

Jax Air News

Operation Iraqi Freedom

'Tridents' to the rescue

TOUCHING BASE

BEQ Building 846 to open next week

The Bachelor Enlisted Quarters announces the grand opening of Building 846. The building has been closed due to construction since the fall of 2001. A ceremony will be held in the main courtyard of Building 846 at 10 a.m. on April 25 to celebrate the opening. Everyone is invited to attend. For more information, call 542-8191.



VP-30 to host Career Decision Fair

VP-30 will host the Center for Career Decision (CCD) Fair visit April 21-25. Navy Personnel Command (NPC) and CCD will provide Navy personnel and their families an opportunity to attend briefings which will include: Navy retention, professional development, benefits and Quality of Life (QOL) issues, military pay/benefits, manpower, detailing policies, special programs, educational opportunities, etc.

Several enlisted detailers will be available to help negotiate orders for service members within their PRD.

There will also be enlisted and officer career information briefs for spouses. These briefs will cover spouse employment, family QOL issues, military pay/benefits, MWR programs, etc.

Hospital offers grief program

Naval Hospital Jacksonville will begin a seven-session Grief Reconciliation Group beginning today at 4 p.m. The hour-long, once a week sessions are for persons who have recently lost a loved one. This group offers hope and help through seven steps toward healing. These include topics such as mourning, working through loneliness, pain, sadness, anger and guilt, along with group support. It will be held in the Pastoral Care Department at the hospital. There is no charge. To register or for more information, call 542-7531/2.

HS-3 chopper helps snag downed pilots

By JOSN Camy Thompson
USS Theodore Roosevelt
Public Affairs

A search and rescue team (SAR) from HS-3, deployed aboard USS Theodore Roosevelt (CVN 71), rescued one civilian pilot and assisted a USS Harry S. Truman (CVN 75) SAR team in the rescue of a second pilot April 7.

The downed SA-30 Puma helicopter was operating from USNS Spica (USNS T-AFS 9) during a replenishment-at-sea with Truman in the eastern Mediterranean Sea. Such civilian helicopters provide underway logistics support under contract to the Navy.

HS-3's rescue team was flying as plane guard when



Photo by Brad Garner

A SH-60 Seahawk assigned to HS-3 prepares to take off from the flight deck aboard USS Theodore Roosevelt (CVN 71). Members from HS-3 recently helped rescue two downed pilots.

they got the call that a helicopter had gone down. "We had been (airborne) for a couple of hours when we got called up," said rescue pilot Lt. Jack McKechnie. "We just got there as fast as we could."

HS-3 was the first to arrive on the scene and

immediately looked for survivors, a challenge in the dark.

"The moon had just set, and there was a lot of fuel and debris in the water," said McKechnie.

HS-3 went into this rescue with the limited information that a helicopter

was down. "We didn't even know if there were survivors," said Lt. Dustin Smiley, aircraft commander.

The downed crewman's survival equipment included a strobe light, allowing USS Theodore Roosevelt's SAR team to find them in

Spousal Support

NAS Jax Fleet and Family Support Center (FFSC) is offering numerous programs for military spouses. The FFSC Spouse Support Group meets Tuesdays at 7:30 p.m. at FFSC and Wednesdays at 1:30 p.m. at the base chapel.

the dark sea. "We saw strobe lights in the water," said McKechnie. "We slowed down, hovered over the lights and opened the cabin door to get a better look. That's when we saw the two survivors."

AW3 Jason Boutwell of HS-3, was the SAR swim-

SEE HS-3, Page 11

Sailor gets Heart of Gold

By Bill Austin
HSO PAO

"Good deeds come to good people," someone once said. That statement certainly holds true for Navy volunteer AO2 Joshua Kinney.

The NAS Weapons Department Sailor received Jacksonville's prestigious Heart of Gold award, during a black tie affair held at the Times-Union Center for the Performing Arts last Thursday night.

The event was part of an annual nationwide celebration to honor volunteers who are "making a difference" in their communities.

This year's theme, Celebrate Volunteers -The Spirit of America, reflects the resolve of the American tradition of neighbor helping neighbor.

Kinney received the Heart of Gold Award in the Service in Uniform category for his volunteer efforts in local programs such as HabiJax, the local Habitat for Humanity affiliate; Shipmates With Hearts; and Paint the Town.

Last year, he received top honors for his selection as NAS Jacksonville's Junior Sailor of the Year.

Kinney has been in the Navy for the past six years, and plans to become an officer through the Navy's Seaman to Admiral program. His wife of just over a year is in the Navy too, and the couple will soon celebrate the birth of their first born in June.

"Petty Officer Kinney is a role model Sailor for everyone to emulate, and a great asset to this team," said Kinney's Department Head, Lt. Cmdr Chris Lathem.

When asked why he volunteers so much of his off duty time, Kinney didn't hesitate to answer. "You always get back what you put into life," he said with a sincere look in his eyes. "We receive so much community support for the military here, I just wanted to give some of that support back."

In 2002, NAS Jacksonville Navy Community Service Program (NCSP) volunteers contributed more than 414,549 hours in volunteer service to Jacksonville and its surrounding communities.

To find out how you can "make a difference" through volunteerism, contact Dianne Parker at the Fleet and Family Support Center, 542-2766 Ext. 130.



Photo courtesy of Volunteer Jacksonville

AO2 Joshua Kinney proudly displays his Volunteer Jacksonville Heart of Gold award, presented last Thursday night by Adria Cianca, senior manager of the Orange Park Member Service Center, Navy Federal Credit Union.

Children show their pride during parade!



Photo by JO2(SCW) Eric Clay

A group of children from the NAS Jacksonville Child Development Center participate in a patriotic parade last Friday to show support for the troops serving in Operations Enduring Freedom and Iraqi Freedom. The children, dressed up with red, white and blue decorations shouted USA as they made their way across the street to visit the Fleet and Family Support Center.

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WEEKEND WEATHER

	FRIDAY 60/83 ISOLATED SHOWERS
	SATURDAY 62/82 PARTLY CLOUDY
	SUNDAY 63/84 PARTLY CLOUDY

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

IRS provides assistance to military families

New Web page created for Armed Forces

From the Internal Revenue Service

The Internal Revenue Service has created a new section on its Web site containing important information to help ensure members of the U.S. Armed Forces serving in a combat zone get all of the tax benefits available to them.

The new section highlights several special tax provisions that apply to those in combat, which can include extensions for filing tax returns and paying taxes and exclusion of some military pay from taxes.

The new Web section includes:

- Questions and answers on exclusions, extensions and other tax benefits available to members of the Armed Forces serving in a combat zone.

Publication 3, Armed Forces' Tax Guide, which covers the special tax situations of active members of the U.S. Armed Forces.

- Several recent news releases and notices, including Tax Tip 2003-41, Reservists, New Enlistees May Get Deferral for Back Taxes; news release IR-2002-18, Tax Relief for Troops in Afghanistan Combat Zone; Notice 2002-17, Tax Relief for those Involved in Operation Enduring Freedom.

- A special e-mail address for members of the U.S. Armed Forces, their spouses, authorized agents or representatives, which can be used to notify the IRS about someone serving

in a combat zone. "At this important time, our dedicated military personnel in combat zones should not be worried about tax issues," said IRS Acting Commissioner Bob Wenzel. "We want each of them to receive all of the tax benefits that they are entitled to. We want all of our servicemen and servicewomen — and their families — to know that we are here to help."

Generally, enlistees up to warrant officers (including commissioned warrant officers) exclude all their military pay received for military service in a combat zone. For commissioned officers, the monthly exclusion is capped at the highest enlisted pay, plus any hostile fire or imminent danger pay received. For 2002, this limit was \$5,532.90 and for 2003, it is \$5,882.70. Amounts excluded from gross income are not subject to federal income tax.

The IRS automatically extends the deadline for filing tax returns, paying taxes, filing claims for refund and taking other actions related to federal income tax for U.S. Armed Forces personnel serving in a combat zone. The IRS also extends the deadline for those in the U.S. Armed Forces deployed overseas away from their permanent duty station in support of operations in a qualified hazardous duty area but who are outside that area.

The deadline for filing returns, making payments or taking any other action with the IRS is extended for at least 180 days after:

- The last day of qualifying combat

zone service, or

- The last day of any continuous qualified hospitalization for injury from the combat zone.

The IRS is currently working with the military to obtain information about reservists and regular military personnel serving in combat areas. During this interim period, people in the military, their spouses or their authorized representatives have several options to claim the filing extensions or filing exclusions:

- When filing returns, mark "Combat Zone" at the top of the form along with the date of deployment.

Contact the IRS through the special e-mail address at IRS.gov. Correspondence should include the name, date of birth, and date of deployment of the service member. (No Social Security numbers should be included in the e-mail.) The IRS emphasizes only military-related e-mails should go to this address. Calls can also be made to the main IRS help line at 800-829-1040.

These two steps also apply if a notice inadvertently goes to an individual serving in a combat zone or his or her spouse. The notice can be deferred by following the e-mail steps or by sending the notice back to the IRS marked with the words "Combat Zone" and the date of deployment.

The IRS plans to take additional steps and provide additional guidance on issues involving military personnel and combat zones. This new information will also be posted to the Armed Forces page at www.irs.gov.

Meet A Sailor...

AT3 THOMAS STOREY

Job title/command:
NAS Jax Air Operations

Hometown: Thomaston, Ga.

Family Life: Married with a daughter and two dogs.

Past Duty Stations: HSL-57, Atsugi, Japan

Career Plans: To obtain a college degree in electronics engineering.

Most Interesting Experience: Climbing Mount Fuji.

Words of Wisdom: When climbing Fuji, get a walking stick and wear a sweater.

Meet A Civilian...

DAVID STRAUB

Job title/command:
Reservation Manager,
First Lieutenant's Division

Hometown: Darlington, Penn.

Family Life: Married with five children and a dozen grandchildren.

Past Duty Stations: VP-30

Career Plans: To retire in the near future.

Most Interesting Experience: Landing at the South Pole and getting shot while landing in Saigon.

Words of Wisdom: If a day goes by and you don't learn something new, then it is a wasted day.

NAS welcomes new business manager

By Staff

Tim Sheppard has reported aboard NAS Jacksonville as the new business manager and director of the Business and Resource Management Department.

In this new position, Sheppard is responsible to provide the NAS commanding officer and executive officer with expert planning, analytical and program advice.

He is responsible for identifying and providing business cost analyses, identifying

and projecting annual/multi-year and long-range program planning requirements and serves as special advisor on commercial interests and issues for key programs.

He also acts as special assistant to the CO for civilian position and workforce management and liaisons with Commander, Navy Region Southeast for strategic/business plans and operations, and civilian workforce management.

For more information, contact Sheppard at 542-4480.



Tim Sheppard

HEY, MONEYMAN!

Hey, MoneyMan!

I attended an indoc last week and the guy from the credit union told us that we would all be rich if we saved \$100 per month.

That's just \$50 a payday and it sounds pretty easy. But if it is so easy, why doesn't everyone do it? Sounds fishy to me!

MoneyMan Sez:

It kinda depends on "what is rich?" But the idea is correct and the best answer to "why doesn't everyone do it?" is because either they haven't

been told or they just didn't do it. Take advantage of this "new knowledge" and give it a try. If you are 20 years old now and you invest \$100 per month (with an average return of 10 percent) until age 40, you will have saved \$75,600; keep it up until age 50 and it will be \$217,100.

Invest until age 65 and it will be \$948,900. Rich? I don't know, but for sure you will be way ahead of your buddies who do not do it!

More questions, call Hey MoneyMan at 778-0353.



HELPING HANDS

Help sort clothes

"Dignity U Wear" receives free donations of new clothing, toys and much more from area stores. They in turn supply local shelters and support agencies with brand new clothing and other items for clients and work with the Duval County School District to help less fortunate children obtain needed clothing.

Volunteers are needed to help with sorting and sizing clothes and filling agencies orders anytime between 9 a.m. - 4 p.m., Monday - Friday and from 9 a.m. - 2 p.m. on Saturdays.

The 'Dignity U Wear' warehouse is located on the corner of Myrtle and Adams Streets in downtown Jacksonville. For more information, call 636-9455.

American Cancer Society's Relay for Life

The American Cancer Society's needs volunteers April 26 to support their 'Relay for Life' events. Volunteers are needed to help with set-up, team registration, lunaria ceremony and event break down at the Twin Lakes Academy Middle School. For more information or to sign up, call 398-0537.

11th Annual World of Nations Celebration

Take an exciting trip around the globe at the 11th Annual World of Nations Celebration in Metro Park April 24-27.

Celebrate the rich cultural traditions and unique heritage of people from around the world. Various volunteer opportunities and shifts are available to support the weekend events. Opportunities include handing out information to stamping passports and exhibit monitors. Minimum age required is 16. Volunteers under 16 may volunteer with parental supervision. Contact the City of Jacksonville Office of Volunteer Services at 630-1020. If you would like to volunteer at the African Village, contact Martha Davis at 249-3582.

March of Dimes First Coast Walk America

Head out and support the March of Dimes in saving babies April 26 by assisting with walker registration, decorating, route set-up/clean-up, food service, accounting and more. Volunteer hours are from 8 a.m. - 1 p.m. You can also put together a team of your friends and/or co-workers and come out and walk. Minimum age required is 16. For more information contact Erin Pont at 398-2821.

Habitat for Humanity of Jacksonville

HabitatJax is taking advantage of the beautiful spring weather. Volunteers are needed every Tuesday through Friday. They will be closed, however, on April 18 for Good Friday. Participants meet at 7:45 a.m. at the HabitatJax Warehouse at 2404 Hubbard Street (off Main Street). Lunch and transportation are the responsibility of the volunteer. Activities will vary. Anyone who would like to schedule a date can call Natalie Sears at 798-4529, Ext. 253.

VP-30 to sponsor DEFY Camp

From VP-30

VP-30 is hosting a six-day Residential Summer Camp June 1-6 at the YMCA Camp McConnell as part of the Navy's Drug Education for Youth (DEFY) program. This two-phased prevention program is for children ages 9-12. The camp (Phase I) is for military or DoD children only. Phase II consists of a year of mentoring.

Volunteers are also needed as team leaders, camp corpsmen and mentors. Participants must have command approval and TAD orders.

Applications for children and volunteers can be picked up in the VP-30 Personnel Office and must be returned by April 30.

For more information, call Kristi Moom at 542-3144.



Sunday Services

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

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

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

Jax Air News

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Fitzgerald assumes command of VP-45

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

On April 2, Cmdr. Brian Helmer turned over the helm of VP-45 to Cmdr. William Fitzgerald in the Jay Beasley Hangar at NAS Jacksonville. It was the 61st such ceremony for VP-45.

Rear Adm. Richard Brooks, commander, Patrol and Reconnaissance Force, U.S. Atlantic Fleet, served as the event's guest speaker. He praised Helmer for his leadership and vision. He also recognized the command's many accomplishments highlighting the squadron's successes in the last deployment and most recent endeavors in the Mediterranean theater.

Brooks charged Fitzgerald and his squadron to carry on the tradition of "Pelican Pride" that has made the squadron so successful.

During the ceremony, Helmer attributed all of VP-45's operational successes to the many hard-working men and women of VP-45. He explained the key to success is "having the right people, the right equipment, in the right place, at the right time." He mentioned that the mighty "Pelican" team is what makes VP-45 the "best of the best."

In his first remarks as the new commanding officer, Fitzgerald cited the challenges ahead as the squadron prepares for upcoming deployments. He also praised Helmer for his leadership, guidance and stewardship of VP-45.



Cmdr. William Fitzgerald

At the event, the Pelicans also welcomed their new executive officer, Cmdr. Rich Fite. Fite comes to VP-45 from the National War College at Ft. McNair, Washington D.C. where he earned his Masters of Science in National Security Strategy.

The change of command ceremony gave the "Pelicans" of VP-45 an opportunity to reflect on the successes of the past year and to say farewell to the commanding officer that led them to unprecedented success within the maritime patrol and reconnaissance community.

When asked what was it like to land on an aircraft carrier 1,000 times, Rabuse simply responded, "It's just another landing not unlike the others I've done before. It's my job. This is what I do. Now I guess I won't be misleading my co-pilot tactical coordinator when I tell him not to worry, I've done this a thousand times before."

Although his comments are humble in tone, he has much to be proud of. Few people in the history of carrier aviation achieve such a milestone. To land a 40-thousand pound aircraft traveling more than 120 miles per



Photos courtesy of VS-22

Cmdr. Robert Rabuse, commanding officer of VS-22 completes his 1,000th carrier-arrested landing onboard USS Harry S. Truman.

Rabuse completes 1,000 carrier-arrested landings

By Lt. j.g. Robert Null
VS-22 PAO

Somewhere in the Northeastern Mediterranean Sea, USS Harry S. Truman (CVN 75) steams into the wind awaiting the recovery of a complement of strike aircraft returning from missions in Northern Iraq in support of Operation Iraqi Freedom.

After ensuring all aircraft are safely aboard and recovery tanking is complete, the S-3B Viking, flown by Cmdr. Robert Rabuse makes its approach to the carrier for what will be his 1,000th carrier arrested landing.

Rabuse is the commanding officer of VS-22 based at NAS Jacksonville. VS-22 has been deployed aboard USS Harry S. Truman since early December 2002.

When asked what was it like to land on an aircraft carrier 1,000 times, Rabuse simply responded, "It's just another landing not unlike the others I've done before. It's my job. This is what I do. Now I guess I won't be misleading my co-pilot tactical coordinator when I tell him not to worry, I've done this a thousand times before."

Although his comments are humble in tone, he has much to be proud of. Few people in the history of carrier aviation achieve such a milestone. To land a 40-thousand pound aircraft traveling more than 120 miles per

hour in an area the size of a "postage stamp" just one time, is an amazing feat. To do it 1,000 times is something to celebrate. Now, take away the sun and do it at night, that's something to marvel at. Almost one-third of Rabuse's traps were done in pitch-black darkness.

Rabuse has had a relatively mishap-free aviation career. There was one occasion, though, when he had to rely on his ejection seat to save his life.

During his carrier landing qualification in the A-6 Intruder aboard USS Lexington (CVT 16), his aircraft tailhook literally broke while the Intruder continued down the flight deck with insufficient airspeed to get airborne.

Rabuse had to make a split-second decision only training and quick reflexes make possible. He safely ejected, suffering only a minor back sprain from the impact of the ejection, and was quickly back flying again.

Rabuse still uses the Timex watch and kneecard holder that was strapped to his leg the day he ejected.

Landing on 11 different aircraft carriers, the oldest being the USS Lexington and the newest USS Harry S. Truman, Rabuse has seen many days at sea.

"I have been fortunate being assigned flying jobs from the end of flight training until now. There isn't anything more rewarding



Cmdr. Robert Rabuse, commanding officer of VS-22, completes his 1,000th carrier-arrested landing onboard USS Harry S. Truman.

than carrier-based aviation. The only thing that compares is serving as VS-22's commanding officer as we support our troops on the battlefield," he added.

When asked what his next goal is, Rabuse said he hoped to be the first aviator to achieve 400 Truman traps before leaving for duty at the National War College at Fort McNair in Washington, D.C.

With the pace at which VS-22 is flying, supporting missions during Operation Iraqi Freedom, he should easily achieve this goal as well.

HEAVENLY CHOCOLATE CREATIONS; 2c; 2"; Black Only; PU 4/12 R008567



Photo courtesy of VP-45

Cmdr. Brian W. Helmer (left) receives a framed pennant from CMDR(SW/AW) John Pregler during VP-45's change of command ceremony April 2.

Mosquito season: West Nile spreads

By Lauran Neergaard
Special Contributor

West Nile virus may well complete its coast-to-coast spread this summer, infecting large numbers.

There's no good way to predict, as the deadly virus is from a family that's notoriously fickle. But during last year's record-setting epidemic - more than 4,000 people became ill and 274 died - only a handful of states escaped human illness. Even some of those harbored infected mosquitoes and birds.

And no, the harsh winter in much of the country probably won't lead to a reprieve. Many mosquitoes can survive the cold by hiding out in places such as sewers, ready to start spreading infection once it's warm enough to re-emerge.

Another myth: that if crows aren't dying in your neighborhood, West Nile probably hasn't spread there yet. Dead birds of any species are suspicious. But of more concern are birds West Nile doesn't easily kill, like common house sparrows. They harbor far more of the virus in their blood than crows do, yet few die - offering a highly infectious feeding trough for mosquitoes who bite them and then bite us.

Tackling this virus "is unbelievably complex," says Dr. Lyle Petersen of the Centers for Disease Control and Prevention, the nation's chief West Nile specialist. The one sure discovery is that "where West Nile has been, it stays."

He cautions that he has no crystal ball to accurately predict if West Nile, part of a family of mosquito-borne flaviviruses that can rapidly wax and wane, will prove as bad this year.

But Petersen says another large epi-

demio "would not be surprising," with West Nile hitting each of the 48 contiguous states. Not counting Alaska and Hawaii, only nine states have escaped human illness so far.

Of particular concern is the West, where the virus was just encroaching when winter hit.

Unable to stop West Nile's inexorable march, health officials' challenge now is to prevent serious illness.

The CDC is analyzing some dismal data showing that's a hard job: During the height of last summer's epidemic, less than half of people surveyed took any precaution to avoid mosquito bites - and only about a third used repellent containing DEET, which provides the best protection against bites.

Nor are mosquito bites the sole threat: Last fall, scientists discovered West Nile could spread through blood transfusions and organ transplants. By July, two companies hope to have begun nationwide testing of a way to detect West Nile in donated blood.

It also can spread to a developing baby when a pregnant woman becomes infected. In the one documented case so far, the infected baby was born with severe brain defects. The CDC plans more pregnancy tracking this year, and cautions pregnant women to be especially vigilant against mosquitoes.

West Nile can cause potentially fatal brain inflammation, either meningitis or encephalitis. It can strike at any age, but those most at risk are over 50.

For every case of serious disease, 150 more people are thought to be mildly infected - they have either a flu-like illness or, in most cases, no symptoms at

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'Dragonslayers' win awards

By Lt. j.g. Justin McCaffree
HS-11 PAO

Three members of the HS-11 "Dragonslayer" team were recently selected for prestigious awards.

AMC(AW) Jefferey Farrar was selected as the Naval Helicopter Association (NHA) Southeast Naval Region Three Maintenance Chief Petty Officer of the Year for 2002. Farrar was also chosen by Commander, Naval Air Forces, U.S. Atlantic Fleet as the East Coast nominee for the Association of Naval Aviation Maintenance Chief Petty Officer of the Year award.

AW1(AW) Brantley Lowe was honored as the NHA Region Three and National Aircrewman of the Year and Lt. Bryan Peeples was selected as the NHA Region Three Pilot of the Year.

Peeples and Lowe were selected in part for their direct involvement with Leadership Interdiction Operations (LIO) in support of Operation Enduring Freedom (OEF). While supporting the

objectives of OEF, they flew in a three-helicopter, special forces element that successfully conducted a night armed boarding and takedown of a ship suspected of carrying Al Qaida leaders attempting to flee from Afghanistan.

Farrar was maintenance leading chief petty officer for detachments in Pakistan and onboard USS Shreveport while HS-11 was deployed on USS Theodore Roosevelt (CVN 71) in direct support of OEF.

His efforts contributed to the squadron maintaining a 99.9 percent sortie completion rate during a deployment that included 159 consecutive days at sea. His leadership ensured the squadron received outstanding grades on all inspections and led to HS-11 winning the HS Wing Maintenance Excellence award.

Lowe's national award will be presented on April 24 at an awards banquet during the NHA annual symposium in San Diego, Calif.



Photo courtesy of HS-11
Lt. Bryan Peeples (left) and AW1(AW) Brantley Lowe of HS-11 were recently selected NHA Region 3 Pilot of the Year and NHA Region Three and National Aircrewman of the Year.

Local dentist supports Operation Iraqi Freedom



Photo by PHAN Latrice Ames
U.S. Navy oral surgeon, Capt. Sam Young of the NAS Jax Branch Dental Clinic, performs a wisdom tooth extraction on a Sailor with the assistance of DT2 Valarie Butler of the NS Mayport Branch Dental Clinic. Both are currently stationed aboard the amphibious assault ship USS Saipan (LHA 2) in support of Operation Iraqi Freedom.

NAS Jax to hold command Volunteer Service Recognition Luncheon

From FFSC

NAS Jacksonville will observe National Volunteer Week April 30, with our annual Volunteer Service Recognition Luncheon at the NAS Jacksonville River Cove Conference Center at 11:30 a.m.

This event is held each year to honor departments/commands and their personnel for the volunteer service they give to support Jacksonville and its surrounding communities.

Hugh Jones, former chairman and chief executive officer of Barnett Bank of Jacksonville will be the guest speaker. During his 23 years as a bank executive, Jones developed a unique corporate philosophy that encouraged bank employees to be responsible citizens.

For his efforts, Jones was recognized as the "1012th Daily Points of Light for the Nation" by President George Bush and was honored by the Caring Institute as one of

the 10 most caring people in America.

This event is planned each year to raise awareness of the Navy Community Service Program and the importance of volunteer service in our society.

In 2002, NAS Jacksonville department and resident command personnel contributed more than 414,549 hours of volunteer service to the local community. Volunteer work is beneficial to the communities and our local volunteer efforts allow the Navy to make a vast investment in its workforce.

All NAS Jax departments and resident command personnel (active duty military and civilian) are invited and encouraged to attend the luncheon. Tickets for the luncheon are \$8.50 and can be purchased at the NAS Jax Fleet and Family Support Center, Bldg. 554. For more information, call Dianne Parker at 542-2766, Ext. 130.

Northern Right Whale season ends

ET2(SW) William Larned
FACSFAC Jax

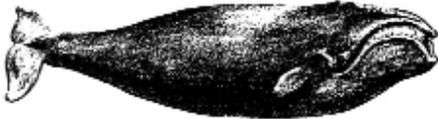
Each year, the Jacksonville area gets a unique visitor swimming off the coastline enjoying the warmer water temperatures. Most people are unaware these graceful, giant creatures are even here.

Each year from Dec. 1 through March 31, one department at NAS Jacksonville, makes monitoring the Northern Right Whale's presence here a top priority.

Fleet Area Control and Surveillance Facility (FACSFAC) Jacksonville participates in this important environmental responsibility.

The project which began here in 1993, was created to provide a whale alert system to ships moving in and out of Jacksonville ports and ensure their continued existence.

"The sighting locations of



the whales are sent to ships in the form of OPNOTES, including specifics such as longitude and latitude," explained IT1 Kimberly Higgs, coordinator of the Northern Right Whale project.

For instant updates, ships can monitor whale sightings that are plotted on a tactical information server known as the Joint Maritime Control Information System.

Thirty different environmental agencies are also notified of where the mammals were last seen. There were approximately 260 whale sightings during the 2002-2003 Northern Right Whale season.

The official whale season

ends at the end of March because the Northern Right Whale prefers a seawater temperature of 20 degrees Celsius.

A quick view of the temperature graph on the FACSFAC Jax Web site reveals the waters off Jacksonville range in temperature from 21 to 25 degrees by March 30.

By the end of March, the whales have waved their flippers goodbye to Florida, en route to Canada's Bay of Fundy.

Pictures of the whales and their calves can be viewed on the FACSFAC Jax Web site at www.facs-facjax.navy.mil.

NAVRIIP tackles aviation readiness

By Sue Brink
NAVAIR Public Affairs

The Naval Aviation Readiness Integrated Improvement Program (NAVRIIP) continues its focus and efforts in removing barriers to improve non-deployed readiness by each aircraft type/model/series (T/M/S) across the naval aviation community. The most recent T/M/S event evaluated the P-3 community at NAS Jacksonville.

The P-3 T/M/S evaluation began in December 2002 when the barrier removal team (BRT) members were trained on each step in the barrier identification process.

By improving awareness of the complete process to the BRT, we can move forward with fixing key barriers to non-deployed readiness, said Capt. Carlos Chavez, commander, Reserve Patrol Wing 11. "We are picking up on the lessons learned from previous TMS teams and learning more about the process and the value of the research. Having the right people on the team is key to resolving the barrier issues, Chavez said.

In continuing with the T/M/S approach, barriers that are identical across squadrons are being identified and are being resolved throughout each aircraft community instead of just locally. The barrier identification process promotes sharing research, knowl-



During the recent Type-Model-Series evaluation at Naval Air Station Jacksonville, a T-56 engine undergoes disassembly and preparation for cleaning and re-work.

Photo by Sue Brink

edge and results among the BRTs across naval aviation.

Synergistically, we need to find the common pieces and have a meeting of the minds, said Rear Adm. Wally Massenburg, assistant commander for Aviation Depots, Naval Air Systems Command (NAVAIR). "We will find the common points across the T/M/S with the appropriate fleet members and resources working with the team. The open communication between the team members allows for discussion of barriers to systems that are common between bases and a specific T/M/S communi-

ty," he said. After evaluating the P-3 aircraft, barriers to non-deployed readiness were identified with the system's T-56 engine, propeller and the APS-115 radar system. Cmdr. Tim Boothe, NAVAIR P-3 assistant program manager for logistics, presented the systems and barriers to the NAVRIIP leaders. The BRT team is addressing reliability and/or availability issues with each barrier identified.

The P-3 BRT reviewed two barriers with the T-56 engine. With the T-56 reduction gearbox, the issues the team identified

that needed improving

include reliability, support equipment and technician repair skills to accomplish the ultimate goal of the having the aircraft ready for training (AFT). The team also looked at the T-56 vibration test set and is looking at procuring additional test sets, which will cut down total man-hours spent evaluating out-of-balance components.

"The greater capability kit will cut down on our man hours which will allow us to focus more of our attention on requirements to achieving AFT," said AD1 William Robinson, quality assurance representative

for VP-16.

"A BRT reviewed availability of the propeller valve pump housing test bench. The biggest problem we are encountering with the pump housing test bench is support," said Daniel Clark, engineering technician, Naval Air Technical Data and Engineering Service Command. "I travel all over the world to obtain the knowledge and support we need to maintain and repair the bench."

Clark uses this knowledge to train new Sailors in the work center.

"The NAVRIIP process increases reliability among squadrons and departments because we are encouraged to share information," said ATCS(AW) Raymond Stull, AIMD Avionics Production Control senior chief petty officer.

The key is to streamline the process and share the knowledge throughout the squadrons that perform the same work. NAVRIIP provides the methods to improve processes and provide cost savings while addressing improvements to non-deployed readiness.

In reviewing the APS-115 radar system receive/transmit availability, the team identified logistics shortfalls and causes of high demand and low reliability. During the BRT process, the team found that NAVAIR Jacksonville was ordering an antenna bolt that fit while another

NAVAIR command was ordering a bolt for the antenna under another part number that didn't fit.

"We were both using part numbers listed in the tech manual, but their part number did not correspond with the correct part," said AT2 Joshua Lingenfelter, radar technician, AIMD Jacksonville.

Although both numbers were listed in the technical publication as being correct, one number did not match the correct part. By sharing this information among the T/M/S community, adjustments are made and mistakes are avoided.

"This (NAVRIIP) is a group function. Everyone gets together, everything is handled right there. We solved half of each other's problems on the spot," said Lingenfelter.

If the BRTs are not able to resolve the barriers locally because of necessary resources or span of control, barriers may be elevated to the program or systemic level, which include technicians, managers and flag officers from cross functional teams 1, 2 and 3. These teams represent readiness, supply and programming, respectively.

"NAVRIIP brings more resources and more focus to process-centered barrier identification," Boothe said. "By using the NAVRIIP approach, we can quickly and easily solve our readiness problems and communicate the resolution across our T/M/S community."

KUDO KORNER

The following personnel received awards during a recent ceremony at Fleet Area Control and Surveillance Facility Jacksonville:

Navy and Marine Corps Achievement Medal
ET1 Zachary Brown

Military Outstanding Volunteer Service Award

ET1 Zachary Brown
Good Conduct Medal
FCC(SW) Todd Buhr
ET2 William Anderson
AC3 Regan Adair
Flag Letter of Commendation
ACAN William Eskandari

NAVAIR

'Vulcan Mind Meld': We're not there yet

By Al Kaniss
NAVAIR

You might remember in Star Trek how Spock performed the "Vulcan Mind Meld." Spock touched his fingertips to someone else's temples so that he and the other person could immediately read each other's thoughts.

It sure would be helpful to be able to use this technique when trying to share knowledge across NAVAIR, but we're not quite there yet. We still need to depend on things like talking, sending e-mail, and showing PowerPoint slides.

Every year, the sharing of knowledge not only becomes more important, but also more difficult: the amount of knowledge in existence doubles every few years; our work environment grows increasingly more complex; and change is rampant.

If you move into a new job, you could spend as much as half your time trying to find out what you need to know to perform your duties.

You might do this by asking questions of the people around you (sometimes referred to as tribal storytellers), or looking for sample documents (like archeologists searching for artifacts).

Unfortunately, many of our storytellers have retired, will retire soon or may move to another project. And the sample documents, if you can find them, may be only mediocre. It's getting harder to find the right person to ask, less likely for people to document what they know, and harder to find good samples.

Another challenge to sharing knowledge in our environment is that many people are not co-located with the people who have the knowledge they need. In fact, they may not even know who these people are.

People with similar job responsibilities and competencies usually don't sit together, but rather with their program/project team.

To overcome these challenges, there are efforts within NAVAIR to share knowledge via such methods as: knowledge data bases; video tapes of experts with the ability to quickly search them; and communities of practice that bring people together, in some cases electronically. Future articles will give more information about these methods.

A resource, which is available to help people in NAVAIR to effectively get access to what they need to know, is the Knowledge Management

Enterprise Team (KMET).

The KMET was established to spread the word about techniques for sharing knowledge, to help people avoid re-inventing the wheel, and to avoid the pitfalls involved in setting up knowledge sharing efforts.

If you're involved in a knowledge-sharing project, or are planning a knowledge sharing initiative, please contact the KMET at navairexecutivesecretariat@navair.navy.mil to let them know about it.

Also, if you're willing to share what you've learned about knowledge management, or are just interested in learning more about knowledge-sharing techniques, let the KMET know.

For example, they are interested in learning more about knowledge-sharing techniques that may not survive the reductions in legacy applications and increased restrictions on web sites.

Maybe someday we'll figure out how to do the "Vulcan Mind Meld." But until then, the mere mortals in the KMET welcome you and your ideas.

Let's make the best use of the tools we have to share knowledge to produce high quality, affordable products for the Fleet.

NAVAIR leadership takes a step toward capturing valuable employee knowledge

By NAVAIR Executive Secretariat

One of the major challenges facing NAVAIR today is the loss of profound knowledge due to the retirement of an aging workforce.

The command needs mechanisms for transferring knowledge from person to person in order to reduce this loss and retain corporate intellectual capital. By identifying and documenting knowledge critical to NAVAIR's mission, the command will be more enabled to effectively support the warfighter. Since employees are overloaded with information, the organization needs optimized processes with supporting tools for converting information to useful knowledge in an environment where downsizing and funding reductions are the norm.

Knowledge Management (KM) is NAVAIR's disciplined approach to identify, acquire, sustain, share, and use critical knowledge in order to more effectively support warfighters. When properly deployed and applied, it results in wisdom that leads to better decisions and outcomes.

"KM is the modern marriage between the lore and sage wisdom of old and the powerful media of today and the future," said Stu Young, Knowledge Management Enterprise

Team (KMET) leader and NAVAIR director of Systems Engineering. "Our challenge is to harness the best of both and exploit the incredible tools we have in an environment of trust and shared commitment to excellence. In the past we told stories, spent years with apprentices at our sides, and often gained knowledge through trial and error. Today we are overflowing with information in myriad forms, but the sheer volume makes finding the gems difficult. A successful approach to KM will make us powerful and will make our warfighters unbeatable."

The KMET is an aligning mechanism directed with developing a NAVAIR KM strategy and assisting with its implementation. Currently, NAVAIR leadership, along with the KMET, is seeking ways to increase and improve knowledge sharing among all its employees to help formalize the management of organizational know-how and to increase overall efficiency in supporting the warfighter. The KMET is spreading the word about the initiative to raise awareness, to provide networking resources for sharing KM information and best practices and to help align KM efforts across the command.

E-mail, newsletters, communities of practice, trip reports, staff meetings, hallway conversations, and even stories shared in the carpool are all methods of sharing knowledge. Ideally, the KM program will create a means for anyone in the command to easily archive, share and retrieve knowledge, thereby enabling more efficient support to the warfighter. When best practice solutions are readily available, the need to reinvent the wheel is eliminated and the amount of time needed to track down information is minimized.

"Many people in our command are frustrated as they see mistakes repeated and lessons not learned," said Young. "We see best practices cultivated on one program that fail to find their way into other programs. If we are to learn from the past and master our future, we need people with passion who want to make us the best we can be. We owe it to ourselves, the warfighters, and our country to get this right."

For information, questions or to participate in or comment on the NAVAIR knowledge management initiative, contact the KMET at navairexecutivesecretariat@navair.navy.mil.

Tips on managing your stress levels

From FFSC

Stressed out? Feel like lashing out? Stop! Try any of these simple alternatives, courtesy Prevent Child Abuse America. You'll feel better, and so will your child.

- Take a deep breath. Take another. Then remember you are the adult. Count slowly to 10. If you're still steaming, do it again backwards.
- Close your eyes and imagine that you're hearing what your child is about to hear.
- Put your child in a time-out chair. How long? Here's a good rule of thumb: one time-out minute for each year of age.
- Put yourself in a time-out chair. Think about why you

are angry. Is it your child? Or is your child simply a convenient target for your anger?

- Phone a friend. Hug a pillow. Pick up a pen, and write down as many helpful words as you can think of. Save the list.
- If someone can watch the child/children, go outside and take a walk.
- Take a hot bath, or splash some cold water on your face. Turn on some music. Maybe even sing along if it helps soothe you.
- Call the center for prevention information and stress management tips. Your privacy will be respected.

Grillin' for a good cause



Photo by JO1 Mike Jones

Naval Computer and Telecommunications Station Jacksonville (NCTS) Commanding Officer Cmdr. Carlene Wilson and Chief Warrant Officer Robert Wilson run the grill during the NCTS Navy and Marine Corps Relief Society fund-raiser cookout April 10.

WEST NILE: Still a continuing threat

From Page 3

all.

There is no treatment, just supportive care. A vaccine for people will require years of more research, although there is one for horses - also hard hit by West Nile - and some zoos are testing one for endangered birds.

Once infected, symptoms or not, you're thought to be immune for life. So eventually, West Nile epidemics should become rare here.

Meanwhile, local governments are gearing up programs to kill mosquitoes as eggs and after they hatch.

The average person can take some simple steps to avoid mosquito bites, says Dr. George Pankey of the Ochsner Clinic Foundation in Louisiana, where warming weather has him already doling out anti-bug advice.

Domestic Violence Leadership conference set for May 20

The Community Support Program of Navy Region Southeast is hosting an executive seminar on domestic violence for all commanding officers, executive officers and command master chiefs from the Fleet Concentration Area on May 20 at the NAS Jacksonville River Cove Officer's Club.

The program will feature experts in the field of

• Wear a mosquito repellent containing DEET, usually labeled as "N,N-diethyl-m-toluamide." DEET-free types aren't nearly as effective. DEET is considered very safe, but follow instructions for the amount to apply, especially for children.

• Police flower pots, unused pools, blocked rain gutters, tires and other mosquito breeding grounds. Eggs can hatch in only a tiny amount of water left standing a few days.

• Make sure windows have screens in good repair.

• Stay inside at dawn and dusk, prime biting times, or wear long pants and sleeves; use special mosquito netting when infants are outdoors.

• Don't forego repellent for anti-mosquito gadgets, which haven't yet been proven to reduce bites.

domestic violence who will address topics such as dynamics of domestic violence, DoD and DoN policies on domestic violence, legal issues, victim issues and more. The program begins at 7:30 a.m. and ends at 3 p.m. For reservations, call Yolanda Munoz at 542-5387 or Sandy Jones at 542-1539 before May 9.

Battle of Midway Memorial Dinner set

From CNRSE Public Affairs

Tickets are now on sale for this year's Battle of Midway Commemoration Dinner, which will be held June 6 at the Radisson Riverwalk Hotel on Jacksonville's Southbank.

The guest speaker will be James H. Cunningham, Jr., a Battle of Midway veteran and retired Navy chief. A recipient of the Purple Heart and five Battle Stars, he was serving aboard USS Hammann when it was sunk at Midway. He was one of only 85 out of a crew of 250 to survive.

Cost of tickets for the dinner are:

E-6 and below = \$20; E-7 - O4 = \$30; O5 and above = \$40; civilians and retirees = \$40. Checks should be made payable to Midway Memorial Account.

Tickets may be purchased from the following: NAS Jacksonville - Command Master Chief Office, IT1 Guy Stelzenmuller at (904) 542-4545/2934; Naval Station Mayport, AECS (AW) Elizabeth Speer, 270-6101 and ITC(SW/AW) Victor Martin, 270-7354 ext 116; and Naval Submarine Base Kings Bay, MSC Eric Johnson, at (912) 673-2064.

Uniform: O-4 and above - dinner dress white jacket;

O-3 and below - dinner dress white/dinner dress white jacket optional. Civilian is black tie or business attire.

Cocktails begin at 6:30 p.m., dinner is at 7:30.

The evening promises to be fun and patriotic. Also in attendance will be other survivors of the Battle of Midway. This is an excellent opportunity for young Sailors to connect with a significant part of their naval history. Included will be a superb meal, music by Navy Band Southeast and an historical program highlighting the contributions of all military services in this magnificent victory.

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

All personnel should take time to reflect upon this important event in our naval history and on our proud heritage.

Additional information can be found at the Commander, Navy Region Southeast web site, <http://www.cnrse.navy.mil/>, by clicking on the blue "special events" button at the top of the home page.

Navy College Office sponsors fair



Photo by JO2(SCW) Eric Clay

University of North Florida (UNF) Veteran Affairs Coordinator Michael Murillo, talks with Ulysses Brown about the many courses and programs UNF offers students during a College Fair at the NEX Food Court last Thursday. Brown recently retired from the Army and is looking to continue his education. "I found the college fair very informative and it has given me a wide range of choices to further my education," he said.

Battle of Midway 5K race approaching

From Staff

Fresh air, exercise and the opportunity to meet a real-life World War II hero are on tap for participants of the Battle of Midway 5K race to be held at 11:30 a.m. aboard NAS Jacksonville on June 4.

Starting the race and assisting in the presentation of awards will be James H. Cunningham, Jr., a Battle of Midway veteran and retired Navy chief. Recipient of the Purple Heart and five Battle Stars, he was serving aboard the USS Hammann when it was sunk at Midway. Cunningham, was one of only 85 out of a crew of 250 to survive. He will be available before and after the race to share his experiences with participants.

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

Registration forms are available at the Base Gym (Building 614) located on NAS Jacksonville. The first 100 to register will receive a free Battle of Midway 5K Run commemorative T-shirt.

The race is open to all military and civilian personnel; there is no entry fee. Participants from the outside community may compete only if they have a valid ID card and Department of Defense vehicle decal, or are escorted at all times by a sponsor with a valid ID card and Department of Defense vehicle decal.

Late registration will take place up until race time. The race starts at 11:30 a.m. with an awards ceremony following. Awards will be presented to top three male and female finishers. A Battle of Midway race team trophy will be awarded to the winning team. Five-person teams are required for competition; the best four scores count. The winning team will keep the trophy for a year. It will go up for challenge at next year's race.

For additional race information, contact Barbara Millhollan, NAS Fitness Director, at 542-3518 (dmillhol@nasjax.navy.mil), or Lisa Newsome (dnewsome@nasjax.navy.mil) at 542-3518/2930.

Out in town, need a ride? Call Club 2000

From MWR

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

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

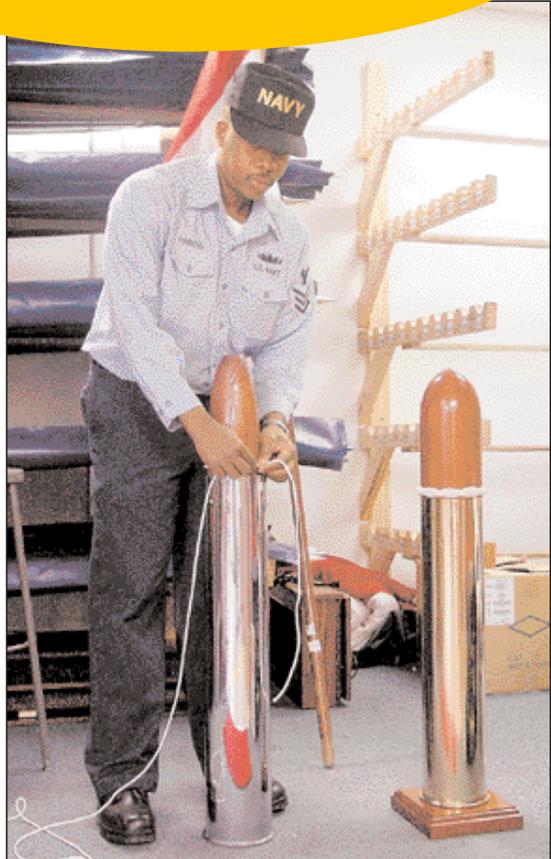
Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

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



SN Shaun Goodman trims palm trees around NAS Jacksonville to prevent damage during strong winds.

"WE ARE EVERYWHERE ..."



BM1(SW) Freddie Hawkins uses his boatswain's mate skills to decorate mock bullets for ceremonial displays.



BM1 Freddie Hawkins writes job assignments on the tasking board each morning before sending approximately 60 members of the First Lieutenant's Division to work.

First Lieutenant Division does it all

By JO2(SCW) Eric Clay
Staff Writer

If you see a blue shirt picking up trash or painting a building, more than likely is a service member assigned to the First Lieutenant Division.

"We are everywhere, doing just about everything and I'm proud of the job my people are doing," said BMCS(SW) James Lamb, First Lieutenant Division officer.

In the last six months, the division took over the manpower pool from the Temporary Personnel Unit. "We average 60 members at any given time, that's not including the eight staff members stationed here as general billets," added Lamb.

The division workload consists of setting up for MWR events, retirements, change of commands and other ceremonies. They also do labor jobs including gardening, tree trimming, and trash

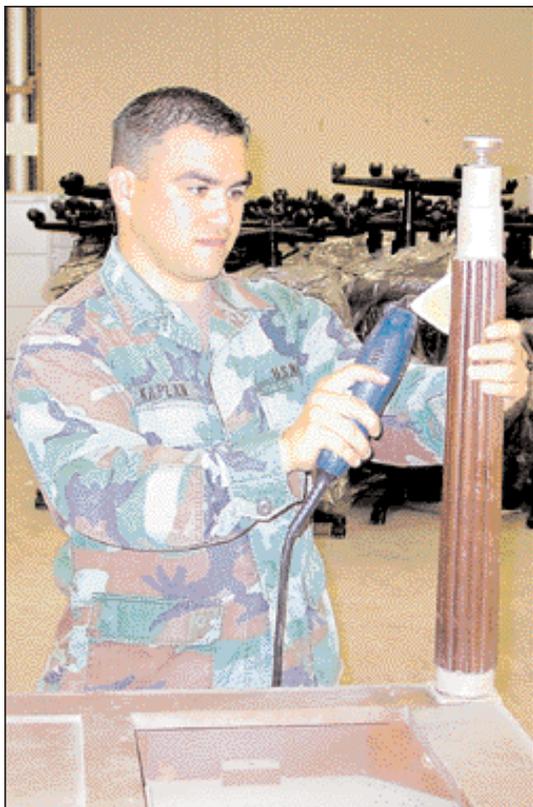
pick-up in and outside the fence line. "We average 370 ceremonies a year, setting up and taking down. We recently set up 250 tables at the Prime Osborn Convention Center for the Jacksonville Science Fair. In 2002, we completed 58,000 man-hours of work, this does not include setting up for the ceremonies," explained Lamb.

They also run the NAS Jax Theatre, Recycling Center, Auto Hobby Shop tool room and the Plaques Shop. During the summer months the First Lieutenant Division volunteers as bus drivers for the NAS Jax MWR Summer Camp program.

"Manning these positions has saved MWR money that can be used in other areas to benefit the Sailors," stated Lamb.

The First Lieutenant Division also works with the Self-Help Division and assists the Seabees on

See FIRST LIEUTENANT, Page 9



EOCN Richard Kaplan refinishes a table, eliminating the need to purchase a new one which will save the Navy valuable dollars.



MS3 Lonnie Lovette uses a forklift to place steam pipe support poles onto a trailer.

"WE ARE EVERYWHERE ..."



ETSN Robert Kirk installs new physical readiness test signs along Perimeter Road.



ETSN Robert Kirk uses a rescue saw to cut the bolts off a telephone pole used to support steam pipes on the base. The pipes were recently removed and the poles will be used for landscaping projects.



YN3 Tamika McKenzie checks out a chain saw from AM3 Jean Baptiste in the First Lieutenant's tool room.

FIRST LIEUTENANT: Visible and busy

From Page 8

many of their projects. The division has helped with the construction of the Military Working Dog kennels, the base perimeter watchtowers and the RV Park.

Service members assigned to the division are encouraged to participate in local community projects. They have participated in Paint the Town, Special Olympics, Adopt-a-Highway and numerous others. "I believe participation in these events will stay with our people throughout their lives, being able to help people less fortunate and see-

ing you don't have it as bad as you may think, is a great learning experience," Lamb explained.

"When a service member enters my office during their check-in process to the First Lieutenant Division, I ask them what they did prior to joining the Navy and what they are interested in doing while being stationed here. I take this knowledge and find them a suitable job that will profit them as much as the Navy," stated Lamb.

For more information about the First Lieutenant Division or to schedule a ceremony, call 542-3400.



ETSN Robert Kirk prepares for a long, hard day of work by topping off the fuel in his work truck.



Photos by
JO2(SCW) Eric Clay

AD2 Cody Snellman, GSMFA Vicki Lloyd and SN Nneka Simpson work together to keep NAS Jacksonville clean and litter-free.

Learning to discipline your child

From FFSC

April is Child Abuse Prevention Month. In recognition of this month, the Fleet and Family Service Center has put together several articles to help parents cope with stressful situations.

No one said parenting would be easy. It takes love, creativity and lots of patience, among other things. For some, these skills come naturally. For others, they are learned and develop over time.

Likewise, curiosity comes natural to children. But discipline must be learned. As parents, we are responsible for teaching discipline to our children. This takes time and practice, but it does get easier as children learn to control their behavior. It doesn't have to hurt you or your child.

Here are some common questions about discipline and some common sense answers from Prevent Child Abuse America, excerpted from "How to Teach Your Children Discipline."

Q: What is discipline?

A: Discipline is helping



children develop self-control. It is setting limits and correcting undesirable behavior. Discipline also is encouraging children, guiding them, helping them feel good about themselves, and teaching them how to think for themselves.

Q: Is spanking a good form of discipline?

A: No. Discipline should help children learn how to control their own behavior. Spanking is used to directly control children's behavior. It does not teach children self-control, as good discipline should.

Q: Won't spanking teach children who's boss?

A: Kids do need to know that the adult is in charge.

But spanking can teach children to be afraid of the adult in charge. Good discipline teaches children to respect the adult in charge. Respect goes both ways. If you treat children with respect, and let them have some control, they will respect you and listen to you.

Q: What can I do to show my children how a person with self-control acts?

A: Children do as you do, not as you say. If you want your children to obey the rules, to solve their own problems, and to control their anger, then you must set good examples for them to follow.

Q: What do I do when my children break the rules?

A: Stay calm, and try to do what is fair. Sometimes your children can help you decide what is fair to do when a rule is broken. Do something that makes sense and will help them learn not to make the same mistake again. For example, if they write on the wall, have them help clean it up.

Source: Prevent Child Abuse America, excerpted from "How to Teach Your Children Discipline." Visit www.childabuse.com.

Quick communication and punishment tips for parents

From FFSC

All children misbehave at times. You did. So will your child. So will his or her child. It's a natural part of growing up. But it's how we deal with these moments that defines us as parents and shapes our children's behavior. A little less punishment and a little better communication can go a long way toward setting the rules and having your child follow them.

Here are two tips and some do's and don'ts from Prevent Child Abuse New York's Prevention Information Resource Center:

Tip 1: The louder you yell, the less effective you will be. Screaming and yelling sends mixed messages to your child, including this one: You are out of control. Barking orders, giving sharp criticism and begging for better behavior seldom achieve the desired results. In fact, they often lead to stubbornness, defiance and poor self-esteem.

So what can you do when your children don't listen to you? Here are some pointers:

- Go to your child to get his or her attention. Use eye contact. Talking from across the room, or from another room, seldom works. The closer you are, the better your child will hear you.

- Use positive voice, not negative voice. Tell your child what to do instead of what not to do. Change don'ts into do's. Try "walk" instead of "don't run."

- Be clear, and be specific. Instead of saying "be a good boy and clean up," try "put your toys in this basket." Instead of saying "get ready to go," try "put on your jacket and hat and bring your backpack."

- Give your child information. Describe the problem. Information helps your child figure out what to do (and what not to do).

Example: "I'm making a phone call, and I need quiet." Example: "Ants come in the house when jelly is on the floor."

- Use fewer words. Children tune us out when we drone on and on. Instead of a lecture, use a word or phrase to communicate your message. Example: "Walk." Example: "Homework before TV."

Tip 2: Remember that you are the grown-up. Stay cool, firm, calm and clear. Children need to learn what to do. Our job as parents is to teach them. Punishment often misses the mark as a teaching tool because it leads to anger, defiance and low self-esteem. Punished children tend to forget the wrong they did and remember the "wrong" that was done to them.

Looking for alternatives to punishment? Try these ideas:

- Tell your child what to do, and what you expect, using a clear, calm and firm voice. If your child argues, don't fall into the trap of arguing back. Use the "broken record" method, and repeat your calm and firm statement.

- Express strong disapproval, if necessary, but be careful not to attack with words. Tell your child how you feel about his or her behavior, and explain why you feel that way.

- Tell or show your child how to take care of the problem. Example: "Play ball in the back of the house, not here near the window."

- Give your child a choice, but only a choice you can live with. Example: "You may walk beside me or ride in the cart. You decide." Or "Dinner is at 5:30. Be home then if you want to eat."

- Take action. Follow through when you have given a choice. Example: "Since you are not staying beside me, you must ride in the cart." Or "Since you are still arguing over the toy, I'll put it away until after dinner."

Source: Prevent Child Abuse New York - Prevention Information Resource Center.

FFSC holds New Parent Support classes

By Dr. Terri Rau

Acting Head, FFSC Counseling, Advocacy and Prevention Branch Navy Personnel Command

The Fleet and Family Support Center (FFSC) is committed to helping military families, keeping parents informed and their children safe. The following are questions and answers regarding the FFSC's New Parent Support Classes.

Q: What is New Parent Support?

A: It provides support, education and assistance to all military expectant and new parents. New Parent Support is the how-to manual for your new baby. It is everything you ever wanted to know about raising your baby but didn't always know to ask.

Q: What are some of the common questions?

A: New parents have every question you could imagine about their newborns: how to breastfeed, how often to bathe, when to start feeding solid foods, when you need to get well-baby checks, immunizations, how to safety-proof your home. Anything.

Q: All these questions can be answered at the center?

A: Absolutely, wherever New Parent Support Programs are located. Through the New Parent Support program, our staffs understand all the questions and concerns that new parents have and are ready to provide different levels of service to families, depending on their needs.

Q: April is the Month of the Military Child. What does this mean to you?

A: I think it's about honoring Navy children and the unique challenges they face every day such as: moving every few years,

concerns about the safety of their active-duty parents when they're far away from them, not being able to talk to or see them every day, having to spend long periods apart - and these are only a few of the challenges.

Q: April is also Child Abuse Prevention month. Do Fleet and Family Support Centers play an active role in this - and in keeping our children safe?

A: Yes. Child Abuse Prevention month activities are designed to increase awareness and understanding of what constitutes child abuse and neglect, both in the Navy and the civilian community surrounding the installation, how the Navy responds to allegations of child abuse and neglect, and what every military family can do to recognize when it's occurring and what they can to prevent it.

Although there is increased focus in April, child abuse prevention activities are offered year-round and include everything from parenting programs to General Military Training and other educational briefs to a variety of military audiences that increase awareness and understanding of the problem. And we offer any number of fun activities - especially during Child Abuse Prevention month - that foster positive parent-child interaction.

I think an important point of these efforts is that today's children are tomorrow's Sailors. As a community, we must maintain as strong a foundation for our children as possible. We know that protecting and nurturing children today is a very sound investment for generations to come. If we care about the Navy of 2010 and beyond, we must focus on our Navy children today.

Scholarships offered to military children

From FFSC

The Scholarships for Military Children Program, awarding at least \$1,500 to eligible college-bound high school seniors and college students worldwide, was created to recognize the contributions by military families to the readiness of the fighting force and to celebrate the role of the commissary in the military community.

Unmarried children (under the age of 23) of active duty, Reserve/Guard and retired military personnel may apply. Applicants must maintain a minimum grade-point

average of 3.0 and write an essay.

One scholarship will be awarded at every commissary location where qualified applications are received, and more than one may be awarded per commissary based on response and funding.

In its first two years, the program awarded 920 scholarships totaling \$1.5 million. Fisher

House Foundation administers the program, funded through industry donations.

For more information, or to pick up an application, visit your local commissary or www.commissaries.com.



Legion responds to public concerns

Launches 'Support Our Troops' Web site

From the American Legion

The American Legion, responding to increasing public interest, unveiled a new addition to its Internet Web site today that answers the question: "How can I support our men and women in uniform?"

Visitors to www.legion.org simply click the "Support Our Troops" link to find a array of ways to reach out to U.S. servicemembers and their families, prayer, volunteer opportunities, blood donations and scholarship contributions.

The American Legion's Family Support Network is a key program providing crucial aid to spouses and

children of military personnel. Through the Family Support Network, local Legion posts adopt military families by helping pay bills and providing childcare and other services.

Looking to the future, The American Legion Sept. 11th Memorial Scholarship Fund is being funded to ensure the children of active-duty servicemembers killed following Sept. 11, 2001, including Operation Iraqi Freedom, will have an opportunity for higher education.

The Legion's "Support Our Troops" online site to find out about these programs, as well as to purchase U.S. Flags, Blue Star Banners and yard signs to display support for our troops. Visitors also will find suggestions for how one's place of worship can support servicemembers and a message board where they can write

a personal letter of thanks to men and women on the frontlines. Volunteer opportunities and agencies collecting blood for the military are listed, along with links to other sites supporting our armed forces.

"It seems few truly understand how precious this type of support is to our men and women in uniform," said American Legion National Commander Ronald Conley. "As veterans of past wars, we remember the letters, care packages and cards of encouragement that kept us going as we fought thousands of miles from home. Now is the time for every American, veteran or not, to play a role in boosting the spirits of those who defend our Constitution and our way of life - even at the expense of theirs. May it never be said we are an ungrateful nation."

Facts about shaken infant syndrome

From FFSC

Many well-intentioned, responsible people who would never dream of hitting their child think nothing of giving a small child a good shaking. Many think such punishments are harmless, but the effects of shaking may be far more damaging than they realize.

Young infants have very weak neck muscles and only gradually develop the strength to control their heavy heads. If shaken, their heads wobble back and forth, which may cause brain damage and bleeding in or on the surface of the brain.

Severe damage of this type is most common in very young infants, but it can happen to children up to ages three and four.

Here are some tips to prevent this sort of injury, from Prevent Child Abuse New York's Prevention Information Resource Center:

Many "play" activities can be dangerous for young children and lead to whiplash or even brain damage. These potentially dangerous activities include:

- Repeatedly tossing a small child into the air
- Jogging while carrying an infant on the back or shoulders
- Playing horse (i.e. bouncing a child on a knee or swinging foot)



- Delay in normal development
- Impaired motor and sensory skills
- Broken bones
- Dislocations

How to prevent Shaken Infant Syndrome:

- Never shake an infant under age two for any reason.
- Always provide support for your baby's head when holding, playing with or transporting him or her. Instruct others who hold your child to do the same.
- Make sure that all those who are in contact with your infant know the dangers of shaking. This includes babysitters, childcare personnel, and family members.
- Learn what to do if your baby won't stop crying. All babies cry a lot during the first few months of their lives.
- Know what to do if you shake the baby, either by accident or on purpose. Even though you might feel embarrassed or guilty, it is imperative that you get the baby to the emergency room immediately. Bleeding inside the brain can be treated, but only if you tell the doctors what happened. This may save your baby's life.

Source: *Prevent Child Abuse New York - Prevention Information Resource Center.*

- Swinging a child around by the ankles
 - Spinning a child around
- Some common injuries reported from shaking:
- Brain damage
 - Spinal injury or paralysis
 - Blindness or other eye trauma
 - Seizures
 - Retardation, mild to severe

FFSC offers educational and support programs

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

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

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in April:

April 21-24, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)

April 22, 9 a.m. - noon - Understanding the Opposite Sex

April 22, 9 a.m. - noon - How to have a Healthy Relationship

April 24, 8-11 a.m. - Anger Control Workshop

April 24, 9:30 a.m. - noon - Child Support Information Workshop

April 24, 1-3 p.m. - Volunteer Service Council

April 28 - May 2, 8 a.m. - 4 p.m. - Command Financial Specialist Training

April 29, 8 a.m. - 4 p.m. - Stress Management Workshop

April 29, 9-11 a.m. - Written Marketing Tools (spouses)

April 30, 9:30 a.m. - noon - Time Management

HS-3: Involved in rescue of two downed pilots

From Page 1

mer for the rescue. While the helicopter hovered, Boutwell was lowered into the water to assess the condition of both survivors.

"When I got down to them, I asked how they were doing, to make sure they were both conscious," said Boutwell. "I grabbed the survivor who didn't have on a helmet or a strobe light, since he would be harder to find if he started to drift. Then I prepared him to be hoisted using rescue straps, and he was hoisted up."

HS-7, deployed aboard USS Harry S. Truman, pulled the second pilot from the water.

One of the things making this rescue difficult for HS-3 was working with unfamiliar gear.

"Both pilots were in civilian uniforms," said AW1 Greg Baker, crew chief. "If they had on military gear, they would have had a lifting device on their uniform."

According to McKechnie, who is also the HS-3 SAR training officer, the aviation anti-submarine warfare operators have rigorous inspections and annual jump qualifications to meet. Both pilots and aviation anti-submarine warfare operators also conduct annual SAR training.

"We practice a lot during flights," said McKechnie.

The training paid off in that two lives were saved as a result of that training.

"Every member of HS-3 played a vital part in this rescue," said Baker. "We are just glad we got to help."

JAX TALES By Mike Jones

RICKYSTOUR@YAHOO.COM



Big catches at Mulberry Cove



Photos by JO2(SCW) Eric Clay

By JO2(SCW) Eric Clay
Staff Writer

Last Saturday turned out to be the perfect day for the 21st annual NAS Jacksonville Bass Tournament at the Mulberry Cove Marina.

Clear skies and a slight breeze helped to make it a great day for fishing on the St. Johns River. The event was open to all active duty members, retirees, DoD, NAF employees and contractors with access to the base.

At the crack of dawn, 92 participants loaded into 46 boats ranging from big pontoons to small jon-boats, all heading out to find the winning catch. The teams consisted of two members per boat.

At around 2:15 p.m. the fishermen began arriving with their catches at the weigh-in station operated by the

St. Johns Bass Anglers, a local fishing club. The club is a member of the Bass Anglers Sportsmen Society (B.A.S.S.) National Federated Chapter and is the oldest federated bass club in Florida, and fifth oldest in the country.

The group has 14 active and retired military members. They meet monthly, on the third Thursday at 7:30 p.m. at the Mandarin Garden Club, located at 2892 Loretto Road.

The fish were weighed in at a seven-catch maximum group and an individual catch for overall big catch of the day. For this tournament a special permit was obtained to allow 12-inch bass to be caught, a two-inch difference than the current statute. Undersized fish did not count toward the total.

The fishermen were required to have their catches in by 3 p.m. or be subjected to a one-pound penalty per minute. Those bringing in dead fish were also subjected to a penalty of one-quarter pound.

The top seven teams re-

ceived awards for their catches. First place was awarded to Larry Campbell and Bill Pughakoff with a total catch of 20.68-pounds followed by Bob Dewberry and Herschal Newman with 19.53-pounds. Taking third, was Travis Lowden and Brian Barrett with 13.68-pounds.

Campbell and Pughakoff also won the Big Bass Pot with the largest individual fish weighing 5.90-pounds.

All participants received a free T-shirt, promotional items, tickets for door prizes and food and beverages after the weigh-ins.

The tournament was held on a catch and release policy. All the day's catches were released back into the St. Johns River following the weigh-ins.



(Left) Pat Lanier measures two bass before weighing them in.

(Below) Bob Rushing (left) and Pat Lanier, members of the St. Johns Bass Angler's Fishing Club, weigh-in the catches during the bass tournament.



Pat Lanier (right) measures a catch to ensure they are within regulations before the weigh-in process.



MWR NOTES

Aquatics Department taking reservations

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

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

Veterinary Treatment Facility

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

The NAS Jax Veterinary Treatment Facility is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person or by calling 542-3786.

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

Mulberry Cove Marina news

Learn the rules of the waterways and enjoy a safe boating experience. Take the Florida Safe Boating Course, "How to Boat Smart." The class is free and open to all hands.

Visit the Mulberry Cove Marina and get your free spring stock-up coupon book. The books are stocked with more than \$175 in savings on the biggest brand names in fishing. The coupons offer great savings and will not be around long. This offer expires April 30. The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

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

NAS Freedom Lanes offers great deals

The NAS Freedom Lanes is a state-of-the-art bowling facility, with 24 lanes, a game room with pool tables and arcade gaming machines. The Gutterball Grill snack bar provides delicious food and beverage service. The facility has a fully supplied Pro Shop staffed by members of the Professional Bowling Association.

The center is open seven days a week. The center offers Cosmic Xtreme bowling on Saturday afternoon from 4-6 p.m. and again from 8 p.m.-midnights. The NAS Freedom Lane is open to all active duty, authorized civilians, retirees and their family members.

Active duty free bowling: Wednesdays from open to close. Rent a lane special Tuesdays starting at 5 p.m. The cost is \$12 per lane per hour or \$32 per lane for three-hour rental. Shoe rental is \$1.65 per pair.

Extreme Bowling - Saturday nights. The cost is \$15 per person. Check in begins at 7 p.m. and bowling starts at 8 p.m.

Call the center for event schedules at 542-3493.

Night Easter Egg Hunt

Kids get ready for the annual night Easter Egg Hunt at the Macaffrey Softball Complex tomorrow night at dusk. There will be thousands of eggs, hiding (glowing) for you to find. Don't miss the

chance to fill your baskets with delicious treats and find the golden egg with a big surprise inside.

April is Month of the Military Child

Help celebrate our youths during this year's Month Of the Military Child celebration. The staff of the NAS Jax Youth Activities Center is putting together an exciting event with carnival rides, pool games, prizes and just plain old fun on April 26 from noon to 4 p.m. at the outdoor pool. This event is free for all.

Youth classes

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

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

Tomorrow, 7 p.m. - Drumlina (PG-13)
 April 25, 7 p.m. - Die Another Day (PG-13)
 April 26, 5 p.m. - Maid in Manhattan (PG-13)
 April 26, 7 p.m. - Star Trek - Nemesis (PG-13)

Upcoming Liberty events

We're starting a T-shirt design contest. Come by the Liberty Recreation Center to get more details.

Saturday - Sky Diving Trip
 April 23 - Join us for our monthly Indoc BBQ at 11 a.m.
 For more information, call 542-1335.

River Cove Officers' Club

Catering & Conference Center

Join us for an all-hands Easter Brunch, Sunday at the River Cove Officers' Club. Brunch will be served from 10:30 a.m.-1:30 p.m., with a special visit from the Easter Bunny at 11 a.m. The cost is \$10.95 for adults, \$5.50 for children ages 6-12 and free for children under 6. Call today and make your reservations, 542-3041. Walk-ins will not be accepted.

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

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

Here are some of the upcoming events I.T.T. has tickets for:
 Suns Baseball tickets - general admission is \$4.
 Disney Florida resident 4-day play pass - \$107.45. Good until Sept. 30.

Saturday - A Capitol Idea - We're heading to Tallahassee, Fla. to see Mission San Luis, the Capitol Building and Museum of History for only \$13.50.

April 26 - Okfehenokee by Moonlight. Enjoy a special evening tour that includes a two and a half hour guided boat tour and a Low Country Shrimp Boil dinner for \$51.75. The deadline to sign up is April 22.

May 3 - Shrimp Festival at Amelia Island. Then we'll head to a candlelight viewing of Fort Clinch. The cost is \$13.75.

May 8-11 - Experience Atlanta. This trip includes transportation, three nights for the hotel and entrance to all the best attractions. The cost is \$225 per person, based on double occupancy. You must sign up before April 18.

May 18 - Kennedy Space Center. Ticket and transportation for adults is \$38.50 and children (3-11) are \$29.50.

May 24 - Florida Folk Festival. Enjoy entertainment on six different stages featuring Florida's finest music, dance and storytelling. Sign up before May 9 and pay \$28.50 for adults and \$16.50 for children under 15.

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

COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax No. 86

meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The Navy Wives Club's DID No. 300 meetings

are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE)

invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

MOMS Club of Northeast Florida

meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

The Marine Corps League, Jacksonville Detachment

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

Girl Scout Troop 333

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

St. Joseph's New Directions

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

Christian Fellowship Night

will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more

information call 542-3051.

The National Naval Officers Association (NNOA)

holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. NNOA is a non-secretariat, not-for-profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matombic.usmc.mil.

The Jacksonville Genealogical Society

will meet Saturday at 1:30 p.m. at the Webb-Wesconnett Library, 6887 103rd Street. For more information, call Mary Chaucey at 778-9300.

The Fleet Reserve Association, Branch 126

is holding their monthly meeting tonight at 8 p.m. at the Branch Home, 7673 Blanding Boulevard. All active duty and retired enlisted personnel of the Navy, Marine Corps and Coast Guard are invited to attend. For more information, call 771-2936.

The National Naval Officers Association (NNOA)

is holding a semi-annual membership drive and get together April 23 at 11:30 a.m. at the CPO Club at NS Mayport. The cost is \$6 for lunch. For more information, call Lt. Herlena Washington at 696-5005.

The U.S. Coast Guard Auxiliary (Flotilla 14-8)

is sponsoring three one-day Boating Safely programs on April 26 and July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

The National Naval Officer's Association

is holding their annual Dr. Samuel P. Massie Scholarship Luncheon May 3 from 11:30 a.m. to 2 p.m. at the Ramada Inn in Mandarin. The guest speaker will be Rear Adm. D. Curtis, commander, Naval Surface Group Two. For tickets, contact Lt. LT Sean Judge at 542-7841.

The Children's Home Society of Florida

will host its 14th annual Run for the Roses celebration May 3 at the Outpost in Ponte Vedra Beach. The event kicks off at 4 p.m. and includes a broadcast of the Kentucky Derby, "Derby dinner" and silent auction. Proceeds from benefit CHS, which provides adoption, foster care and other social services for local children and families.

Liberty Program sponsors barracks event



Photo courtesy of MWR

The NAS Jax MWR Liberty Program sponsored a NCAA Championship Game party at the barracks April 7. Approximately 70 Kansas University and Syracuse University fans showed up to cheer on the two teams as they vied for the championship. Fans also enjoyed free food and prizes, including four NCAA Wilson basketballs, pocket video games and DVDs. Displaying their new basketballs are, from left, ATAN Damon Hines, DKAN Harvey Roderick, GM1(SW) Leonard Oglesby, and SN Anthony Reaser.

Southeast Dive Adventures offers trip

From NS Mayport MWR

Southeast Dive Adventures, NS Mayport MWR's scuba dive shop, is sponsoring a scuba diving trip to Marineland of Florida May 31 for only \$60. This includes transportation and all gear. The bus leaves at 8:15 a.m. and returns approximately 5 p.m.

Enjoy diving inside Marineland's 450,000-gallon rectangular oceanarium. You must be a certified open water diver to participate.

For more information or to sign up, call 270-5541 or email mwrdivadventures@yahoo.com.

MWR programs and services help meet Fleet support challenge

From MWR

With increased operational tempo and the long fight against terrorism ahead, it's more important than ever for the Navy's Morale, Welfare and Recreation (MWR) programs and services to help meet the special needs of our Sailors deployed around the world.

The Fleet support challenge for Navy MWR professionals is to assist Sailors in achieving personal readiness to ensure the Navy is an effective force. In an at-sea or overseas environment, this often means being creative and innovative in offering fitness and recreation opportunities.

"We take care of all Navy ships as equitably as we can," said Kelly Powell, head of Navy MWR's Mission Essential Branch. "When Sailors have some time off we have to be able to come to the rescue, and we try to dial in on what the Fleet is asking for," he said.

The core programs and services designed to help deployed Sailors better perform mission requirements are fitness equipment, afloat fitness and recreation directors, recreation and sports gear, Learning Media Resource Centers (LMRC), movie program services and Fleet entertainment.

"We're trying to make a difference in our Sailors' lives at sea," said Powell. He added that Navy



MWR's focus is "Fleet centric" and that he welcomes feedback from the Fleet on their issues and concerns.

"Five years ago, most ships didn't have fitness programs at sea. Now, to maintain high fitness standards for deployed support, we ensure all ships are fully equipped with quality fitness equipment before they deploy," said Powell. "We have also pre-positioned equipment at major Fleet concentration areas to permit us to change out fitness equipment as it wears out from heavy use from embarked Sailors and Marines," he said.

"One key initiative to help create a culture of fitness and personal readiness in the force is recruiting and hiring professional afloat fitness directors and recreation specialists for all aircraft carriers, amphibious assault ships and tenders," continued Powell. More than half of that

goal has been met, and a full-court press is on to reach 100 percent by the end of the fiscal year.

Navy MWR continues to look for new ways to provide recreation opportunities to those Sailors who prefer alternatives to working out in fitness rooms aboard ship, or to those who are assigned to small ships with limited workout options.

"Recreation deployment kits have been distributed to ships to provide positive leisure opportunities for Sailors at sea. The kits include all kinds of games and sports equipment, anything from Game Boys to X-Boxes to handheld video games," said Powell.

Powell also said Navy MWR is working with Chief of Naval Education and Training (CNET) to make improvements to the LMRCs, which primarily includes computers Sailors use aboard ship for recreation, education and unofficial e-mail.

Watching movies is one of MWR's most popular leisure activities provided to Sailors at sea, as each ship can maintain a library with more than 600 titles and receives a monthly shipment of 16 new movies. The afloat movie program is designed to provide movie screening in small groups, over ship television systems, or in large groups using the large screen equipment package known as Cinema at Sea Initiative (CASI).

"The Fleet can rely on us to provide new movies as fast as possible, as many as possible," said Ron Rossman, head of the Navy Motion Picture Service (NMPS) program. "We will continue our partnership with the film industry in creating opportunities to provide special movie program events for Sailors and their families," he said.

NMPS will also continue to deploy Theater in a Box (TIB) units, which are innovative, self-contained movie systems consisting of a portable projector, screen, sound system and videotape player with 250 movies - all the equipment needed to run a movie program.

"These units give us the capability to provide quality service to forward deployed shore forces, including various personnel with special missions in support of the war on terrorism," said Rossman. "The Theater in the Box systems

are going to places where no other MWR programs or services exist, and we have been able to provide 25 of them so far - one unit for every request we've received," he explained. Rossman added that commanding officers of forward deployed ashore units can request a TIB directly through his office (PERS-650) or through PERS-65.

Navy MWR has also been bringing welcome diversions to the Fleet in the form of quality live entertainment, and is on track to meet its FY-03 goal of increasing entertainment to ships by 20 percent. Some examples include Comics on Duty, the popular rock band 3 Doors Down, and athletes such as Napoleon McCullum.

"Every entertainer I've worked with has been blown away by the professionalism and dedication of our Sailors," said Cheryl Anderson, special events and entertainment coordinator for Navy MWR. "It's good for the morale of our Sailors too, who often times can't believe a famous person or band has traveled thousands of miles to perform for them," she said.

"With this program," Anderson added, "I want Sailors to forget where they are for just a little bit."

For more information on Navy MWR programs and services, please visit www.mwr.navy.mil.

JAX SPORTS NEWS

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. Experience is not required. If interested, contact Al Vandercar at 282-0809.

Men and Women's

Tennis Tourney slated

This tournament will be held April 28 at 5 p.m. It is free and open to all NAS Jax active duty, retired, dependents over 18, and DoD men and women. The matches will be played at the Birmingham Tennis Courts. Call the NAS Jax Gymnasium to sign up by April 25.

Navy Southeast Regional

Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

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

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

SPORTS STANDINGS

Greybeard Softball Standings as of April 14

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

Open Softball Standings as of April 14

Team	Wins	Losses
CB's	3	0
Beanie Boys	2	1
NAMTra	1	1
Beef O'Brady's	1	2
Onsite Aviation	0	3

Women's Softball Standings as of April 14

Team	Wins	Losses
VP-45	3	0
VP-16	2	0
Lady Cougars	1	1
NavHosp	0	2
MWR	0	3

Intramural Soccer Standings as of April 14

Team	Wins	Losses	Ties	Points
VP-30	2	0	1	5
VS-31	2	1	0	4
NavHosp	1	0	1	3
VP-45	1	2	0	2
ASTC/CNRSE	1	1	0	2

Navy College Learning Center offers classes

From NCLC

The Navy College Learning Center (NCLC) offers free ASVAB/ACT/SAT prep classes to help increase test scores. The following are the upcoming 2003 spring classes at the NCLC:

April 28 - May 8

May 12 - 22

May 27 - June 5

Classes run from 9 a.m. to 4 p.m. for two

weeks with a half hour lunch.

These classes are offered to help increase scores in math, English and reading.

They also improve career growth through improved test-taking skills. Completion of the course meets the requirements for retaking the ASVAB.

Seating is limited and reserved on a "first-come" basis. To sign up, call 542-3676 or email Aslclta@inetmail.att.net.

MWR offers cruises to military and families

Visit www.mwrleisure-travel.com or call toll free 1-866-909-9091 to learn about great MWR vacations offered by cruise lines to dozens of fabulous ports. We offer great packages at great prices.

