proceed to the Arabian Gulf to resume flight operations under 5th Fleet's control. Two weeks into the maiden deployment of the USS Harry S. Truman, VS-22 is once again on the tip of the spear.



"Vidar" 700 on "the tip of the spear."

# VP-16 spreads Christmas cheer

**By Lt.j.g. Matt Greenawalt**  
*VP-16 PAO*

Kicking off the Christmas season, Patrol Squadron (VP) 16 held its Christmas party on Dec. 8 at the Ramona Pavilion. The coat and tie affair afforded the squadron the opportunity to come together with their spouses and guests to celebrate the end of a productive home cycle and mark the beginning

of the transition toward the Squadron's February deployment.

The event was full of great food and conversation. Organized by Lt. Jon Groenke and other members of the Command Services Department, the party was a successful opportunity for the squadron to celebrate and relax. In addition to the normal festivities, many prizes were raffled off, providing a little pre-Christmas gift cheer.

Following-up the squadron party, VP-16 helped sponsor the CPRW-11 Children's Christmas party the next day along with VP-5. That event, held inside VP-16's Hangar spaces, included not only a moon bounce, train rides, and a P-3C on display, but also one of the best Christmas toys: huge sheets of bubble wrap for kids to pop! Of course, the party wouldn't have been complete without the

arrival of Santa himself on a P-3 directly from the North Pole. Santa, taxied in by VP-5, was on hand to listen to the Children's wishes, as well as pass out a few early gifts he just happened to have on hand.

In all, as the squadron phases into its pre-deployment and holiday leave periods, the Christmas events were a great way to bring the VP-16 Navy family together.

# NAVY NEWS

## USS George Washington CVBG, USS Saipan ARG return home

NORFOLK, Va. (NNS) — About 15,000 Sailors and Marines of the USS George Washington (CVN 73) aircraft carrier battle group (CVBG) and USS Saipan (LHA 2) amphibious ready group (ARG) returned to their East Coast homeports from a six-month Mediterranean Sea/Arabian Gulf deployment on Dec. 19 and Dec. 21, respectively.

A forecasted low-pressure system off the East Coast forced a decision to bring the CVBG units in a day early. They had been scheduled to arrive Dec. 20.

The George Washington CVBG departed June 21. Their deployment included operations in the Mediterranean Sea, Indian Ocean and Arabian Gulf. While in the Gulf, the battlegroup supported Operation Southern Watch by flying more than 800 sorties over Iraq. Surface forces supported U.N. sanctions against Iraq by conducting Maritime Interception Operations and diverting more than 20,000 metric tons of oil smuggled out of Iraq in violation of U.N. sanctions. In the Adriatic, the battle group was a stabilizing presence when tensions rose in the region after presidential elections in Yugoslavia.

Throughout the deployment, battle group units participated in numerous international exercises, including Exercise Destined Glory, the largest NATO exercise of the year. Battle group units worked with military forces from Oman in the Arabian Gulf, and from Hungary, Croatia, Turkey, Greece, Spain, France and the U.K. in the Mediterranean region, improving interoperability and strengthening relationships with those countries.

"Whether you look at our operations or you look at the engagement we've had in the Arabian Gulf and the Mediterranean, the opportunities we've had on board

George Washington and all the other ships in the battle group, it truly has been a great six months," said Rear Adm. Gary Roughead, commander, George Washington CVBG. "We've done a lot for our Navy and for our country."

The Saipan ARG with the 26th Marine Expeditionary Unit (MEU) embarked, left homeport July 11. Their deployment was highlighted by extensive operations and exercises throughout the Mediterranean, including presence operations in the Adriatic Sea. The ARG/MEU team also participated in several international exercises. In addition to NATO Exercise Destined Glory, they were key players in Slunj 2000 (a bilateral exercise with Croatia) and PHIBLEX 00.

During the deployment, battle group ships steamed more than 400,000 miles and spent a combined 1,800 days underway. The aircraft of Carrier Air Wing 17 flew more than 9,000 sorties and made 9,000 arrested landings aboard USS George Washington.

More information about USS George Washington and other carriers of the Atlantic Fleet can be found at <http://www.airlant.navy.mil/Carriersbar.htm>.

For information about USS Saipan go to <http://www.spear.navy.mil/ships/lha2>.

## Fox Sports/Holiday USO shows serves up big success

USS HARRY S. TRUMAN, At Sea (NNS) — Fox Sports NFL Sunday, the Secretary of Defense, the Dallas Cowboy Cheerleaders, Senator John Glenn, pop singer Jewel, country singer Shane Minor, comedian/writer Al Franken; the list could be a story in itself. It was the largest production ever to take place on a deployed aircraft carrier — and it all took place in one day on board USS Harry S. Truman (CVN 75) while off the coast of Naples, Italy.

Fox Sports production team mem-

bers were aboard Dec. 16 to prepare for the live broadcasts of two NFL pregame shows. The talent — Howie Long, James Brown, Cris Collinsworth and Terry Bradshaw — were on hand to sign autographs and prepare for the taping. The Dallas Cowboy Cheerleaders followed the Fox talent, giving the crew a preview recital and also signing autographs.

It was cold, windy and, at one point, drizzling on the flight deck the morning that the Fox Sports NFL Sunday taping got underway. But even the worst winds couldn't silence the crowd that gathered around the set.

Autographed footballs were hurled into the crowd, Sailors laughed and cheered as Marines chased Bradshaw off the "Toughman" turf and around the flight deck before bringing down the former Steelers Hall-of-Fame quarterback. The cheerleaders put on a half-time show and then it was back to the live fun of their second production taping.

Fox Sports announcer James Brown wrapped up the days taping session with a message to the troops.

"In the two days we've been aboard this ship, we have come to a much greater appreciation for the job the men and women of the Department of the Navy and indeed, the armed forces in general, execute daily to ensure our freedom and interests are well protected," Brown announced.

"Collectively, they symbolize and epitomize what our 33rd president, Harry S. Truman, was all about," Brown continued. "A man who was wise in policy, valiant in action and distinctive in leadership. Thanks to all aboard Harry S. Truman, truly the strength of America. God Bless you all."

The day didn't end there. The Fox set closed down and another set opened up. Secretary of Defense William S. Cohen's Holiday USO show, his last before leaving his post as SECDEF, kicked off in the ship's hangar bay. After brief introduction by Capt. David Logsdon, the carrier's CO, Cohen and his wife, Janet, took the stage.

"This marks our fourth, and last holiday tour," Cohen said. "I want you to know how much serving in this capacity has meant to me and my wife, it's been the best possible experience of our lives. I say that with the greatest sincerity, having an opportunity to serve you and see what sacrifices your families make on behalf of our country. It is truly inspiring."

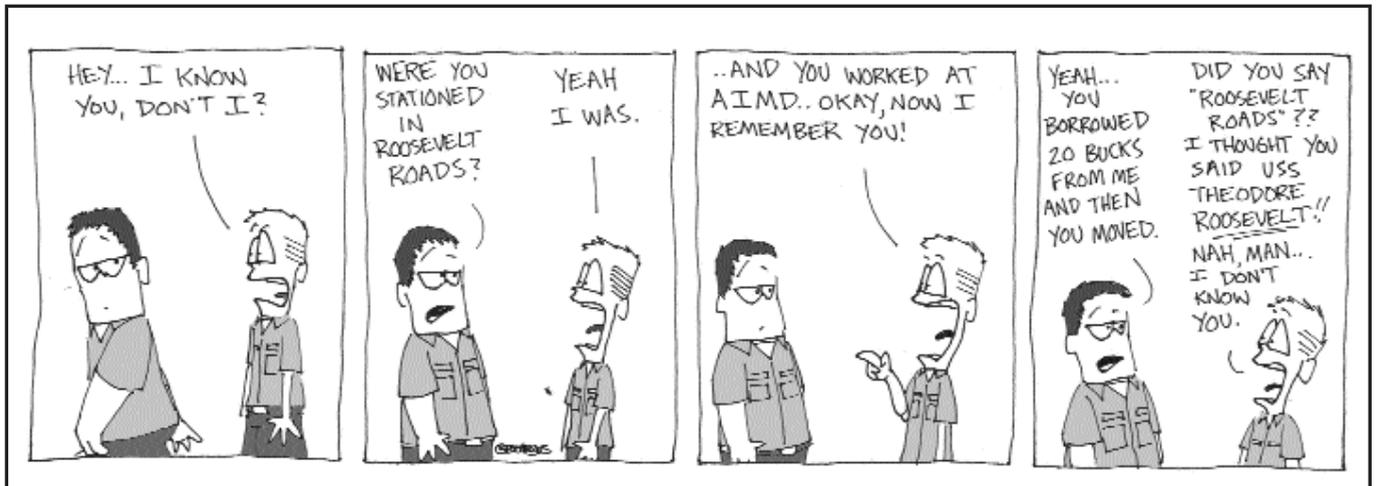
Mrs. Cohen then wished the crew and their families happy holidays. "I was thinking back to when this ship was commissioned in Norfolk, and now here we are in its splendor," she said. "I want to say to all of you who are homesick during the holidays that we at home are thinking about you, not just now, but even after we leave this job, because we are not leaving the military, we are just leaving the Department of Defense."

The remainder of the show was full of many emotions. Former naval aviator and astronaut Senator John Glenn pumped up the crowd with a speech about the importance of Truman's forward presence. Many were on the verge of pride filled tears as two Medal of Honor recipients greeted the crew and told the Sailors and Marines the medals they bear are worn for every servicemember, thanking them for the sacrifices they make, deployed, away from loved ones.

The crowd's mood shifted as the entertainers made their way to the stage, emceed by MTV V-Jay Ananda Lewis. Music, laughter and fun were served as the main portion to the biggest day Truman has witnessed since July 25, 1998 — the ship's commissioning.

"I am glad to have been part of such an historical event," said Information Systems Technician Seaman Will Morales of Truman's Combat Systems Department. "This day has given me memories that will last a lifetime."

More information about USS Harry S. Truman and other carriers of the Atlantic Fleet can be found at <http://www.airlant.navy.mil/Carriersbar.htm>.





The 'Checkmates' Shore Patrol team.

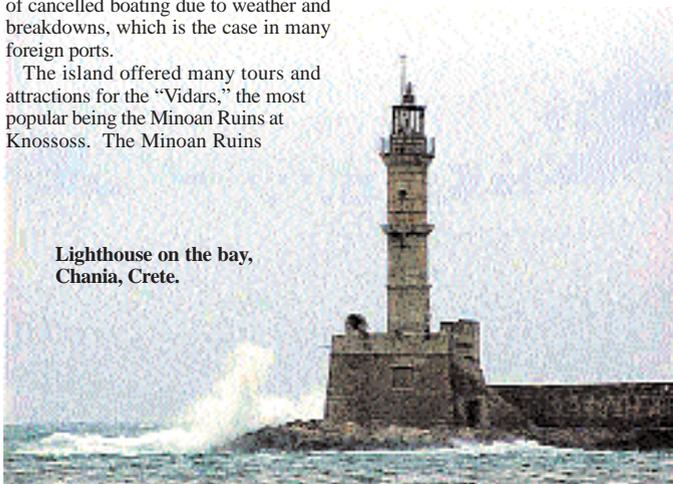
## 'Checkmates' take a break: Shore leave in Souda Bay

**By Lt. Brian D. McIntosh**  
*VS-22 PAO*

After several weeks of transit across the Atlantic Ocean and extensive flight operations in the Mediterranean Sea, the crew of USS Harry S Truman (CVN 75), Carrier Air Wing Three, and the "Checkmates" of Sea Control Squadron (VS) 22 were ready for their first liberty port. On the morning of Dec. 20 the U.S. Navy's newest and most advanced aircraft carrier, sailed into Souda Bay, Crete. Truman and her crew of approximately 5,000 Sailors, Marines, and officers were pleased to hear the ship would be pier-side for the first port of this maiden voyage. Normally anchored several miles off the coast, and using ferries to transport the crew from ship to shore, pulling up to the pier allows personnel to come and go from the ship without the hassle of cancelled boating due to weather and breakdowns, which is the case in many foreign ports.

The island offered many tours and attractions for the "Vidars," the most popular being the Minoan Ruins at Knossos. The Minoan Ruins

are what is left of the Palace of Menos. It is from this Palace that the legend of the Minotaur was born. Thousands of years of history left a lasting impression on the many Sailors who ventured to the many ancient and historic sites. The waterfront area in downtown Chania, (pronounced "Han' ya") Crete's second largest city, provided many unique shops, authentic Greek restaurants, as well as a few nightclubs for the "Vidars" to enjoy. With the exception of the first day, persistent rain and cold temperatures prevailed, but did little to dampen the spirits of the "Checkmates" on liberty. The local culture, shopping, cuisine, and the opportunity to call home outshined the dreary weather. The "Vidars'" Herculean efforts over the last few weeks at sea were aptly rewarded with a well deserved four days of relaxation and recuperation in Souda Bay.



Lighthouse on the bay,  
Chania, Crete.

# Reflections of a 'Pelican' Christmas

By Lt.j.g. Christopher W. Artis  
VP-45 PAO

The heart and spirit of Christmas calls for every person to stop and reflect on the ideals that make this holiday the most celebrated around the world. It's a time when families come together in a spirit of giving and celebration as they carry on proud traditions that make one family heritage unique to another. The hardworking men and women of Patrol Squadron (VP) 45 are no different. On Christmas Day, the "Pelican" family came together for an evening of celebration and fellowship, taking time out from their busy routines to participate

in the holiday traditions that define Pelican Pride.

Despite the high operational tempo that has been maintained throughout the five months of their deployment, the "Pelicans" were not too busy to pause briefly and enjoy the season of giving. A Christmas social was held at the Sigonella Inn that evening, and the "Pelicans" wined and dined on a variety of holiday favorites that included an array of local pasta delicacies and handmade dessert dishes. As the evening continued, VP-45's own AMS3 Kimberly Meyers served up just the right amount of jingle bell rock that kept the "Pelicans" on the dance floor, decking the

halls all night long. Ole Saint Nick, rumored to have been a former "Pelican" himself, made an appearance to help give away some goodies to some of the lucky Sailors of VP-45. Among the items raffled were a digital camera and tickets to Disney World. Others won tickets to Sea World and Universal Studios as well as cash prizes.

The evening reached its pinnacle when VP-45's Commanding Officer Cmdr. Dennis Sinnett came bearing chevrons to present to three exemplary and well deserving Sailors. AO3 Robert Barkley and AT3 Rickey Palmer were capped to Petty Officer Second Class while AMS2 Wade William Mosley was

capped to Petty Officer First Class. All in all, the pelicans celebrated and rejoiced throughout the evening as they indulged in the Christmas festivities.

Honoring a spirit of tradition and giving are values that run deep within every member of the "Pelican" team. Every sailor in VP-45 wanted nothing more than to reflect on these ideals with the loved ones they left behind in August. However, despite this separation, the men and women of VP-45 still found a way to celebrate the Christmas season and participate in the traditions that have made the "Pelican" family the pride of those that await their homecoming. Pelican Pride!

## New look, new location!

The NEx Beauty and Barber Shop just moved into new spaces. They are open Monday through Friday, 7:30 a.m. to 5:30 p.m., Saturday, 8:30 a.m. to 4:30 p.m. They are closed on Sundays. The barbers and stylist are excited about their new facility and look forward to your visit. Call 777-7228 for an appointment. Walk-ins are also welcome.



Stylists Yoko Coleman, Candy Marty, Marsha Brooks (General Manager), Deanna Tucker and Barbara Calhoun in front of the new NEx Beauty and Barber Shop.



NEx Barber Ted Hunter puts the final touches on a customer's haircut.

## Volunteer Opportunity

Green Cove Springs Junior High is looking for science fair judges from 9:30 to 11 a.m. on Jan. 18. Volunteers are not required to have science education/backgrounds and will be judging projects from 7th to 8th grade students.

The school is located off of CR 16, take Route 17 South through Orange Park and proceed across the railroad tracks. At the first stop light turn right. You will immediately see the school and parking lot. Volunteers should report to the school no later than 9 a.m. and will need to check in at the front office.

If you have any questions or would like to sign up - please contact Terry Grieninger at 529-2140.

# It is time to shed the holiday pounds

**By JO3 Jackey Bratt**  
*Staff writer*

It's that time of year again when we resolve to get off our duff's and run to the gym to burn those excess pounds we added to our bodies during the holidays. Now is a great time to take advantage of that New Year's resolution to become a healthier individual.

For many, the busy Christmas and New Year's events took up a great amount of time, leaving exercise the last thing on our minds.

It seemed there was always a bowl of Christmas candy in every office to pick and choose from or a co-worker bringing in fresh baked cookies for the office to enjoy. With one hand constantly in the candy bowl, eating home cooked holiday meals, and snacking along the way, it's not a surprise that your dungarees may feel a smidge tighter. Walking through the mall to get a loved one's present hardly constituted a thirty-minute walk, jog, or aerobics class.

There is no question that physical activity

has lasting cardiovascular health benefits. Because exercise burns calories it is helpful in losing those holiday excess pounds and maintaining a healthy weight. Regular activity helps boost energy, cope with stress, improve self-image, and increases resistance to fatigue.

"I have been out of the gym for three weeks and can definitely tell," commented AN Alberto Nunez, attached to Sea Control Squadron (VS) 32, NAS Jacksonville.

AT1 (AW) Don Lemcool, attached to the Aircraft Intermediate Maintenance Department (AIMD) has a goal of losing weight.

"I started working out before New Year's and am trying to achieve my goal of losing weight," he said.

Many people don't realize that patience is a huge factor in achieving their fitness goals.

"Fitness is consistency," said Barbara Millhollan, fitness director for NAS Jacksonville MWR's Fitness Source. "People don't realize that it took them a long time to get to where they physically are now and it

takes time to see a change." "You have to make exercise a way of life, for the more you use your body, the better you do and the better you feel."

The hardest part to the whole exercise process is getting in your car and driving to the gym/ Fitness Source. Once there, you won't want to end your workout session. It truly empowers you. You are taking charge of your body and your health.

Set small, short goals for yourself and increase them as you go along.

The Fitness Source located on base is an excellent place to get started. It is a fitness center that is equipped with the latest cardiovascular equipment and it also provides aerobic classes. The gym next door is also a great source if you feel like playing a game of basketball or racquetball. Both facilities are free to active duty service members and their dependants. Although there is a fee for Department of Defense civilian workers to use the fitness source, the benefits far outweigh the small price.





**Opposite Page**

(Top left) Lt.Cmndr JC Coffey of Patrol Squadron (VP) 45 catches up on the news while working out.

(Lower left) "It's all in the technique!" AMT2 Shannon Fortune of Coast Guard Histrion 10 gives it his all as he shapes up his abdominal muscles.

(Right) Bonita Givens strides in anticipation of reaching her last mile on the treadmill.

**This Page**

(Top left) Even Superwoman takes time out of her busy schedule to work-out! Elizabeth Shaefer (superwoman) rides the stationary bike to keep in shape.

(Top Right) Amanda Wickham concentrates as she prepares her lifting workout.

(Lower left) Lt.j.g. Jamison Ferriell pushes for that last rep!

(Lower right) AMS3 Ben Moran and AN Alberto Nunez (right) get back into the gym after taking a holiday break. Both Sailors are attached to Sea Control Squadron (VS) 32.

# PSD relocates to Building 789

**By JO3 Jackey Bratt**  
*Staff writer*

When Cmdr. Bill Pappas and Lt. Cmdr. Beth Hankins assumed the responsibilities as CO and XO of Per-

sonnel Support Activity (PSA) Jacksonville last summer, they vowed to improve working conditions at Personnel Support Detachment (PSD) Jacksonville. They observed firsthand the dedication and commitment among the 117 Sailors and civilians attached to PSD Jacksonville and boldly promised

to improve the facilities in which they work. Morale soared as a result. Their promise is now (Jan. 8-10) coming as PSD Jax officially relocates from Building 135 to Building 789, formerly the CPO club, at the intersection of

“The move is necessary considering we are now working in a building that has loose wires, roofs caving in, ants, and rats due to deterioration,” said PNC Robin Tupley attached to PSD Jacksonville.

Although the new building has less space, the sections of PSD are spaced off to accommodate Sailors and their families. There are two main waiting areas in the new building that make the wait more comfortable. One is located in the ID cards section equipped with a small television for customers to view while they wait. The other is located in the main space area that connects all the offices together.

PNC Bryan Long commented, “This move has been the best Christmas present for PSD.”

Long along with a PN2 Johnny Fulger and PN1 Tina Cason diligently worked to finalize setting up the ID card issue section during the Christmas stand down.

The ID cards section, which issues personal identification cards to all active duty, reserve, retired, and Navy family members as well as verifies enrollment in the Defense Enrollment Eligibility System (DEERS) for medical coverage, is now open at the new location Monday

through Friday, 9 a.m. to 5 p.m.

Lt. Cmdr. Beth Hankins, Executive Officer of PSA Jacksonville is overall pleased with the renovation results. As she walked around the new workspace she noticed the walls that divided the office spaces were a little higher than those in Building 135, affording more privacy and a more personal atmosphere.

All of the offices will be open for full business starting Jan. 11; emergencies will be handled anytime.



**PNC1 Freddy Padgett (left) and PNC1 Richard Hopson (right) take a minute to catch their breath from the all the unloading.**

Birmingham and Child Streets. “The Sailors at PSD have been real troopers, working in difficult situations,” said, ITCM Pat Nacometo, CMC of PSA Jacksonville.” ITCM Pat Nacometo was referring to the old building’s leaky roofs and worn floors. She excitedly said, “It’s about time!”

“The Sailors at PSD have been real troopers, working in difficult situations,” said, ITCM Pat Nacometo, CMC of PSA Jacksonville.”

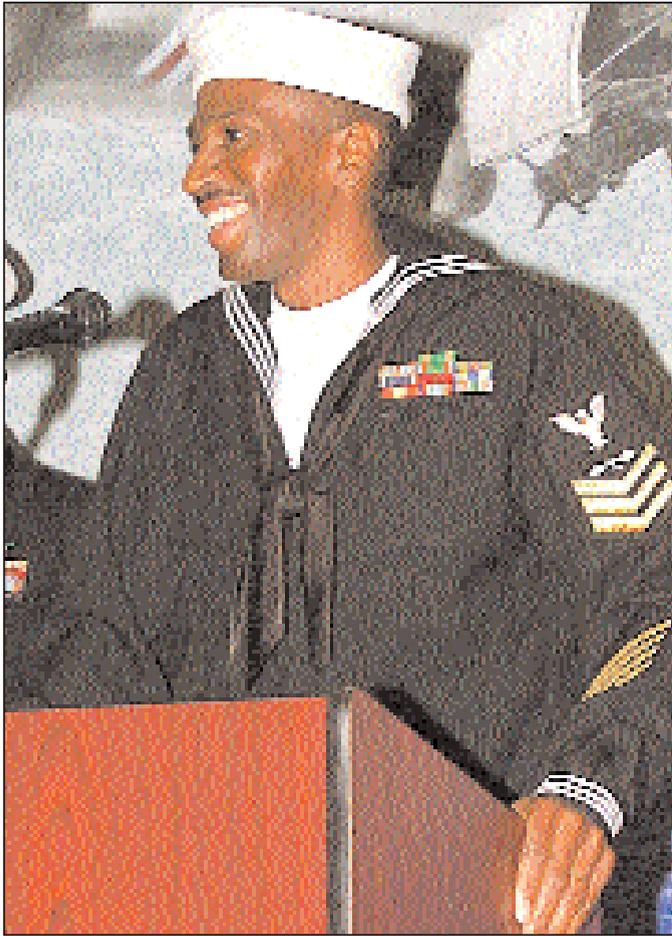
She excitedly said, “It’s about time!”



**Lt. Cmdr. Beth Hankins, executive officer Personnel Support Activity NAS Jacksonville listens to PNC Bryan Long as he points out where the patron waiting area is at the new PSD building.**



**Personnel from PSD unload boxes, computers, cabinets, and crates to their new home.**



## 'Diamondcutter' says farewell after 20 years

**By Lt. Bryan L. Ross**  
VS-30 PAO

The "Diamondcutters" of Sea Control Squadron (VS) 30 honored Aviation Structural Mechanic (Safety Equipment) First Class Terry L. Brown on Dec. 29 in a retirement ceremony marking 20 years of naval service. The ceremony was held at the VP-30 auditorium on board NAS Jacksonville. AMCS (AW/NAC) Patrick Lee served as Master of Ceremonies. The ceremony began with the invocation given by YNC Richard Ward. The Executive Officer of VS-30, Cmdr. Tom Walton, gave his remarks and awarded a letter of appreciation to Brown's wife, Carlita. Brown was then awarded the Navy and Marine Corps Achievement Medal (gold star in lieu of third award).

AD1 (AW) Warren Smith presented

Brown with a shadow box and read the First Class Petty Officer's Retirement Creed. The creed was followed by remarks from the guest speaker ABE1 Andre Williams. Brown then addressed the guests. The ceremony was concluded with the traditional Relieving of the Watch followed by Brown being piped ashore. All of "Team Diamond" is honored to have served with Brown and would like to wish him farewell and following seas.

# MWR NOTES

## Aquatics Department

Beginning Jan. 1 the aquatics department will begin taking reservations for private parties at the outdoor pool "Allegheny Family Recreation Area." The dates available for the pool facility rental are Friday, Saturday, and Sunday nights from May 1 through Sept. 30, 2001. The cost is \$75 for the first two hours, \$25 each additional hour. This price includes certified lifeguards. For information or to make reservations call 542-2930.

## Information, Tickets, and Tours

Take advantage of the free movies offered at the base theater located at the corner of Jason St. and Saratoga Blvd. There are no concessions but food and drinks are allowed to be brought in with the exception of alcoholic beverages. No children under the age of 18 allowed without adult supervision. For more information call 542-3577, or look on the web at [www.nasjax.navy.mil/mwr](http://www.nasjax.navy.mil/mwr).

## NAS Jax Base Auditorium Movie Schedule - January

Jan. 5, 7 p.m. - Saving Private Ryan  
Jan. 12, 7 p.m. - The Matrix  
Jan. 13, 5 p.m. - The Adventures of Rocky and Bullwinkle  
7 p.m. - How Stella Got Her Groove Back  
Jan. 19, 7 p.m. - Wag the Dog  
Jan. 26, 7 p.m. - I Know What You Did Last Summer  
Jan. 27, 5 p.m. - Entrapment  
7 p.m. - I Still Know What You Did Last Summer

## Liberty Cove Rec Center

The Liberty Cove Recreation Center is now open in its new location! The center is located on the corner of Jason St. and Yorktown

Ave. in Bldg. 816. Active duty Sailors can enjoy free Internet access on any one of 15 computers available. Compete in free Pool, Ping-Pong, Darts, Sony Playstations, Dream Cast or Nintendo 64 or kick back in a comfy recliner and watch movies on the big screen! The Liberty program offers tons of fun, adventures galore and so much more. Our hours are 1100-2400, Sunday - Thursday, 11 a.m. to 2 p.m. on Friday and 10 a.m. to 2 p.m. on Saturdays. Call 542-3491 for more activities schedule or information.

Have you ever seen a Manatee face to snout? Now's your chance! Join us on Saturday, Jan. 13-15 to sit back and get back to nature! Contact Liberty Cove Rec Center for more info at 542-3491. You need not be scuba qualified to enjoy this trip. Sign up by Wednesday, Jan. 10

## Yellow Water Youth Center

**Birthday Parties-** Come celebrate your Birthday at the Youth Center. Our center can accommodate 75 of your favorite friends. The cost is \$25 for two hours or pick up a theme and let us plan your party for \$50 for two hours. Leave all the fun up to us. All you need is the cake

**Open Recreation -** Tuesdays and Thursdays from 6:15 to 8 p.m. Pre-registration required by parent. Open Recreation is free and open to ages K-17. Teen Night is on Mondays from 6 to 8 p.m. Surf the net and enjoy a variety of games and activities!

Take the hassle out of your travel planning! The Yellow Water Housing Area has newly located ITT housed in the Youth Activities Center. Convenient vacation and travel plans can be made virtually at your front door! Come in and make your travel plans for all the fun Florida vacation attractions and theme parks. The Yellow Water ITT staff

will be providing the same friendly and courteous service as the main ITT Office at NAS Jax. Yellow Water Information Tickets and Tours Office hours of operation is Monday, Tuesday, and Thursday, noon to 8 p.m. and Wednesday and Friday, noon to 6 p.m. For more information call 542-8247

## Technology Exposition 2001

All Jacksonville NAS, Military and DoD Personnel are invited to attend The Technology Exposition 2001 on Friday, Jan. 26. The event takes place at the River Cove Officers' Club on Manatee Street (Bldg. 10), 10 a.m. to 2 p.m.

## The Budweiser Brew House

The Budweiser Brew House located in 'The Zone' Bldg. 798, corner of Jason Street and Saratoga Ave. is now open. The Brew House opens daily at 11 a.m. and will be NAS Jacksonville's football headquarters with NFL's Sunday ticket (this includes Mon Night Football). Enjoy lunch or dinner from a variety of menu items. Starting in February, The Brew House will be having Happy Hour Monday through Friday from 4 to 6 p.m. For more information call 542-3521. Other happenings at the Brew House:

Happy Hour - Wednesdays and Fridays - 4 to 6 p.m.

Jan. 12 and 26 - JB playing - 8 p.m. to midnight

Saturday - \$2.50 pitchers

Jan. 1 through 18 - "Feeding Frenzy" - from 5:30 to 8 p.m. - Taco Bar for \$3.50

Superbowl Sunday Giveaways and Food/Beverage Discounts All Day!

## Yesterday's Café

Step back in time to the great service and food you deserve! Sit back and listen to the Jukebox, and enjoy the weekly specials! It's a great place for lunch with all your friends! January's Super Special on Thursday's is the Chicken Salad for \$3.

## CPO Lounge

Come join us for the Superbowl Party on Sunday, Jan. 28. Enjoy the game and our food and beverage specials! For reservations or information, call 542-3461.

## Captain's Cup Racquetball Tournament

The Captain's Cup Racquetball Tournament is set for Jan. 22 through 26 at 4 p.m. It is open to all NAS Jax active duty personnel. For more information, contact the gym at 542-2930/3239.

Visit *MWR* online at [www.nasjax.navy.mil/mwr](http://www.nasjax.navy.mil/mwr) or call the Marketing Office for general information at 542-3577.



The Morale Welfare and Recreation Department's Leisure Travel Office is a great place to find the best prices on some of the most exciting travel destinations in the world. Listed below are just a few of the hot travel bargains now available. For rates, schedules and booking information visit [www.mwrleisuretravel.com](http://www.mwrleisuretravel.com). For more information, call MWR Information, Ticket and Tours at 542 - 3318.

**Australia**

Contiki - Vacations for 18 to 35 year olds - Go down under for the New Year, from \$782.  
 Trafalgar Tours - Australia/New Zealand & Qantas, from \$2399.

**Caribbean**

Holland America Line - 2001 Caribbean Flat Rate - 5 days ms Westerdam from \$399.  
 Available: 01/14/01  
 Sandals and Beaches Resorts - Sandals Resorts early \$555 Saving Bonus, see website for prices.  
 Available 11/13/00  
 Royal Caribbean - 10/11nt Circle the Caribbean, from \$899.  
 Available: 01/19/01

**Caribbean Southern**

Holland America Line - Winter/Spring 2001 Caribbean 5-Star Bonus - ms Veendam, from \$689.

Available: 01/12/01, 01/19/01, 01/26/01, 02/02/01, 02/16/01, 02/23/01, 03/09/01, 03/16/01, 03/23/01.

Norwegian Cruise Line - Winter Savings in the Southern Caribbean, from \$499.

Available: 01/14/01, 01/28/01, 02/11/01.

**Hawaii**

Holland America Line — 2001 Hawaii Flat Rate From \$1999\*  
 Available: 01/12/01, 02/16/01

**Mexico**

Carnival Cruise Line — Mexico on Elation From \$649\*  
 Available: 01/14/01, 01/21/01, 01/28/01, 02/04/01, 02/25/01

**Panama Canal**

Orient Lines — 50% Off 2nd Passenger & Free Air on Panama Canal From \$2695\*  
 Available: 03/27/01  
 Tahiti  
 Orient Lines — Tahiti & Hawaii From \$3795\*  
 Available: 03/10/01

**\*IMPORTANT!** These offers may be time-sensitive and capacity controlled. All promotions are subject to availability at the time of booking. To ensure the best price, contact MWR Leisure Travel today for a firm quote.

## Embry-Riddle Excellence Award Program recognizes work honors with tuition dollars

**By Tamara Merchlewitz,**

*Embry-Riddle Aeronautical University  
Center Director*

The Embry-Riddle Excellence Award (ERA) program provides a means of recognizing military or civilian personnel who receive duty or work related honors. The award consists of a certificate and eligibility for authorization of payment of non-reimbursed tuition expenses for one three or four-credit course. The ERA can be applied to any degree program offered at ERAU's Jacksonville Resident Center.

Eligibility criteria for organizations and nominees is as follows:

1. The organizations must have a formal program for recognizing outstanding employees on a regular and periodic basis.
2. Nominees must be eligible to enroll in Embry-Riddle courses (they don't currently need to be an ERA student, but they must meet admission requirements).
3. There is no limit to the number of awards an individual may receive, however, the individual may only use one award per academic year.
4. The ERA may be used for classroom or distance learning courses.
5. The maximum amount of each award is the student portion of the tuition not paid by the military service or civilian employer, not to exceed 25 percent of the total tuition for the course. Textbook charges are not covered by ERA's.

Should you have any questions regarding ERA's individuals and commands may call the Embry-Riddle Aeronautical University's Jacksonville Resident Center at 779-0246. Our office is located on the 2nd floor of Bldg. 110 (Navy Campus).



Photo by: JO2 LeaVonda Battle

# TRICARE Service Center relocated

Last Friday, the TRICARE Service Center (TSC) staff celebrated the opening of its new location at 1210 Kingsley Avenue in Orange Park, Fla.

The TSC is a resource for patients who may have questions concerning their healthcare benefits and for those interested in TRICARE Prime enrollment.

Following the ribbon cutting, tours of the new facility were given by Leslie Young, the North Florida Direc-

tor for Humana Military Healthcare Services and manager of the TSC.

Pictured above (from l-r) Leslie Young, TSC Manager; Rear Adm. Jan C. Gaudio, commander, Navy Region Southeast; CNO MC(AW) Philip Mauffray, Navy Region Southeast Command Master Chief; Cmdr. K. C. McCarthy, Commander Region Southeast Flag Secretary; and Capt. Barb Vernoski, Naval Hospital Jacksonville Commanding Officer.

# TRICARE Health Care Information Line providing information, assistance

**From the Naval Media Center**

All TRICARE regions now have toll-free TRICARE Health Care Information Lines (HCIL) that provide medical advice and assistance for non-emergency situations you may encounter saving you both time and money.

When you contact an HCIL, you have the option to speak with a nurse or listen to one of hundreds of topics on health from the audio health library.

The HCILs provide 24/7 medical information service. They do not provide pre-certification or authorization for medical services.

The following list of available TRICARE HCILs by region is provided for your information: Region 1 (Northeast) - 1-800-308-3518; Coverage: Northern Va., Eastern W.Va., Md., Del., N.J., Pa., N.Y., Conn., R.I., Mass., N.H., Vt. and Maine.

Region 2 (Mid-Atlantic) - 1-800-931-9501 (Option 3); Coverage: Southern Va. and all of N.C.

Region 3 (Southeast) and Region 4 (the Gulf South) - 1-800-333-5331; Coverage: Ala., Eastern Ark. (near NSA Mid-South, Millington, Tenn.), Fla., Ga., Eastern La., Miss., S.C. and Tenn.

Region 5 (Heartland) -1-800-941-4501 (Option 3); Coverage: Ill., Ind., Ky., Mich., Ohio, W.Va., Wis. and the St.

Louis area of Mo.

Region 6 (Southwest) - 1-800-611-2875; Coverage: Ark., Western La., Okla. and Texas (except El Paso).

Region 7/8 (Central) - 1-888-887-4111; Coverage: Ariz. (except Yuma), Colo., Idaho (except Northern Idaho), Iowa, Kan., Minn., Mo. (except St. Louis), Mont., Neb., Nev., N.M., N.D., S.D., El Paso area of Texas, Utah and Wyo.

Region 9 (Southern Calif.) and Region 10 (Golden Gate) -1-800-611-2883; Coverage: Calif.

Region 11 (Northwest) -1-800-750-6946; Coverage: Ore., Wash. And Northern Idaho (to include Boundary, Bonner, Kootenai, Benewah, Latah and Shoshone counties).

Region 12 TRICARE Pacific (Alaska) - 1-800-822-2878

TRICARE Pacific (Hawaii) - 1-800-611-2883

Korea HCIL: From a DSN phone, call 550HOME and then 1-800-917-9172 (NO COST). From a Korean civilian telephone, call toll-free, 003-081-10332 or dial 1-800-917-9172 while in the United States or wherever 800 service is available.

Pacific HCIL is also available on the Internet at <http://www.hcii-online.com/tricare-pacific>.

Sources: Extracted from various TRICARE-related web sites.

# Navy Exchange Big Winner



Nancy Ortiz was the Navy Exchange's big winner of a \$100 gift certificate sponsored by Canada Dry Products. Ortiz is pictured above receiving her certificates from Nex General Manager Marsha Brooks on Dec. 19.

# Naval Hospital Jacksonville to host Medical Town Hall Meeting

## **From Naval Hospital Jacksonville Public Affairs**

Naval Hospital Jacksonville will host a Medical Town Hall Meeting in the hospital's Second Deck Conference Room Tuesday, Jan. 16 at 2 p.m.

Naval Hospital Jacksonville's Commanding Officer Capt. Barb Ver-noski along with senior leadership

from the hospital will be available to answer questions concerning patient health care issues and listen to sug-gestions on how to improve customer service. The Town Hall Meeting is intended to be an open forum of exchange between all patients eligi-ble for care and the hospital staff.

The Town Hall Meeting that was held in October was well attended and seats

filled quickly, so please come early in order to get a seat.

*For more informa-tion, please contact the hospital's Customer Satisfaction Office by calling 542-9175.*



# Some scooters recalled due to flaw in design

WASHINGTON, D.C. - In coopera-tion with the U.S. Consumer Product Safety Commission (CPSC), Excite Ltd., of Hong Kong, is voluntarily recalling about 80,000 scooters. The front of the folding mechanism, where the steering column meets the base of the scooter, can create a pinch-point. Fingers can be injured while folding or unfolding the scooter.

Excite has received nine reports of

pinch-point injuries to children including one partially amputated fingertip and eight lacerations, one of which required eight stitches.

The recall involves Excite Super Speeder II and Viper scooters. The scooter has a lightweight aluminum frame with black, foam handle grips. "Super Speeder II" or "Viper" is printed on the standing platform and on the steering column. The steering column also



has "Excite" printed at the

The scooter has 4-inch in-line style wheels.

d stores nationwide y sold the Super Speeder II and Viper scooters from August 2000 to December 2000 for about \$49.

ners should stop using these Excite scooters immedi-

ately and contact Excite Ltd. to receive a free cap that will cover the front of the folding mechanism. For more informa-tion, call Excite Ltd. toll-free at (888) 571-3731 between 8:30 a.m. and 5 p.m. CT Monday through Friday.

Only the Excite Super Speeder II and Excite Viper scooters sold at Rite Aid are part of this recall. This recall does not include the original Super Speeder or other Viper brand scooters.

# COMMUNITY CALENDAR

**The First coast Chapter of the Navy Mustang Association** will meet on Thursday, Jan. 18 at 5 p.m. at the Spindrift Restaurant/Hotel on US-17 and I-295. The agenda will include induction of new Officers and Board of Directors. Special Committee Officers will provide updates on the Association's Scholarship progress, fund raisers, and social activities. A brief "Greet and Meet" social will follow. All active duty, reserve and retired Navy and Marine Corps Mustang Officers from Kingsbay, Jacksonville and Mayport are welcome and encouraged to attend. Applications to join will be available. For more information please contact Lt. Bernie Williams-McGuire at 270-5001 or 270-5306.

**The Retired Officer's Association of Northeast Florida** will hold its monthly business meeting at the Officer's Club, NAS Jacksonville, on Wednesday, Jan. 17, at 6 p.m. Active and retired officers of the uniformed services, spouses, and guests are invited. Advance reservations to the Chapter's Reservation Chairman are required 48 hours prior to the meeting. Call 284-1240. Speaker Capt. W. E. Knehans, USN ret., will install chapter officers for 2001 during the meeting.

**The Pilot Club of Jacksonville** will be hosting its 52nd Annual Charities Antiques Show and Sale Jan. 12, 13 and 14 from 10 a.m. to 7 p.m. at the Prime Osborn Convention Center, 1000 Water Street, Jacksonville, Fla. Parking is

free. Admission at the door is \$6.50 per person. The antique show also features a food pantry with delicious food and homemade desserts.

**You're invited to join the Chapter FL1-X motor cycle club** at their regular Friday night get together at the DAiry Queen on Kingsley Ave. in Orange Park at 7 p.m. The club is made up of active duty and retired military members who share a love of bike riding making new friends. Don't be shy, come and have some fun. If you have questions, call JoAnn Dilling at 778-2821 or 291-3354.

**The Patrol Squadron (VP) 4 "Skinny Dragons,"** based in Kaneohe, Hawaii, are having a reunion for all its former members on May 17 through 20 at Pensacola, Fla. For information on the reunion write to:

Steve Andruszkewicz, 13115 Le Par #35, Chino Hills, CA 91709. To reach him by phone call (909) 591-2329, email address: stevez@bigfoot.com. The reunion hotline number is (405) 321-0287 and the website is [www.vp4association.com](http://www.vp4association.com).

**Theatre Jacksonville** continues to offer \$2 admission to military members and guests for the first night of a new production. Tonight is the opening night for "The Little Foxes." First performed on Broadway, it's a tale of a Southern family and their ruthless ambitions to get rich. In a world of insatiable greed, sibling rivalry, marriages of conve-

nience and daily deceptions, these Southern foxes epitomize the danger of society ruled by excess and confirm that blood is not always thicker than water but it can be more poisonous. The show begins at 8 p.m. in the theater's historic San Marco location, 2032 San Marco Blvd. It's recommended that you call for reservations at 396-4425.

And, for you aspiring actors and actresses, auditions for "One Flew Over the Cuckoo's Nest" will begin on Jan. 16 from 7 to 10 p.m. at the theatre. There are roles available for 12 men and four women. It is absolutely guaranteed to be fun. For further information, contact JoAnn Dilling at USO, 778-2821.

**The Florida Georgia Blood Alliance** is seeking volunteers. Have you ever wanted to make a difference? You can by volunteering the gift of time at one of our donor center locations throughout Jacksonville. All positions are open. These include greeting donors, assisting in drawing areas and the laboratory, contacting eligible donors, clerical assistance and more. Hours are flexible and training is gladly provided. For more information contact Diane Strickland, 353-8263, ext. 333.

**The World Golf Village** is seeking participants for "The Empty Stocking Fund Half Marathon and 5K Race" on Saturday, Jan. 13. The marathon raises dollars for The Empty Stocking Fund which donates funds to St. Johns

County residents in need of assistance with food, clothing, and unexpected expenses. Start time for the Half Marathon is 8 a.m. Cost is \$15 in advance, \$20 on race day. The 5K starts at 9:10 and the cost is \$10 in advance, \$15 on race day. The Half Marathon starts at the ST. Johns County Complex, 4020 Lewis Speedway, St. Augustine (shuttle service to the starting line at the World Golf Village). The 5K starts at the World Golf Village. Both races end at the Village. The races are USAT&F certified. Awards will go to the top three overall male and female finishers. First Master and Grand Master male and female and top three runners in each age group (19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+). For more information call (904) 387-0528.

# 'VP-45 works, plays hard'

**By Lt.j.g. Christopher W. Artis**  
*VP-45 PAO*

The success enjoyed by any military unit or organization rises and falls on the concept of teamwork. Without unity & cohesion comes an inability to accomplish any mission, great or small. The challenge for any commanding officer is to drive this basic Navy Core Value into the hearts and minds of all those that comprise the command. Patrol Squadron (VP) 45's Commanding Officer, Cmdr. D.J. Sinnenet, has a simple solution: "Work hard and play hard," which he imparts to every Sailor that checks on board VP-45, "organizations that play well together also work well together." As a result, when the mighty "Pelicans" aren't storming the skies over the Mediterranean in support of democracy, they're storming the football fields, basketball courts, and volleyball courts of NAS Sigonella, Italy in pursuit of teamwork proving time and time again that they can play just as hard as they work and enjoy unparalleled success in both.

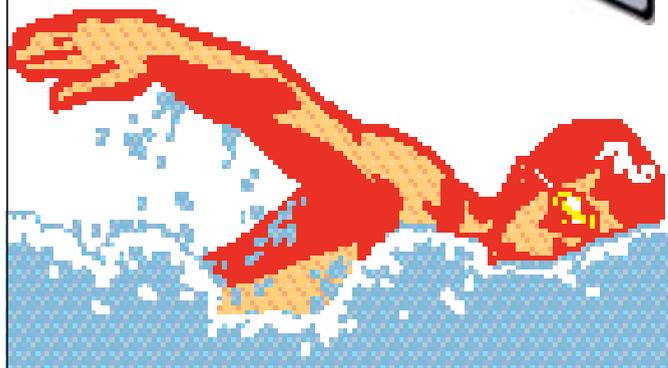
Since their arrival in August 2000, the Fighting Pelicans have taken to the fields and courts of NAS Sigonella with a ferocity and success rate that have put them in a first place standing in the race for the coveted Captain's Cup. The highlights of the tournament began with VP-45's coed "Pelican" basketball team led by Lt. David Golden and YN2 Hillary White. "Nothing but net" was

the only noise made by the Fighting Pelicans as they ended the season to clinch a second place spot. Heating up the volleyball courts, VP-45's Lady Pelican volleyball team, led by White, aspired to fight in a fierce championship volleyball tournament suffering a very narrow loss to EOD and taking a second place seat for the season. Finally, two "Pelican" football teams, led by AO1 Eric Brown (men's team) and YN3 Jenifer Plisco (women's team), also ran up the scoreboards each taking second place for the season in their respective divisions.

Although VP-45 has a comfortable lead at present in the Captain's Cup race, they're not turning down the pressure. As the mighty "Pelicans" gear up for a second round of basketball competition, a larger goal weighs heavy on their minds. For the men and women of VP-45, competing for the Captain's Cup means more than winning a trophy. It's about bringing different personalities and backgrounds to a focal point and allowing that organization to cooperate with a harmony that knows little else but success and teamwork. As the mighty "Pelicans" practice this ideal on the basketball courts, football fields, and volleyball courts of NAS Sigonella, it transposes itself into their professional lives. The result manifests itself as a flawless record of mission accomplishment and unprecedented success in a theatre of operation that only a strong team like

## Master's swim team needs you

Do you think you need help with improving your swimming times? The NAS base gym will be the home of the Master's Swim team. The Master's Swim Team was designed to aid in improving PRT swim times by introducing the swimmer to different stroke techniques that shave off seconds in the water. The coached program will begin Tuesday, Jan. 16. The meeting times are from 4:30 p.m. to



# JAX SPORTS

## **Sports officials and scorekeepers**

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 and softball leagues. Experience is not required. If you are interested in officiating and scorekeeping contact George Phillips at 387-2047.

## **Greybeard Basketball League forming**

If you are active duty and 33 years of age or older, you are eligible to participate in the Greybeard Basketball League. The games are played on Tuesdays and Thursdays at 11:15 a.m. and noon. To join the league, call the NAS Jax Athletics Department.

## **4 on 4 Flag Football League forming**

The 4 on 4 Flag Football League is a new league for NAS Jax active duty military personnel. The league will begin Jan. 16 and rosters are due Jan. 5. Games will be played in the evenings under the lights. Interested personnel should stop by the gym to get a copy of the rules and entry forms.

## **Women's Basketball League forming**

The NAS Jax Athletics is forming a women's basketball league to begin in January. If you are a female active duty, military dependent over 18, or DoD civilian then you are eligible to participate. Teams and individual players are needed. Call the NAS Jax Gymnasium for more information.

## **Captain's Cup, Regional Qualifier Men's, Women's Singles Racquetball Tourney**

Would you like to earn Captain's Cup points for your command? Active Duty personnel earn points for their command just by participating in this event. The tournament, Jan. 22 - 26, is free and for active duty members only. There are four divisions: men's open - ages 34 and under; men's seniors - 35 to 39; men's masters - 40 and up; and women's open - all ages. Awards will be given for first, second, and third place in each division. Winners will also represent NAS Jax in the South Atlantic Regional Racquetball Tournament at Kings Bay Feb. 9 and 10. Call the base gym to sign up before the Jan. 12 deadline.

*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](mailto:dbonser@nasjax.navy.mil) or [dgorman@nasjax.navy.mil](mailto:dgorman@nasjax.navy.mil). Visit the MWR website at [www.nasjax.navy.mil/mwr](http://www.nasjax.navy.mil/mwr).*