

JAX AIR NEWS

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April 12, 2001

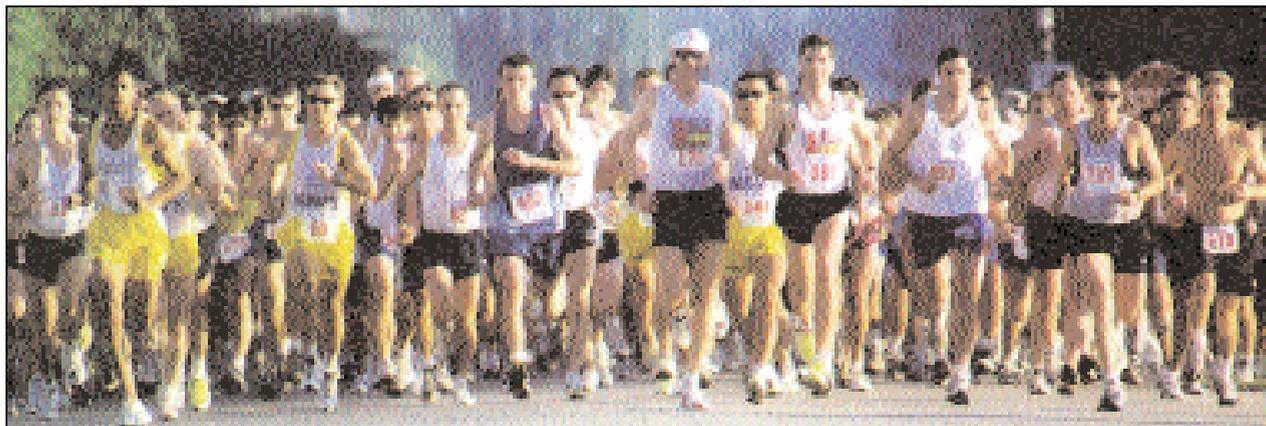


Photo By Jeff Hilton

And they're off! - Nearly 800 runners and walkers hit the streets at NAS Jacksonville April 7 during the 23rd Annual Navy Run. See story page 15.

HS-75 'Emerald Knights' rescue downed Army pilots

Story by Lt. Cmdr. Glen Jimenez
HS-75 Public Affairs

The "Emerald Knights" of Helicopter Anti-submarine Squadron (HS) 75 participated in a dramatic rescue at sea March 16 during a recent detachment on board the USS Dwight D. Eisenhower (CVN-69).

This was HS-75's first carrier detachment since their transition from the SH-3H to the SH-60F Seahawk helicopter. Squadron evolutions included providing plane guard support for naval aviation students performing their first carrier landings and Army and Air Force aviators participating in the Joint Shipboard Helicopter Integration Program.

The rescue occurred while escorting a flight of three Army OH-58 Kiowa scout helicopters to the carrier. Cmdr. John Hall, Lt. Cmdr. Jeff Scarritt, AW1(AW/NAC) Clifford Dillard and AW2(NAC) Josh Bourgeois were flying their Seahawk behind the Army helicopters when one of the Army helicopters reported mechanical problems. The situation quickly deteriorated and the stricken aircraft experienced a tail rotor drive loss, one of the most serious malfunctions that can befall a helicopter. "Right after they radioed their problem, they did a complete 180 degree turn and went into an autorotation, crashing into the water," explained Hall, HS-75 executive officer, and pilot of the escorting Seahawk.



Rescued crewmen are carried aboard USS Dwight D. Eisenhower after an HS-75 rescue at sea.

Because they were flying over water, the crew in the Army helicopter had no choice but to ditch the aircraft.

For Bourgeois, this was his first jump outside of his search and rescue school training. "I just heard the 'emergency, ditch, ditch, ditch,' he said. 'I looked at my crew chief (Dillard) and he just looked at me and said, 'You're going.' So I threw off my helmet and quickly changed into my wetsuit... It wasn't training anymore!" His many months of training were now put to the test with three lives, including his own, at stake. "I was sitting in the door, getting ready be lowered down, and I was nervous; but once

I got into the water it wasn't an issue of what should I do," he said. "My training just took over, and I went in and did it," Bourgeois recalled. Within minutes Bourgeois was in the frigid water, checking over the injured pilots.

While the helicopter pilots and the crew chief maintained the position of the aircraft over the survivors, Bourgeois strapped the first survivor to the hoist.

After the first survivor was in the helicopter, they had a slight problem locating the second pilot and Bourgeois had to be lifted back into the aircraft while they searched for the missing man. After a few tense moments and a second jump by Bourgeois, the other pilot was located and lifted to safety along with Bourgeois.

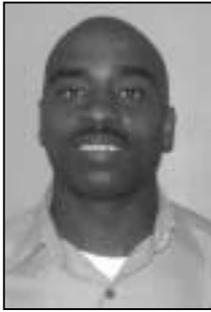
Hall said the rescue couldn't have gone any better. "The whole system worked," he said. "All of our training came together to make a calm, flawless rescue."

INSIDE

HS-11 marks
30,000 hours
mishap-free
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Meet a Sailor... MS2 Chris D. Jefferson



Hometown: Brandon, Miss.

Past duty stations: USS Coontz, USS Trenton, USS McInerney, Strike Fighter Squadron (VFA) 105, NAS Memphis

Family life: Wife, Sonya

Career plans: To retire with 20 years and go on to pursue my calling in the ministry. I also want to work with real estate.

Most interesting experience: Receiving Jesus Christ, witnessing the birth of my triplets on February 16 of this year.

Words of Wisdom: Enjoy life to the fullest, for we're living this life to live again. God bless you.

Meet a Civilian... William David Kistler



Job title: NAS Jax Post Office Window Clerk

Hometown: Jacksonville, Fla.

Past duty stations: Worked at all post offices in Jacksonville

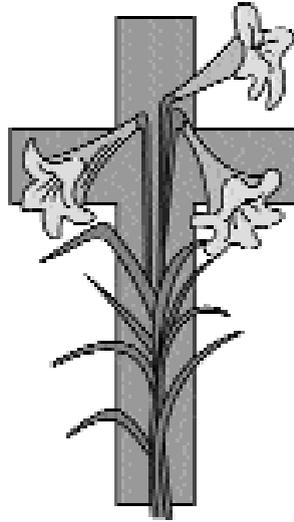
Family life: My wonderful wife Patti and I have three sons Jeffery, Joshua, and Jensen.

Career plans: To stay right here and retire.

Most interesting experiences: "Becoming a Christian, it is the best."

Words of Wisdom: "Do unto others as you would have them do unto you - If you don't have love, you don't have anything."

Chapel Easter Services



April 14 - 8 p.m.
Catholic Easter Vigil

April 15 - 6:50 a.m.
Sunrise Service

(Chapel by the lake)

7:30 a.m.

Free Easter Breakfast

8:30 a.m.

Episcopal Eucharist

9:30 a.m.

Catholic Baptismal

Vow Renewal

11 a.m.

Protestant Celebration

Education Fair allows you to meet the Navy College Rating Partners

From the Navy College Office

The Navy College Office (NCO) is sponsoring an Education Fair on the April 17 from 10 a.m. to 2 p.m. at the Officer's Club. Refreshments will also be served.

This is your opportunity to meet representatives from the 16 Rating Partner schools who traveled from around the United States to personally explain how close you are to completing your associates or bachelors degree.

These colleges and universities are offering the new two and four year degrees that are rate specific. These programs are also open to Navy family members, retirees and civilians who might be interested in furthering their education.

The Service Members Opportunity

College Navy (SOCNAV) has standardized the transfer of credit policies of the Partner Schools. This means that credit hours will transfer easier from school to school within SOCNAV and participating Partner Schools. The program has created rating "roadmaps" that show what the average Sailor, depending on his/her rate and rank, has earned in college credits with their Navy training. With the roadmaps you can "shop" these approved institutions to see what is needed to complete your degree. CNET staff worked for two years developing these valuable partnerships for your benefit.

Please take advantage of this opportunity to get your education questions answered straight from the source and to meet the schools that have partnered with the Navy to offer degrees in the Navy College Rating Partner Program (NCRP).

It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered May 17 - 20. For more information, or to register, call CREDO at 270-6958.

CREDO

JAX AIR NEWS

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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.

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Easter Egg Hunt and Month of Military Child Carnival!

April 14, Easter
Egg Hunt starts at
8:30 a.m.
followed by the
Military Child
Carnival
from 9:30 a.m. -
12:30 p.m.
Yellow Water
Youth Activities
Center
For more infor-
mation, please
call: 778-9772 or
777-8247



Commander, Navy Region Southeast voices support for Child Abuse Prevention efforts

The Month of April is recognized throughout the military community as Child Abuse Prevention Month. Just as "Parents nurture - kids blossom," the month of April is also one of growth and nurturing, providing the world with many of the elements necessary for thriving and blossoming. Let us focus on the elements necessary for thriving and blossoming. Let us focus on the elements of positive parenting throughout this year to ensure that our children who are our future and leaders of tomorrow develop the skills necessary to accomplish that task.

The prevention of child abuse is the responsibility of all of us, both military and civilian. Our Navy community can be an active partner in this endeavor by supporting local events on our military installations and in our communities that emphasize the prevention of child abuse. Since 1974, we have been committed by law, regulation and action to provide protection for children who are abused or neglected. Our Fleet and Family Support Centers and our Morale Welfare and Recreation Departments

sponsor events year round to help families and children become healthy and free from abuse and neglect. Our duty is to support and take advantage of these opportunities for family enhancement.

Child abuse continues to be a national tragedy which must be stopped. It is happening every day in all our communities. We must help spread the message that children are our future and must be protected and nurtured. Military and civilian professionals have specific responsibilities to assure the safety of our children. The Family Advocacy Program assures that victims of child abuse are protected from further maltreatment by providing education and counseling for parents who abuse or neglect their children. The New Parent Support Program provides educational programs and home visiting for new parents who are in need of support for parenting issues.

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

Building self-esteem creates safety, security for children

From the Fleet and Family Support Center

During the month of April (Child Abuse Prevention Month), we are emphasizing ways that we, our families and our communities, can remain safe and secure in an all too violent world.

With soaring rates of child abuse, teenage drug abuse and teenage pregnancy, keeping our children safe and secure is of utmost importance.

One important tool in keeping your child safe and secure is your child's self-esteem.

Self-esteem is the way we think and feel about ourselves; self-esteem can be positive or negative.

Those children with positive self-esteem are more willing and capable of accepting challenges and are happier and more comfortable with who they are. By stark contrast, those children with low self-esteem lack confidence, make little or no effort toward accomplishing goals, are less happy, and find it difficult to develop close relationships. As a result, these children are more susceptible to negative peer pressure, to the lures used by child predators, and to drop out of school.

Children are not born with self-esteem; it develops over time as a result of personal experiences and relationships with others. If you are concerned that your child's self-image is poor, don't fret — self-esteem can be improved, and as a parent, you play an important role in helping to improve your child's self-esteem.

Here are some simple ways to help improve your child's self-image:

- Praise and encourage your child daily.
- Tell your child, "I love you." everyday.
- Nurture your child's natural talents,

and encourage involvement in music, sports, volunteer work, hobbies, etc. Get involved yourself.

- Hang your child's artwork around the house.
- Let your child make decisions, such as: planning a meal, planning an evening out, choosing the color of paint for his/her room, selecting what clothes he/she will wear today.
- Acknowledge your child's feelings.
- Together with your child, make a list of all the reasons your child is special and post it.
- Keep photographs of your child displayed around the house.
- Let your child see that mistakes can be viewed as tools for learning, and are not to be feared.
- Provide a learning environment and learning experiences for your child. Make learning fun.
- Help your child feel prepared — teach your child safety procedures, fire drills, safety in numbers, play "what if..." games.
- Be aware of your own self-esteem and work to improve your own perception of yourself. Value, appreciate, and accept yourself as you are. Your healthy self-esteem is the model for your children.

Encourage your children's positive beliefs about themselves by helping them respect themselves as well as others.

Their positive beliefs will lead to positive behavior patterns. Self-esteem is a great investment in one's own dignity and pride.

For more information on how to build your child's self-esteem, contact the counselors at the Family Advocacy Program at 542-2766, ext. 54.

For information on Child Abuse Prevention presentations call Linda Moore at 542-2766, ext. 54.

Shoreline Cleanup: Help make a difference

NAS Jacksonville Natural Resources is hosting its Spring Shoreline Cleanup!

Volunteers are needed on April 19 to pick up trash along the St. Johns River.

The cleanup will commence at 8 a.m. at the picnic area next to the Marina at Mulberry Cove. Volunteers will be



cleaning the shoreline from land and from canoes.

A free barbecue lunch will be provided for all volunteers at 11:30 a.m. Dress to be messy! We look forward to volunteers coming

from all commands.

Point of contact is Wendy Wessell at 542-2717 ext.114.

HS-11 completes 30,000 mishap-free flying hours

By JO1 Aaron Strickland

George H. Bush was president. The Atlanta Braves and Minnesota Twins appeared in the World Series after both spent the previous year in last place. "Beauty and the Beast" captured the hearts of children of all ages. Groups like Boyz II Men and Mariah Carey were topping the music charts.

That same year, 1991, Helicopter Antisubmarine Squadron (HS) 11, the "Dragon Slayers," began a streak of 30,000 mishap-free flying hours completed Friday afternoon.

"Hats off to all in our squadron," said HS-11 Commanding Officer Cmdr. John Smith of Brooklyn, N.Y. "Thirty-thousand hours of safe flying is just unbelievable."

Carrier Air Wing 1 (CVW-1) Commanding Officer Capt. Phil Grandfield called the milestone "a great accomplishment that starts at the top and includes every person in the squadron."

Throughout the squadron, two phrases are heard frequently - "do it the right way every time," and "fly safe aircraft."

"It's all in the planning," said AZ2 James Smalenski of West Palm Beach, Fla. "It means a lot to accomplish this goal."

He said that a key to the success of HS-11 is the ability to speak up when something looks wrong.

"If I say that something needs to be pulled, I can go to the master chief and he'll pull it," the Aviation Administrationman said. "Our main thing is to fly safe aircraft."

Thinking like that has been passed down for 10 years in HS-11, and it shows.

"It amazes me the number of people

here on their second and even third tours," said Maintenance Officer Lt. Cmdr. Barry Buss of Fleetwood, Pa. "I have one (Aviation Electronics Technician) who has spent six or seven of (his) 10 years in the Navy at HS-11. They love to turn wrenches - and they come back."

The feeling of getting things right and being safe about it extends from the mechanics and administration out to the flight line.

"It's not that we're just doing our jobs correctly," said AW2 Bill Beasley. "It's that we're doing it the right way the first time."

There's that "right way the first time" idea again....

"When I checked into HS-11, our training started with being told to do everything safely and correctly first, and, second, to have fun," the Vacaville, Calif., native said. "I've tried to instill that into the people who I've trained ever since."

The Operations Officer for HS-11 echoes the feeling that everything will be done right the first time, and that each officer and Sailor can speak openly.

"What we have going for us is a good balance of achieving objective and still keeping a large degree of level-headedness," said Lt. Cmdr. Steve Yoder of Fayetteville, Ga. "We are encouraged to speak our minds without fear of retali-



(Top right) AWCS Larry Favors completes the last of a series of preflight checks. (Bottom left) AW2 Chad Hernandez and Stacey Daughdrill shoot an M240D machine gun out the side of a helicopter. (Inset) An HS-11 helicopter fires infrared countermeasures during a training exercise.

ation. (We have) the best maintenance department I've ever seen. We care about a quality job and are very good at meeting our commitments."

The Maintenance Master Chief, Avionics Master Chief Williams Lukander of Warwick, R.I., obviously feels good about the squadron's accomplishments. "It's good to be a Dragon Slayer," he said. "It's all about caring about what we're doing."

"I tell the squadron, 'if you can't put your kids up in your copter, don't release it.'"

After agreeing that HS-11 does it right the first time, one of the squadron

Aviation Structural Mechanics - Hydraulics, echoes a final reason for success.

"We set high standards of maintenance," said Petty Officer 1st Class Hughie Burke of Ocala, Fla. "We don't let anything slide by."

Foreign presidents, Secretary of State arrive at NAS Key West

By Bob Nelson
CNRSE Public Affairs

Key West, Fla. has been the site for many important meetings between heads of state. In 1961, then President John F. Kennedy met with British leaders to discuss the Bay of Pigs conflict. In 2000, the sunny, tropical location was the site for the North Atlantic Treaty Organization (NATO) Key West meetings hosted by the Chairman of the Joints Chief of Staff, General Henry Shelton.

Earlier this month, Key West again became the site for important peace negotiations for two former Soviet countries working to end their long-time disputes. And, also there during this historic event were the Sailors and civilian staff of Naval Air Station Key West (NASKW).

The Key West Peace Talks, held in the historic Harry S. Truman Little White House in downtown Key West, gathered the leaders from Azerbaijan and Armenia, the U.S. State Department and negotiators from France and Russia. The Little White House has hosted numerous distinguished guests and important meetings of State during its 111-year history.

NASKW leadership, led by Commanding Officer Captain Larry Cotton, together with U.S. Ambassador and Special Negotiator Carey Cavanaugh, welcomed the President of Azerbaijan, Heydar Aliyev; the President of Armenia, Robert Kocharian; and U.S. Secretary of State and former Chairman of the Joints Chief Staff Colin Powell, as they landed at the Boca Chica Air Station.

"We are very pleased that the State Department opted to use our facility for this very important event," said Cotton. "I am also very proud that our Sailors and civilian employees demonstrated their unequalled level of professionalism to support this evolution. They did an outstanding job," he added.

Welcoming heads of state requires lots of atten-



Secretary of State Colin Powell exits his aircraft shortly after arriving at Boca Chica Air Station.

tion to detail. Working with the U.S. Secret Service and State Department Special Security, Sailors and personnel of the NASKW Security Department were instrumental in ensuring maximum levels of security offered to presidents of foreign countries and State Department officials were in place.

"We work hard everyday to protect the security integrity of our installations," said Lt.j.g. Matt Roose, NASKW security officer. "To have the op-

portunity to participate in an event of this magnitude and provide security support is great. I too am pleased that our Sailors and station employees were a part of this."

Additional services provided by NASKW personnel included airfield services; driver and vehicle support; escorts; public affairs and administrative coordination; and photographic support.

"The peace negotiations provided us quite possibly a once in a lifetime chance to support an event of this caliber," said Chief Tammy Shirley, NASKW administration officer and escort to Mrs. Alma Powell, the Secretary of State's wife. "I am confident those people who were involved in this event will remember it for many years to come," she added.



Secretary of State Colin Powell receives an Honorary Conch certificate from Monroe County Mayor George Neugent. Looking on are, Ambassador Carey Cavanaugh; NAS Key West Commanding Officer Capt. Larry Cotton; and NAS Key West Command Master Chief John O'Banion.

First Coast Mustangs offer scholarship

The Navy Mustang Association (NMA) is the only professional and social organization instituted for Naval officers who served proudly three or more years in the enlisted ranks. The logo includes the words "Up From The Ranks" to describe the ascent of its members, but also to light the path for future members. Mustangs feel a proud responsibility for reaching into the enlisted ranks and supporting/mentoring those worthy sailors seeking a commission. Mustangs also understand the importance of a support network and are committed to helping one another. The First Coast Chapter of the NMA is pleased to offer the following scholarship opportunity.

The scholarship consists of funds disbursed directly to the awardees as reimbursement, for the purpose of providing the difference between the applicant's tuition assistance benefit and actual course costs, up to a maximum of \$500 per applicant per annum. Applicants must be engaged in a course of study, which, once completed, will support an application for a commission in the United States Navy or Marine Corps. Educational expenses include the cost of tuition, books, fees and educational supplies associated with the course of study.

The Scholarship application is open to those who meet the following eligibility requirements. Applicants must currently:

- * Be serving on active duty or in an actively drilling reserve component of the United States Navy or

Marine Corps as an enlisted member and have served honorably for a minimum of 2 years.

- * Be enrolled in a course of study that leads to a degree that will support a commission in the United

States Navy or Marine Corps.

- * Be represented and sponsored by a Mustang who is familiar and has personal knowledge of the applicant's performance and character.

The Scholarship Award is based upon need and shall not exceed \$500 per awardee annually.

The Chapter is also recruiting members.

Qualifications: Must have enlisted as a recruit in the Navy or Marine Corps and received as a minimum the Good Conduct Medal. Must have been selected for a commission through the sea service, in-service procurement program.

Job Requirement: Superior leadership and professional skills and a willingness to mentor and reach out to those enlisted personnel who desire to move up through the ranks.

Reward: You will become a member of a support network of active, retired, and reserve Mustangs that

work collaboratively to light the path for future Mustangs while enjoying camaraderie both socially and professionally.

For more information: contact Lt. Bernie Williams-McGuire at 270-5306 or email at bcquire@sar.med.navy.mil. Visit the Mustang website: www.geocities.com/sribandit2/index.html

at www.geocities.com/sribandit2/index.html



In the family - Ensign Edward Yandoc receives his first salute from his father, AMS1 Rodrigo Yandoc, following Edward's recent graduation from U.S. Navy Officer Candidate School, Pensacola, Fla. Following his commission, Edward reported aboard USS Lake Erie where he serves as the ship's Public Affairs Officer.

NAVY NEWS

U.S. diplomats meet with EP-3E crew, release date uncertain

WASHINGTON (NNS) — U.S. diplomats met with the crew of the disabled EP-3E Aries aircraft on April 3, three days after it made an emergency landing on the island of Hainan off the southeast coast of China following a collision with a Chinese F-8.

Reports indicated the crew of 24 is in good health and has not been mistreated. However, China has said it has no intentions of releasing the crew for the time being.

The E-P3E was on a surveillance mission off the southern coast of China when it was shadowed by two supersonic Chinese F-8s (similar to Air Force F-16s). The jets flew dangerously close to the E-P3E, and one of them collided with its left wing before plunging into the Pacific. Neither the pilot nor the wreckage has been found. Chinese authorities have refused U.S. assistance to locate the downed pilot or the aircraft.

The EP-3E was forced to declare an in-flight emergency, radioed a distress signal

over an international frequency and made for the nearest land, the Chinese-owned Hainan Island, more than 70 miles away.

After landing, the last message that was heard was that everyone on board was safe and the Chinese requested the plane's engines be shut down.

The squadron is from Fleet Air Reconnaissance Squadron 1, based at Naval Air Station Whidbey Island, Wash.

The EP-3E Aries II is a long-range, four-engine turboprop reconnaissance aircraft that uses the same type airframe as the Navy's P-3 Orion. The aircraft contains sensitive high-gain antennas and receivers, and can listen to a wide range of electronic emissions from deep within a targeted territory. More information about the EP-3E Aries aircraft can be found at <http://www.navy.mil> under "fact file."

CNO statement on detention of EP-3E crew

The following is the text of a statement released April 4 by Chief of Naval Operations Adm. Vern Clark:

"The U.S. Navy is very pleased to see that the crew members of the Navy reconnaissance aircraft are safe and uninjured, but remains deeply concerned about their status. These American service members were conducting a routine military surveillance mission in international airspace and in accordance with international law and custom. As active members of this nation's military they deserve to be released and returned immediately, and afforded all appropriate legal and diplomatic protections in the interim.

"It is important to allow the ongoing diplomatic effort to take its course and, as President Bush has said, to prevent this accident from becoming an international incident. That effort can best proceed when the U.S. crew and aircraft are returned to our custody in accordance with international custom and norms of behavior.

"Until our crew members are released, these U.S. airmen should be allowed to communicate directly with their families. "The way ahead is clear and I hope the Chinese government will return our service members immediately. It is time for our men and women to come home."

Navy aircraft not a "spy plane," DoD says

WASHINGTON (NWS) — The Navy EP-3 aircraft and its 24-member crew

now on the Chinese island of Hainan were conducting routine reconnaissance in international airspace over the South China Sea and not spying, a DoD spokesperson said. Rear Adm. Craig Quigley noted at an April 3 Pentagon press briefing that espionage wasn't part of the Navy aircraft's mission.

"This was overt, routine surveillance and reconnaissance, which is carried out around the world on a pretty regular basis by a variety of nations, the United States among them," Quigley said.

Reconnaissance missions are carried out in international airspace under international rules, Quigley said, adding that "the terms 'spy,' and 'spy plane,' and '24 spies on board,' and stuff like that just doesn't reflect the actuality" of the EP-3's mission. Quigley said he couldn't substantiate reports that the Chinese were stripping the Navy aircraft, calling such reports "rumors."

Quigley said the U.S. State Department has the lead in obtaining the release of the Navy aircraft and its crew, and that a U.S. diplomatic delegation met with the EP-3 crew April 3.

President Bush said April 3 that a military officer with that U.S. delegation "tells me they are in good health, they suffered no injuries, and they have not been mistreated."

Jax Tales

By Mike Jones - mikejones43@hotmail.com



Destroyer to bear name of helicopter community hero

By Loren Barnes
Editor

USS Lassen (DDG 82), sister ship to USS Cole (DDG 67), and the most technologically advanced, maritime weapon system in the world, will be commissioned in Tampa Bay on April 21, 2001. Keynote speaker for the commissioning will be Gen. Henry Shelton, Chairman of the Joint Chiefs of Staff.

The guided missile destroyer will bear the name of Navy Lt. Clyde Everett Lassen, the first Naval Aviator to be awarded the Medal of Honor for bravery in Vietnam. Lassen was born in Fort Myers, Fla. on March 14, 1942 and entered service in Jacksonville. He was awarded the Medal of Honor by President Lyndon B. Johnson in recognition of his daring night rescue of two downed aviators in North Vietnam.

Lassen's heroics are part of our naval heritage and this commissioning provides the opportunity to remember his service and courage while we honor the Lassen family read a message from Commander, Navy Region Southeast. The message went on to encourage all Sailors in the

Southeast Region, especially the Cruiser-Destroyer (CruDes) and helicopter communities, to take this opportunity to attend the ceremony and post-commissioning reception in Tampa, Fla.

Lassen later served at NAS Jacksonville with Helicopter Antisubmarine Squadron 11 as Operations Officer, reporting in 1976, and with HS Wing One, also as Operations Officer, reporting in 1979.

The official account of the rescue was humbly logged by Lassen as "a successful, routine search and rescue mission." However, in the Naval Aviation Community, the rescue flight of June 19, 1968 will always be acclaimed as one of the most daring feats of flying to come out of the Vietnam Conflict.

The citation accompanying Lt. Lassen's Medal of Honor described the rescue. "Lassen (then a lieutenant junior grade) launched shortly after midnight to attempt the rescue of two downed aviators, skillfully piloting his aircraft over unknown and hostile terrain to a steep, tree-covered hill on which the survivors had been located. Although enemy fire was being directed at the he-

licopter, he initially landed in a clear area near the base of the hill, but due to the dense undergrowth, the survivors could not reach the helicopter. With the aid of flare illumination, Lassen successfully accomplished a hover between two trees at the survivor's position.

"Illumination was abruptly lost as the last of the flares were expended, and the helicopter collided with a tree, commencing a sharp descent. Expertly righting his aircraft, and maneuvering clear of the ground obstructions, Lassen remained in the area to make another rescue attempt. Again he was unsuccessful in effecting a rescue. Disregarding a dangerously low fuel state and significant damage to his aircraft, he was determined to make one final attempt.

"In spite of intensified enemy opposition and the loss of flare illumination, Lassen, fully aware of the dangers in clearly revealing his position to the enemy, turned on his landing lights and completed the landing. On this attempt, the survivors were able to make their way to the helicopter. En route to the coast, Lassen encountered and successfully evaded additional hostile antiair-



Lt. Clyde Everett Lassen

craft fire and, with fuel for only five minutes of flight remaining, landed safely aboard USS Jouett (DLG-29)."

Lassen, passed away in 1994. He is survived by his wife Linda, a native of Englewood, Fla.. They have two children Daryl and Lynnell. Mrs. Lassen resides in Pensacola, Fla.

Attendance is by invitation only.

'Nightdippers' up the ante during JFK CEC/CQ Detachment

By: Lt. Chris Brinkac
HS-5 NATOPS Officer

Carrier Qualification (CQ) Detachments typically require helicopter anti-submarine (HS) squadrons to conduct only plane guard (PG) operations. Therefore, these detachments tend to be somewhat boring unless an actual Search and Rescue (SAR) occurs.

The Helicopter Antisubmarine Squadron (HS) 5 "Nightdippers" were recently scheduled for one of these detachments onboard the USS John F Kennedy (CV-67) from Feb. 6 to March 5. Additionally, HS-5 was being tasked to provide direct support for the Cooperative Engagement Capability (CEC) Tech Evaluation the Battle Group was conducting. However, instead of only settling for a month of PG and CEC logistical support, the "Nightdippers" upped the ante and planned for a month of Anti-Submarine Warfare (ASW), Combat Search and Rescue (CSAR), Deck Landing Qualifications (DLQ) and Vertical Replenishment (VERTREP) training. This would not be a typical HS CQ detachment.

This plan became a reality as soon as the "Nightdippers" went to sea and landed onboard CV-67. Besides supporting CQ for Carrier Air Wing Seven (CVW-7), HS-5 conducted combined

ASW training with Battle Group DDG(s) on the St. Croix Range while the ships' normal LAMPS detachments remained in Mayport. In addition to dropping exercise torpedoes, the "Nightdippers" practiced coordinated searches and attacks with surface combatants. This exposed the ships' crews to the power and accuracy of the SH-60F sonar and also enabled the development of working relationships between these surface ships and HS-5 for future ASW exercises.

During this CQ/CEC detachment, HS-5 also conducted a CSAR exercise near NAS Roosevelt Roads, Puerto Rico. For this exercise, HS-5 pre-posed

two junior F/A-18 aviators at a coastal Landing Zone (LZ) to act as survivors requiring a helicopter rescue. Later that day, the CVW-7 CSAR rescue force, consisting of several F/A-18s, an E-2, an S-3 from Sea Control Squadron (VS) 31 and a single HH-60H launched for the rescue.

After completing a simulated route through "enemy" territory and simultaneously avoiding simulated threats, both "survivors" were successfully recovered. This daytime exercise was a great training evolution for CVW-7 which was able to expose new fixed wing pilots to a CSAR mission early in the Inter Deployment Training Cycle (IDTC).



"Nightdipper" helicopters on the deck of the USS John F. Kennedy anchored off St. Maarten.

Finally, HS-5 truly proved that they were the workhorses of this detachment and the battle group. Day in and day out and usually at a moment's notice, the "Nightdippers" conducted logistics runs in direct support of the JFK Battle Group CEC evaluation logging almost 400 day and night small deck landings. HS-5 helicopters moved passengers, mail, parts and testing data to and from all the ships in the battle group. In addition, when it was time to offload CVW-7 from the JFK in St. Maarten, the "Nightdippers" came through. HS-5 VERTREP'd (carried externally) thousands of pounds of the other squadrons' cruise boxes, sea bags and detachment material for the airlift back to the U.S., even though HS-5 remained onboard the JFK for another two weeks of continued air and logistical support.

Looking back on this detachment, it's easy to compare it to a Competitive Training Unit Exercise CompTUEX. This comparison is based on the amount of missions flown and training gained. In reflection, it's also easy to see why the "Nightdippers" were the Commander Naval Air Forces, Atlantic (CNAL) Battle "E" winners this past year. Never again should a "Nightdipper" say, "It's just going to be another boring CQ detachment."

CNRSE 'Paints the Town'

By JO2 Eric Clay
Staff writer

Several Commander, Navy Region Southeast (CNRSE) staff members pulled on their work clothes to pitch in for the "Paint the Town" community improvement project on Friday April 9. "Paint the Town" is a volunteer effort to help Jacksonville's less fortunate with needed home improvements. NAS Jax supports this effort through the USO's Shipmates With Heart program.

Several NAS Jax commands have volunteered

this year carrying on a spirit of service characterized by seven years of Navy participation. Among the workers from CNRSE were Commander, Navy Region Southeast Rear Adm. Jan Gaudio and Capt. H.J. Kircher, IV, CNRSE Chief of Staff.

Other CNRSE staff members who participated in 'Paint the Town' included Capt. Scott Albertson, Lt. Tommy Bailey, LN1 Jondell Ritchie, YN1 Debra Brock and daughter Jennifer, YN1 Salvador Ortiz, MS1 Pam Jennings, LN1 Susan Noell, SH1 Rick Foister, JOC Jon Annis, Sherri Akens, Sally Kehoe, Miriam Lareau, and JO3 Jackey Bratt.



Rear Adm. Jan Gaudio and Capt. H.J. Kircher, IV set the pace in this community effort.



(Above left) Sherri Akens scrapes paint from around a window.

(Above) Lt. Tommy Bailey caulks gaps in the siding to prevent further damage.

(Right) LN1 Susan Noell prepares the home for a fresh coat of paint.



ATC(AW) Mark Stapay is re-enlists "Topcat" Executive Officer Cmdr. Randy Wood.

VS-31's Stapay reups for four

"Topcat" ATC(AW) Mark Stapay, re-enlisted on March 22 in the VS-31 "Topcat" Ready Room. He was discharged and re-enlisted by current "Topcat" Executive Officer Cmdr. Randy Wood. His family, as well as a full ready room, was on hand to witness the memorable event.

Stapay is the son of Ellen Stapay of Joliet, Ill. He was raised in Joliet and graduated from Joliet West High School in 1976.

He attended the University of St. Francis where he graduated with a BS Degree in Business Administration. In April of 1984, Stapay entered the Navy and marched off to Boot Camp.

After completion of "A" school in Millington, Tenn., Stapay reported to VSSU in September 1985. VSSU would later go on to become Air Anti-submarine Squadron (VS) 27.

From September 1989 to July 1990, he went back to Millington, Tenn., and attended Avionics C School (AVI C7). In August of 1990, Stapay checked into VS-31 for his first "Topcat" tour.

In September 1992, Stapay accompanied the USS George Washington (CVN-73) on her shakedown cruise prior to her maiden voyage around the world. In July 1995, he checked out of VS-31 and reported to Naval Force Aircraft Test Directorate Squadron (NFATS) in Patuxent River, Md.

In July of 1997, Stapay rejoined the "Topcats" and deployed with the USS John C. Stennis (CVN-74) for her maiden cruise around the world.

In February 2000, he deployed with the "Topcats" again on USS Dwight D. Eisenhower (CVN-69) and cruised with the BattleGroup to the Mediterranean and the Arabian Gulf in support of Operation Southern Watch.

He is married to the former Pam McFadden of Plainfield, Ill. The Stapay's reside in Jacksonville with their son, Matt and daughter, Tara.

The "Topcats" congratulate Stapay and his family on his decision to re-enlist for four more years.

On The Go With USO

Your USO office can assist you with Disney on Ice tickets at a substantial savings for the Saturday, April 21, 11:30 a.m. show or the Sunday, April 22, 1:30 p.m. show. Call your USO office and ask for JoAnn or Charlene, 778-2821.

Also available at the USO are tickets for the Glen Campbell performance at Silver Springs, April 14 at 3 p.m. Other musical entertainment begins at noon. Bring your lawn chairs or blankets,

put them in front of the stage and enjoy all the Silver Springs attractions. Tickets at USO are \$22 for adults and 417 for children.

FL1-X, Orange Parks' Gold Wing riders invite all bike riders to join us for Easter Sunrise Services at Jacksonville Beach. The Club will leave the Movies at Orange Park, (next to Shoney's on Blanding Blvd.) at 5:30 a.m. Easter Morning. Sunrise service starts at 6:30 a.m. at the Seawalk Pavillion. Club members will do breakfast afterward.

Viking Week looks at the future of 'Viking' aircraft

By JO3 Jackey Bratt
Staff writer

Commander, Sea Control Wing U.S. Atlantic Fleet hosted its 25th annual Viking Week March 21 through March 30. Once a year, squadrons come together to celebrate the accomplishments made in the past year as well as recognize challenges. It is also a chance for Viking community leaders to hear updates and gain information on issues from the Sailors who are working day to day to meet those challenges. It's a coming together for social, professional and tactical reasons.

As he hosted this year's Viking Week gathering, Capt. William H. Carey, Commodore, Sea Control Wing, U.S. Atlantic Fleet, took time out to discuss the future of the S-3 community. Carey was also preparing to be relieved as the Wing's Commodore on April 5 by Capt. Steven E. Luce. Carey assumes the duties of Chief Staff Officer for the Chief of Naval Aviation Training in Corpus Christi, Texas.

"The future of the S-3 "Viking" aircraft has been a major issue for the community," Carey said. "Currently, there is a proposal to retire the community in 2006, but talking to Battle Group commanders and Fleet commanders, the S-3 needs to be around until it can no longer fly," he said. "Sea control and strike support missions are the main reasons why the Fleet would like to see the Viking endure," he explained. "There is no follow-on aircraft planned but there are propositions to have a surface surveillance upgrade (SSU) on the aircraft. The radar is an upgrade to the sensors in the aircraft that would give the battle group commander added capabilities for sea control. SSUs consist of an updated radar, which gives you overland mapping capabilities as well as state-of-the-art electrical-optical and a third-generation infrared sensor."

The highlight of this year's professional symposium was the Viking SSU's participation during the Enterprise Battle



Capt. William H. Carey

Group's Joint Forces Exercise. The results briefed during the symposium, on the topic of "combining 'state of the art' sensors with real time data links to the BG Commanders," gave the Viking Community a lot to be excited about.

Although the symposiums lasted two days, the week was also designed with an athletic flavor, as the squadrons competed for the Commodore's Cup. The combination of sporting events such as, softball, flag football, volleyball, tennis, golf, 5k run, and a bass tournament.

"Both officer and enlisted community-wide have this week to relax and compete," said Carey. And by all accounts the Vikings involved took full advantage of the opportunity. Top finishers in the Viking Week sporting events are as follows:

Bass Tournament: AFCM Tom Welden, VS-30 "Diamondcutters"

Softball Tournament: VS-32 "Maulers"

Flag Football Tournament: VS-31 "Topcats"

Wolfhunt: VS-31 "Topcats"

Golf Tournament: VS-24 "Scouts"

5K Run: Men: Lt.jg Aaron Frederick, VS-30 "Diamondcutters"

Female: Amy Moore, civilian

Tennis Tournament: Singles: Lt. Dough Carpenter, NSAWC

Doubles: Lt. Doug Carpenter, attached to NSAWC and AKC Ed Obrero attached to CSCWL

Volleyball Tournament: Lt. Scott Loudenback, Lt. Ron Johnson, and Lt. Brent Lapp, all attached to CSCWL.

The overall Commodore's Cup Winner was the VS-30 "Diamondcutters."



VS-31's AE2 Richard Slaughter charges the defense during a Viking Week football game.

Hey, Money Man!



Hey, MoneyMan!

I heard that the Navy was starting its own 401K savings plan. Is this going to replace my retirement? I heard that we were going to have to invest our own money in order to get a retirement check. Do you know anything about this?

MoneyMan Sez:

Don't know anything about a 401K, but you may be talking about the new Thrift Savings Plan (TSP). Service members can sign up for the Thrift Savings Plan beginning Oct. 9, 2001. The TSP is a retirement and investment plan that has been available to civilian government employees since 1987. It does not take the place of your retirement, but allows you to add to it. Also, it is an optional program, but I recommend you take full advantage of it. In 2002, you can contribute up to 7 percent of your base pay and this limit will rise to 10 percent by 2005 and become unlimited in 2006. Best of all, contributions to the plan come from

"pre-tax" dollars which means you will not pay income tax on the contributions or earnings until you withdraw the money. You also will be able to contribute special pay, incentives and bonuses into the plan! I believe this is a great opportunity, long overdue and all service members should seriously consider taking advantage of this investment option. For more information go to www.tsp.gov.

Hey, MoneyMan!

I am bored. I live in base housing and all my husband and I do is sit around and watch TV. Know why? We cannot afford to do anything else. He is an E-4 and we don't have any money left after our bills are paid. I tried to get a job, but there aren't any good ones available. Besides, everything around here is expensive. Got any suggestions?

MoneyMan Sez:

You are right. Married E-4s do not make a lot of money and the bills must be paid first. It is easy to run out of money. However, you are smart to live in base housing and there are lots of things to do right here on base which are not expensive. First of all, stop by your USO and MWR offices. NAS Jax offers lots of recreational opportunities for free. MWR also offers bowling, boating, golf and other activities at bargain prices. The USO has discount tickets for numerous attractions throughout the area and new "great deals" pop up almost weekly. The USO can be reached at 542-3028. Call 542-3491 or 3577 for more information about MWR activities.

More Questions? Call Hey MoneyMan! at 778-0353.



'Topcat in the Spotlight' AMS2 Martin Cardenas

By Lt. Josh Keever

VS-31 PAO

AMS2 Martin Cardenas was born June 10, 1970, in Isla de Mujeres, Mexico. Cardenas is the youngest and only brother to six sisters. His father, Everardo, was retired from the Mexican Navy and his mother, Ileana, is a jurisdictional coordinator for the Mexican Government. His mother still lives in the small town of Isla de Mujeres. The community of Isla de Mujeres is a small fishing community and was Cardenas' first exposure to the sea.

His father owned a small sailboat and his passion for the sea influenced Cardenas deeply.

At the age of 10, Cardenas moved with his family to a small farm in the country and enrolled in the Merchant Marine Academy.

In 1987, Cardenas graduated from the Merchant Marine Academy as a machinist mate. In 1994, Cardenas immigrated to the United States to further his education. After joining the Navy, Cardenas marched off to Boot Camp in Great Lakes, Ill. In 1995, while enrolled at NATTC in Pensacola, Fla., Cardenas married his wife, Katherine. She works as a manager for Labor Ready, a construction personnel search agency. In March 1998, Cardenas checked into Sea Control Squadron (VS) 31 and currently plays an important role in 'Topcat' Airframes.

Cardenas enjoys sailing and once sailed from Canada to Guatemala on a mahogany vessel called Canta Libre. His most frightening experience sailing occurred during a storm while traveling from Cancun to Galveston, Texas. Cardenas also enjoys collecting firearms and is a member of a local gun club where he maintains his marksmanship skills.

He will start his college education this fall and is very excited to get started on this new challenge. Cardenas hopes to receive a degree in mechanical engineering but knows that it will be very hard work.

We congratulate AMS2 Martin Cardenas as this week's "Topcat in the Spotlight"



Departing in style

Photo by JO2 Eric Clay
Commander, Sea Control Wing Atlantic Commodore Capt. William H. Carey gets the traditional post-flight wetting down following his last flight with the VS-31 April 4. Carey flew with "Topcat" Skipper Cmdr. James Gregorski and Lt. Nagel Sullivan, Tactical Commander (TACCO).

'Vidars' say goodbye to fellow aviators... in style

By **Ensign Shawn Rockwell**
VS-22 PAO

The "Checkmates" of Sea Control Squadron (VS) 22, after four months aboard USS Harry S. Truman (CVN 75), in support of Operation Southern Watch, were given an opportunity to get some rest and relaxation on the sandy shores of Bahrain.

Truman dropped anchor March 28 several miles offshore of the island nation and prepared for three days of liberty in the sun. The "Vidars" would take this opportunity to not only enjoy a break in the busy flight schedule, but to say goodbye to some fellow aviators as well.

Lt. Cmdr. Marc Peot has completed his time as a department head and headed off to War College. Lt. John Billcheck is off to sunny San Diego, while Lt. Andre Ragin and Lt. Roberta Foreman will be going to Pensacola, Fla. Regin is slated to teach future NFO's at VT-86, and Foreman will be teaching academics and survival at Aviation Schools Command.

Although they will be sorely missed, VS-22 is happy to see their fellow "Checkmates" off to rewarding shore duties offering new challenges and a much needed change of pace. The "Vidar" wardroom wasn't going to let their friends get away without a going away party, however.

Senior Paco's, the finest Mexican restaurant in

Bahrain, was the scene for what would turn out to be a great time for all involved.

The food was fantastic and plentiful (as were the margaritas) and the "Checkmates" dove in with a vengeance.

Dinner in the Truman Wardroom is okay, but nothing beats a night out for a truly remarkable meal with the gang. After dinner, it was time for the reading of the farewell scrolls.

Lt. Brent Blackmer, known throughout the squadron and air wing for his ability to speak with grace and humor, gave his finest performance to date - reading off the three-year histories of the departing officers with style.

People doubled over with laughter as the departing officers were reminded of their past, as perceived by the junior officers. It was indeed a heck of a show. After the comedy of the scrolls had subsided, speeches were made and the Skipper delivered the gifts - signed, framed photographs of a "Checkmate" S-3B Viking.

It was a night to remember. Those leaving the squadron will be missed by their peers and missed by the organization as well.

Their combined leadership and dedication to VS-22 will not easily be replaced. We say "Fair Winds and Following Seas" to these fine officers. They will always be part of the "Checkmate" team.



Commanding Officer, Cmdr. Chuck Tamblin, presents Lt. Roberta Foreman with a picture of the mighty Viking, signed by the entire Wardroom.

Retiree Day gives veterans insight on healthy living

By **JO3 Jackey Bratt**
Staff Writer

On Friday, March 23, the NAS Jacksonville Fitness Source and Wellness Center joined forces to host the first annual Retiree Day aboard NAS Jack-



Capt. Barbara Vernoski, Naval Hospital commanding officer, looks at a nutrition display at the Fitness Source and Wellness Center Retiree Fair as a retiree gets some advice from a staff member.

sonville. The idea for the health fair sprang from a Health Interest Survey in which the Wellness Center polled its retirees. The staff wanted to find out exactly what health issues the retired veterans were concerned about. From there plans were put into motion on how the center could inform and answer the retiree's concerns.

The Naval Hospital, Family Service Center, and the Morale, Welfare and Recreation Department also helped sponsor the event.

"Prevention is the key to good health and living a long life," said Lt. Cmdr. Kathy Natoli, head of the Wellness Center.

During the Retiree Day event, the health care center had booths set up with information on preventive medicine and good health habits. They also provided screening tests, health benefits advice, blood pressure checks, nutritional information and specifics on men's and women's health.

The Wellness Center routinely offers Health Fitness Assessments, Nutritional Assessments, Body Fat Composition assessments, Cholesterol screenings, Blood Pressure tests, a Personal Wellness Profile and a follow-up seminar to share their insights with the client. The client can then go to the Fitness Source and be

put on an exercise routine. The Center also offers the Ship Shape Weight Management Program, hypertension classes, cholesterol classes and tobacco cessation classes. Many active duty military members participate in these programs.

Commenting on the impact of the Retiree Day event, Capt. Barbara Vernoski, Naval Hospital Jacksonville commanding officer, said, "This is the first event of its kind and it gives us an opportunity to help our retirees understand the importance of staying healthy. Sport is not just for youth," she observed. "Problems with physical abilities also often show up as people age. Therefore, it is important to seek guidance before starting an exercise routine."

The Fitness Source makes sure that safety and the individual fitness level of the patrons during training are fully considered. Starting intensive training in later parts of life has its risks. Running 10 miles through the woods might not be a good idea if you haven't been working on your fitness since college. It might be a risk to the heart. Seek expert advice before starting a regular fitness regimen.

"Wellness is the focus in this day in age and we need to let our veterans, the men and women who served before us know that times have changed and we are now

able to prevent many sicknesses by taking care of our bodies," said Vernoski.

After smoking for more than 50 years, retired veteran, Joseph Bailey was able to quit with help from the NAS Wellness Center.

"I attended smoking cessation classes first and I stayed with it thanks to the Wellness Center," said Bailey.

The strain our bodies take over the years has lasting effects, but that's no reason not to stay in shape.

Dianne Towerly, a regular patron of the Fitness Source, admits that for years she had thought about working out but never made it into the gym.

"Working out has made me feel like a new person" said Towerly. The transition from not working out for years to working out for two hours, three days a week was hard. But with an optimistic mind she was able to break down her mental barriers and created a regular fitness routine.

Good physical fitness not only holds health related advantages but it increases the possibilities of leading a richer and more active life well into your senior years.

Look forward to many Retiree Fairs from the Wellness Center and Fitness Source as they continue to reach out to all members of the Navy family to promote healthier lifestyles.

VP-30's Retention Honor Roll accented by tradition, leadership



By DMC(AW/SW) Michael Luck

"I do solemnly swear that I will support and defend the Constitution against all enemies foreign and domestic..."

On Feb. 20, 1815, the USS Constitution engaged in her last fierce battle against two British war ships, the HMS Cyane and HMS Levant.

Her sails tightened under the wind as Capt. Charles Stewart, turned and ordered the attack. His maritime skills and faith in his senior leadership was crucial for a victory.

Out-numbered and out-gunned, her brave crew relentlessly fired her 44 massive cannons for four hours and brought down the flags of her adversaries.

Affectionately known as "Old Ironsides" for her battle durability, she played an important role in the War of 1812 against the British Fleet and other conflicts to keep our sea lanes clear. For fifteen years, "America's ship" sailed the seas protecting her country's ships and ports of trade from the threat of aggression along the Atlantic coastline and the Mediterranean Sea.

"...that I will bear true faith and allegiance to the same and that I will obey the orders of the President of the United States..."

Her guns are now silent and her decks are clear, as she is moored majestically in her birthplace of the Charlestown Navy Yard at Boston Harbor.

Named after our country's most im-

portant document, the USS Constitution was built on March 27, 1794, by order of our first President, George Washington. After the war she served many roles, visiting other countries, representing the United States.

She has been restored from the effects of battle, corrosion and weather several times. Returning home to Boston for the last time in May 1934, she has been a cherished location for many special traditional Naval ceremonies.

On March 17, one such traditional Naval ceremony was held on her main deck under her massive masts and rigging. Capt. Andy Andersen, commanding officer, Patrol Squadron (VP) 30, NAS Jacksonville, Fla., reenlisted seven of his Chief Petty Officers under the bright morning sun. ATC(AW) Edward Gambill, NCC(SW) Tammy Long, AMSC(AW) Joseph Moore, AMEC(AW) Jeffery Nanney, AWC(AW) John Secone, ADC(AW) Paul Smith and ATC(AW) Richard Worden were sworn in for a total of 19

additional years of service.

"...and the orders of the officers appointed over me, according to the regulations and the code of military justice, so help me God."

Capt. Andersen began the ceremony by stating, "Chief Petty Officers are the backbone of the Navy.

They are the conduits from the commanding officer and the senior management to the crew and they ensure the success of our mission. Reenlisting my best people is my most cherished duty."

"Our families play an important role in our success as they support our sailors in doing their best," Captain Andersen added as he presented Certificates of Appreciation to Victoria Gambill, Lisa Secone and Glenda Worden, three of the spouses who came to Boston to share in this special occasion. Master Chief (Ret) "Max" Nanney, father of AMEC (AW) Jeff Nanney and UT2 Mike Gambill, USNR, brother of ATC (AW) Ed Gambill, also traveled to participate in this event. VP-30 has been highly successful in its retention efforts. Command Career Counselor, NCC (SW) Tammy Long stated, "We recently were awarded the Retention Honor Roll Pennant for our retention rate for the first quarter retention of Fiscal Year 2001. It was 56 percent for first term personnel, 61 percent for second term personnel and 81 percent for careerist. This is significantly higher than the Navy's average of 38 percent for first term personnel, 54 percent for second term personnel and 75 percent for careerist.

This is the second quarter in a row VP-30 has achieved this retention milestone and the third quarter is positively in sight! With the moves Congress has made, 'Staying Navy' makes a great choice. Pay increases, improved advancement opportunities and retirement benefits have made a difference."

USS Constitution crewmembers YN2 Michaud, BM2 Stiltner and SN Royster were most helpful in arranging this event with Chief Long. They provided a special tour and ship's photos and certificates. Andersen concluded the ceremony by saying, "Having this significant event on-board the USS Constitution will be cherished by all involved.

It is one example of the many opportunities which are attributed to why we "Stay Navy."

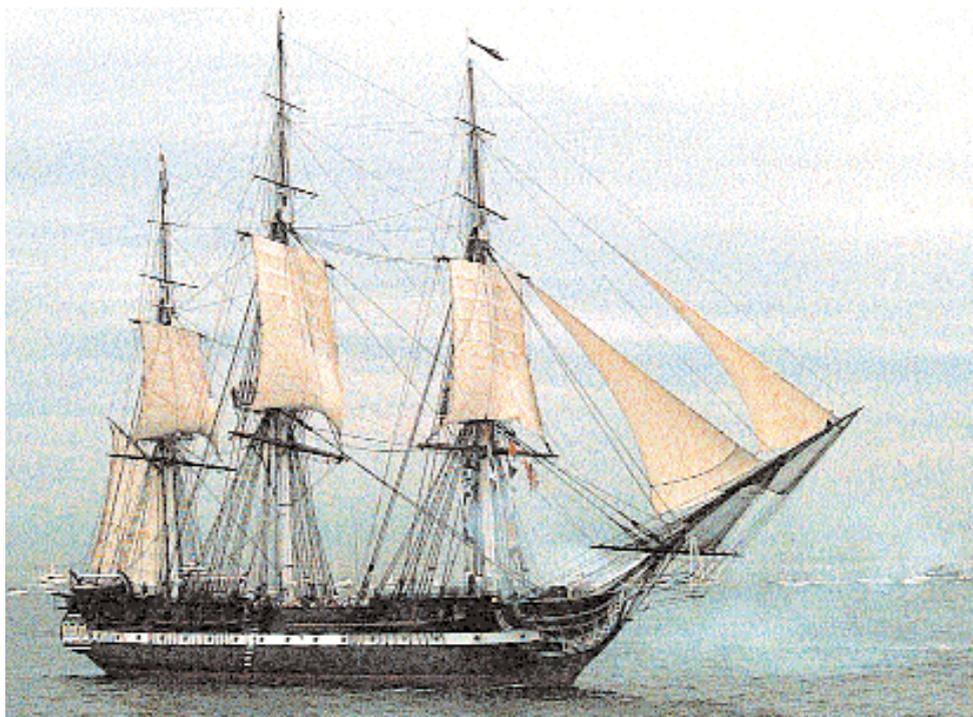


Photo by PHC John E. Gay

July 21st, 1997 off the coast of Massachusetts...The USS Constitution the worlds oldest commissioned war ship fires its starboard guns while underway in Massachusetts Bay, Mass. The occasion marked the first time in 116 the ship had set sail unassisted.

JAXPORT to donate materials to restore USS Constitution

As the Jacksonville Port Authority (JAXPORT) develops the Dames Point Marine Terminal in Northeast Jacksonville, wood from the property will be donated to the U.S. Navy for use in repair of the USS Constitution.

Originally constructed from live oak from Georgia's coastal islands and other wood, the ship earned the nickname "Old Ironsides" from the resilience and strength of her wooden hull. Due to natural decomposition, however, the USS Constitution must be periodically restored through donations by public and private ventures. During the next scheduled repair period in 2007, the ship's live oak frame sections will be replaced with wood from the Dames Point property. Wood will be stored for the eventual rehabilitation of the Navy vessel.



Capt. Andy Andersen, commanding officer of VP-30, reenlists seven of his Chief Petty Officers on the USS Constitution at Charlestown Navy Yard in Boston Mass. on March 17. Left to right are: ATC(AW) Ed Gambill, ATC(AW) Richard Worden, AMSC(AW) Joseph Moore, NCC(SW) Tammy Long, AMEC(AW) Jeffery Nanney, AWC(AW) John Secone, ADC(AW) Paul Smith, Andersen.



Capt. Andy Andersen, commanding officer of VP-30, presents a Certificate of Appreciation to Lisa Secone, wife of AWC(AW) John Secone.



NCC(SW) Tammy Long signs her contract onboard the USS Constitution as Andersen looks on.



ATC(AW) Ed Gambill raises an American flag on the USS Constitution. Gambill, who just reenlisted, plans on keeping the flag flown over this historic vessel for use someday in his retirement ceremony.

MWR NOTES

All Hands Easter Brunch - Sunday, April 15 at the Rivercove Officers' Club from 11 a.m.- 2 p.m. Cost is \$12.95/person \$6.50/children 4-12 and free for 3 and under. Reservations are required. Easter Egg Hunt at 12:30 p.m. and the Easter Bunny will be making several appearances. For reservations call 542-3041.

Night Easter Egg Hunt - Friday, April 13 at 8 p.m. This hunt will be one to remember with 2,000 glowing eggs at the McCaffery Softball Fields. Win cash or other great Easter treats! The event is free and open to all! Call 778-9772.

Bass Tournament - Saturday, April 14 at safe light. The tournament is open to the general public. \$75/boat with a two-angler team format. Cash prizes will be awarded to the top seven spots. Big Bass Optional Pot pays 100 percent. Register Today! Call 542-3260.

Easter Bowling - Sunday, April 15 from 1 - 5 p.m. only Cost is 99 cents a game. (Shoes not included) 542-3493.

Pizza and a Movie - Wednesday, April 11 come to Liberty Cove Recreation Center for free pizza at 7 p.m. and watch The Replacements at 7:30pm. Open to active duty and their guests 18 and over. Call 542-3491/1335.

Tomcat Football is Back - The Tomcats are on the prowl for another season of action packed arena football at the Jacksonville Memorial Coliseum. Tickets are only \$6.50 per seat.

The first home game is April 6, the Tomcats vs. Florida Firecats, 7:30 p.m. Call 542-3318. ITT will also be running a shuttle for all home games!

Paintball Adventures - Saturday, April 21 only \$20 per person, includes round trip transportation, gun,

ammo, and equipment. Sign-up by Wednesday, April 18. Open to active duty and guests 18 and over. Call 542-3491/1335.

Santa Fe River Canoe Trip - Saturday, April 21. \$18.50/person includes canoe rental, snack and admission into Ginnie Springs. This is a 5.5 mile canoe trip and a relaxing afternoon in the springs.

The trip is open to active duty and guests 18 and over. Sign up at ITT or call 542-3318.

Tennis Tournament - April 30th at 4 pm. The event is free and open to all authorized gym patrons. Matches will be played at the Birmingham Tennis Courts. Awards for 1st, 2nd, and 3rd place will be given. Separate divisions for men and women. 542-3239/2930.

Bambino's - Call 542-3900 for free on-base delivery. Bambino's is your headquarters for food delivery on base and is running a Wednesday special buy one pizza and get the second one for half price (after 2 p.m.).

Our delivery ends at 8:30 p.m., however pick-up of our delicious pizza and subs is available from 8:30 -

10 p.m. Pick-up will be in the Brew-house.

PRT Boot Camp Class - every Monday and Wednesday at the Base Gym from 6:45 a.m. - 7:30 a.m to focus on PRT exercises in a group setting. Call 542-3518.

Bingo - Play Bingo Monday-Friday at lunchtime or Sunday, Monday, Tuesday or Thursday evenings. NAS Jax is proud to host Planet Bingo where you have the chance to win over \$15,000 every game! Stop in, we are located in The Zone on the corner of Jason Street and Saratoga Avenue. Call 542-2209.

Leisure Travel - Call toll free 1-866-909-9091 or visit the website at www.mwrleisuretravel.com.

Who says nothing is free?

- * Free canoe and kayak rentals for active duty on Thursdays
- * Free bowling for active duty on Tuesdays from 11 a.m. - 1 p.m.
- * Free movies every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m Liberty Cove Recreation Center. Open to active duty and guests 18 and over.

VOLUNTEER OPS

NMCRS seeks volunteers

Make a Difference! Since 1904, the Navy-Marine Corps Relief Society (NMCRS) has been there to help Sailors, Marines and their families in times of personal emergency. Military spouses, retirees, and active duty who volunteer are the backbone of the Society. You'll gain valuable experience and knowledge of Naval Service life.

The Society routinely attracts people with compassion and commitment to be of service. Share your unique talents and pursue your special interests while assisting your shipmates and fellow Marines. You'll even be reimbursed for childcare and commuting expenses. NMCRS, NAS Jacksonville, needs office personnel, case-workers, volunteer administrators, receptionists, budget for baby instructors, as well as other important jobs. NMCRS is located in the Fleet and Family Support Center, Bldg. 876, and is open Mondays - Fridays from 0800 - 1630.

Please call with any questions or to sign up to help out with this worthy cause — 542-3515/3191.

Learning for Life - April 2 - 30

The Learning for Life staff is looking for volunteers to help with instruction on fishing, teambuilding activities, nature hikes and outdoor cooking, among others. Learning for Life is a character education program for children and participants will be 5th graders from various area schools. Volunteer hours are 9 a.m. -2 p.m. each day at Camp Echokotee (Boy Scout Camp) off of Doctor's Lake Drive. All volunteers will receive a complimentary lunch and t-shirt. For more information on the program go to <http://www.learning-for-life.org/>.

Jacksonville Community Council, Inc. - Quality of Life TARGETS 2005, April 9 - 19.

Join various task forces of citizens interested in the future of Jacksonville's social environment, government and public safety. The council is seeking individuals to participate in two-hour meetings on April 9, 11, 12, 16, 18 and 19th. All sessions will be held at the Council office on Atlantic Blvd. For more information check out

their website at www.jcci.org.

The Guild of the Jacksonville Symphony Association - April 21-May 13.

The Guild is seeking volunteers to act as hosts for their showhouse located in Queens Harbor (near Atlantic and Hodges Boulevards). Two shifts are available throughout the week from 9:30 a.m. - 1 p.m. and 12:30 - 4:30 p.m., Monday-Saturday. Shifts are also open for 11:30 a.m. -3 p.m. and 2:30 - 6 p.m. on Sunday.

American Cancer Society's Relay For Life - April 20, 21 and May 11, 12.

Join the American Cancer Society and cancer survivors on April 20-21, 2001 at Ed White High School or May 11-12, 2001 at FCCJ North Campus. Help in the fight against cancer by forming a team to walk or run the track during this exciting 24-hour relay event, and have a blast! Other volunteer opportunities are also available.

No minimum age requirement for relay participants. Minimum age for volunteers is 14. A great group or family opportunity!

Jacksonville Jaguars

First Annual Jaguars 5K 'Draft Day

Dash' - April 21. The Jaguars special events department is looking for assistance for their first annual Jaguars 5K 'Draft Day Dash' taking place in the downtown area. Volunteers are needed to help out with registration and for positions at the start line, along the course, two refreshment stops and at the finish line. Reporting time for pre-dash volunteer activities is to Alltel stadium at the Jaguars statue NLT 1100. Dash volunteers will be needed at 1500 and the race begins at 1700. All volunteers will receive an event T-shirt and refreshments/lunch. Navy volunteers will also receive free registrations for use by other Navy members. Before, during and after the run there will be a Draft Day Fan Fest, with live coverage of the NFL draft and festivities concluding an hour after the end of the run.

'Take Our Children to Work Week' - April 23 - 27.

"Take Our Children to Work Week" focuses on the benefits available to both daughters and sons by giving them the chance to shadow their parent(s) during a day (or part of a day) at work.

For more information log on to the Ms. Foundation's website at www.takeourdaughterstowork.org.

McDyer takes Navy Run 10K

Story and photos by Jeff Hilton

NAS JACKSONVILLE - Daniel McDyer topped the field in the 23rd annual Navy Run 10K Saturday, April 7. McDyer, 36, from Jacksonville, clocked in at 34:47, almost a minute ahead of Jacksonville's Frank Reynolds.

Approximately 780 runners and walkers took the field at 8 a.m. following the National Anthem played by Navy Band Southeast. A 40mm saluting battery fired by NAS Jacksonville Weapons Department sent the athletes on their way.

"Really, this is the best race we've had," said coordinator Barb Millhollan who has been involved with the run for five years. Millhollan said her staff makes improvements by applying lessons learned from previous runs.

Millhollan thanked sponsors Gatorade, the Navy Exchange System and Reebok for supporting the event which drew the largest crowd in its 23-year history. She also credited Road Runners Club of America, Florida state representative Ken Bendy and the Florida Striders running club for their help. In addition to sponsors Millhollan thanked the 40 volunteers who assisted with pre-race support as well as by greeting runners at the finish line and serving refreshments.

Entry prizes awarded included: A DVD player and 35 pair of shoes from Reebok, 15 pair of shoes from K-Swiss, three runner packs from Adidas along with T-shirts and many other prizes.

VP-30 has top team at Navy Run

Five runners from VP-30 earned top team honors at the Navy Run 10K.

Lt. Frank Bronson, 40:44; Karin Glenn, 41:26; Lt. Cmdr. Clint Neuman, 41:50; Lt. Robert Glenn, 42:45; Capt. Andy Andersen, 48:40. The team logged a total elapsed time about five minutes faster than second-place finisher Team BIC.

Other commands entering teams were USS Sullivans (DDG-68), NAMTraU Jax, NMLOF Jax, and Viper SAR.

Runners representing the newly formed Commander, Navy Region Southeast Running Team competed for individual times with the following results:

ET2 Jeremy Duplissey, SIMA Mayport, 36:28; AD2 Jeff Tomaszewski, AIMD Jax, 36:52; Cmdr. Richard Snyder, HSL-46, 37:47; Lt. Cmdr. Jim Warmowski, NHSO, 37:59; YN2 Truban Harrison, VP-30, 38:00; HM2 Adolph Herrera, Navy Hospital, 42:48; Lt. Terri Fussner, HSL-46, 44:30; Cmdr. Diane Hoover, NHSO, 45:09.

Navy Run 10K April 7, 2001 top finishers

Finish	Overall	Name	Age	Time
Men				
1	1	Daniel McDyer	36	34:47
2	2	Frank Reynolds	46	35:45
3	3	Stuart Zurn	24	36:03
Women				
1	26	Clair Domingo	24	40:04
2	44	Karin Glenn	30	41:26
3	46	Bunny Cannon	43	41:38
Wheel Chair				
1	27	Bob Hawkes	79	40:07
5K Walk				
Men				
1	1	Herbert Taskett	53	27:02
2	2	Joseph Cafrelli	53	35:00
3	5	Ray Holmes	59	36:54
Women				
1	3	Vivian Meriweather	63	36:36
2	4	Debbie Coultrip	47	36:36
3	8	Patti Drake	29	39:17

See all race results at www.coolrunning.com. Look for Navy Run under Florida races held April 7.



AIMD Sailor running in Boston Marathon

By JO2 Mike Jones
Assistant Editor

Imagine running the Navy's Physical Readiness Test 1 1/2 mile course 17.3 times ... simultaneously. That's just what Naval Air Station Jacksonville Aircraft Intermediate Maintenance Department's AD2 Jeff Tomaszewski has been preparing to do for the last several months.

With his command's blessing and support, the Pittsburg, Penn. native plans to compete in the 26-mile Boston Marathon April 16.

Tomaszewski said he first had the idea to compete in the famous event while stationed overseas. "I was stationed in Sigonella, Sicily with Patrol Squadron (VP) 16 in 1996 and a friend of mine began talking about running," he said. "The loop around the base in Sigonella spanned roughly six miles, and we started to run that every day."

After returning to NAS Jacksonville, Tomaszewski set about preparing for the 1999 Walt Disney World Marathon. "I had a great time. For the first three miles, I thought, 'What am I doing out here?' After that, I really got into the run ... it was great. The feeling afterwards was one of the best feel-

See *Marathon*, page 16



Moments after the runners began, several hundred competitors started a 5K walk.



Mark Marble, left, and Bob Hawkes compare notes after completing the Navy Run 10K.



Winner Daniel McDyer, 199, built a lead he never relinquished.



HS-7 families entertained

Families of HS-7 are entertained by folksinger and storyteller Kate Carpenter during a March 31 Easter Egg Hunt held at Sea King Park.

Battle of Midway 5K race slated

A 5K race will be held at 11:30 a.m. aboard NAS Jacksonville on Wednesday, May 30, in commemoration of the Battle of Midway. The race starts south of the BOQ on Patrol Road, following a course down that road and back.

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

Late registration will take place until

race time. Awards will be presented for the top three male and female finishers.

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

The Battle of Midway, which took place June 4 to 7, 1942, was the turning point of WW II in the Pacific. A Battle of Midway Memorial Dinner is being held June 1 at the Radisson Hotel on Jacksonville's Southbank.

The purpose of the Midway celebration is to give all personnel time to pause and reflect upon this important event in naval history.

Naval Hospital's Chiropractic Clinic tops in customer service

Naval Hospital Jacksonville's Chiropractic Clinic was recently selected as the hospital's Clinic of the Year for outstanding customer service provided to patients. "Customer Service is all about attitude," said staff member Tonia Eure. "Just be nice and always answer with a smile, no matter what."



The chiropractic staff Tonia Eure, HM2 Lorelie Flinn, Dr. Mark Alden and Dr. Donald Baldwin.

Marathon:

Sailor is Boston-bound

Continued from page 21

ings I've had." In order to qualify for the Boston Marathon, a run time of three hours and 10 minutes was needed. Tomaszewski completed the run in three hours and 11 minutes. "I was a little upset when I learned that I had missed it by only one minute," he said. In December 2000, Tomaszewski re-qualified after completing the Jacksonville Marathon. "I put together my application and it was accepted by the Boston Athletic Association. It was exciting."

Tomaszewski said the support of his command has helped him to achieve this goal. "I transferred over to AIMD about a month ago from VP-16. They've been very supportive with this."

With his family looking on, Tomaszewski said the thrill of competing in the event is enough to make the trip to Boston worth it.

"It'll definitely be exciting. I'm not so much going to run a personal best. I'm just excited to take part in such a big event with some of the world's great runners."

Naval Hospital Medical Town Hall Meeting slated

Naval Hospital Jacksonville will host a Medical Town Hall Meeting in the hospital's Second Deck Conference Room Tuesday, April 17, at 2 p.m. The Town Hall Meeting is intended to be an open forum of exchange between all patients eligible for care and the hospital staff. Command Master Chiefs, Ombudsman, active duty family members and retirees are encouraged to attend. For more information call 542-9175.

FFSC hosts parenting classes

Mom and Dad Support Group April 25, May 30, June 27 - Meetings take place at the FFSC from 3 to 4 p.m.

Child Support Information Class April 19, July 19, Oct. 25 - Child Support Information Classes at the NAS Jacksonville Security Detachment Bldg. 857, from 9:30 a.m. to noon.

What a Difference a Dad Makes in the Life of a Child July 11, Oct. 17 - This class takes place in Bldg. 857 from 9 to 11:30 a.m.

For more information, call the FFSC at 542-2766.

JAX SPORTS

Sports officials and scorekeepers needed

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

Women's varsity softball coach needed

The NAS Jax Athletic Department is looking for experienced individuals who would be interested in coaching the women's varsity softball team. The varsity team represents NAS Jax in community and regional level tournaments. Military and civilian personnel are eligible to coach the varsity teams. Interested personnel should contact Bill Bonser.

Women's softball players wanted

The NAS Jax Athletic Department is looking for experienced women's softball players to represent NAS Jax in the local community and in regional military tournaments. Active duty, military family members over 18, retirees, and civilian employees assigned to NAS Jax are eligible for the women's team. If you are interested in being a member of the NAS Jax varsity sports program, contact the NAS Jax Athletics Department.

Ultimate Frisbee League forming

The NAS Jax Athletic Department is forming a new Ultimate Frisbee league. The league is open to NAS Jax active duty only. Personnel interested in joining the league should contact the gym.

Intramural Skeet League forming

The Intramural Skeet League is open to all NAS Jax active duty personnel and is a Captain's Cup event. All interested personnel should stop by the gym to get the required paperwork to join the league.

Spring Fling Singles Tennis Tournament April 30

The NAS Jax Athletic Department will be conducting a free tennis tournament at the Birmingham Tennis Courts for all authorized gym patrons. There will be a men's and women's division. Awards will be given for first, second, and third place. Call NAS Jax Athletics to sign up by April 25.

3 on 3 Sand Volleyball League meets May 11

The league is open to all NAS Jax active duty personnel and is a Cap-

tain's Cup event. The meeting will be held at the Gymnasium on Friday, May 11 at 10:30 a.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Intramural Golf League meeting May 16

The league is open to all NAS Jax active duty personnel and is a Captain's Cup event. The meeting will be held on the deck outside Mulligans on Wednesday, May 16 at 11:30 a.m. All team captains should attend the meeting to discuss rules and to get the required paperwork to join the league.

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

Standings

Greybeard Softball

Team	Wins	Losses
AIMD	4	0
CHSWL	2	1
VP-45	2	1
NAMTra	1	1
2BN351	0	1
VP-30	0	2
CPRW-11	0	3

Greybeard Basketball Championship is NAMTra's after stopping Army

By Bill Bonser

MWR Sports Coordinator

The Greybeard Basketball League concluded with NAMTra winning the league championship with an 8-2 record. The Army's 2nd Bn 351 finished second with a 6-4 record. Seven teams entered the playoffs with NAMTra and the Army as the number one and two seeds. In their first meeting of the playoffs, the Army upset NAMTra 43-31. NAMTra faced CPRW-11 in the loser's bracket and was victorious 42-33 to put them back into contention for the base championship against their nemesis.

It was do or die for NAMTra because they had to defeat Army twice to stay alive and get a shot at the base championship. The atmosphere was electric as the Army brought in their battalion to provide vocal support for their team. The crowd was charged as the line-ups were introduced for both teams. Army had an 8-6 lead at the end of the 1st quarter and a 16-14 lead at the end of the 2nd quarter. The game was looking good for the Army because they had a 31-20 lead in the middle of the 4th quarter. NAMTra realizing that they were on the ropes fought back and tied the game at 32 with 1:27 remaining in the game. The Army went up 33-32 with 59 seconds left, but AVCM Chip Morris got an offensive rebound and put it in to give NAMTra a 34-33 victory. The win forced a second and final game for the base championship.

The second game was just as exciting

as the previous one. The Army held onto an 18-14 half time lead, but NAMTra outscored the Army 8-2 in the third quarter to take a 22-20 lead going into the 4th quarter. The game was knotted at 24 at the 4:05 mark. NAMTra took a 27-24 lead with 2:51 left in the game. Army's SFC Kimball Gibson made three free throws to tie the game at 27 with 1:40 left in the game. With seconds remaining, NAMTra's AD1 Michael Ward stole the ball and passed it to AMCS Tommy Mitchell who scored the winning basket to give NAMTra a 29-27 victory.



Chip Morris of NAMTra goes up strong for a basket while an unidentified Army defender attempts to block the ball from behind.