

Welcome Home

VS-30/HS-15 To Arrive Today And Tomorrow

Jolly Holiday

Santa visits Yellow Water Housing Pages 4-5



Happy Holidays

From all of us at the Jax Air News

www.jaxairnews.com

THURSDAY, DECEMBER 19, 2002

www.nasjax.navy.mil/jaxairnews



A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

Jax Air News holiday schedule

This is the last issue of the Jax Air News for 2002. The next paper will be published Jan. 9, 2003. Due to the holidays, the office will have limited staff available. Articles and ads will be accepted during this time for the Jan. 9 issue. For more information during the holiday season, call 542-3531.

Holiday events planned

NAS Jax MWR is hosting the Holiday Tropical Freeze event on Dec. 21 from noon to 5 p.m. at the Mulberry Cove Marina. Enjoy a snow sled run, free hot dogs and sodas. Call 542-3577 for more information on these events.

Gator Bowl luncheon set

The Fellowship of Christian Athletes (FCA) Annual Gator Bowl Luncheon will be held Dec. 27 at the Jacksonville Fairgrounds. The event includes lunch, music, and a visit with the two Gator Bowl football teams, Notre Dame and North Carolina. Army Ranger Chaplain Capt. Jeff Struecker, the guest speaker, will discuss his combat experience in UNOSOM II (Black Hawk Down) in Modadishu, Somalia, where he received a Bronze Star with Valor Device for leading several vehicle convoys into the fight. For more information, call at 448-2468 or email fcajax.org.

Volunteers needed for science fair

Volunteers with special backgrounds are needed to serve as judges at Ridgeview High School Science Fair on Jan. 8. For more information, contact K.C. McCarthy at 542-3849 or email, mccarthyk@cnrse.navy.mil.

WEEKEND WEATHER



FRIDAY 55/62 SHOWERS



SATURDAY 43/57 PARTLY CLOUDY



SUNDAY 45/64 CLEAR

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



Children wait for their school bus in the base housing area as vehicles pass by on the way to the physical fitness track. Photos by JO2(SCW) Eric Clay

Slow down for children

By JO2(SCW) Eric Clay Staff Writer

Recently reported complaints from residents aboard NAS Jacksonville regarding speed violators in the housing area have been so alarming that the base Safety and Security Departments are taking immediate action to insure the problem comes to a quick halt.

Ever since NAS Jacksonville was established, there have been concerns by base housing residents about drivers speeding in the residential areas.

The speed limit in most residential areas in Florida is posted at 30 miles per hour, but NAS Jacksonville's base housing has a

maximum speed limit of 25 miles per hour, with a few areas marked slower than that," said Ron Williamson of NAS Jacksonville Safety Department.

With so many small children living in base housing and personnel using Mustin Road, south of Naval Hospital Jacksonville as a jogging



Signs are posted throughout the base housing area informing drivers to watch for children.

and cycling route, the potential of vehicle/pedestrian conflict increases. "Although we have been very fortunate not to have any children or joggers/bicyclist hit in the housing area in many years, we must take steps to prevent the future,"

Members of security base traffic division have been positioned at various locations throughout base housing. At different times during the day, base security uses state-of-the-art laser speed detection guns to catch violators with accurate readings. Patrolman Eugene Blair said, "The laser guns are foolproof, they display the exact speed a vehicle is traveling."

Blair and Security Officer Kel Brown patrolled the area of Woodpecker Circle and Mustin Road on Dec. 12 from 7 - 8 a. m. for speed violators along with other traffic violations. At this period of time during the school week, children walk to school bus stops wait-

See CHILDREN, Page 8

'Tis the season to lend a hand...

By JO1 Mike Jones Assistant Editor

One way to guarantee Santa doesn't leave you a lump of coal in your stocking is to do what NAS Air Operations Department's Freda Clayton did.

When Clayton came across a story in the news about a Jacksonville family who recently lost their home in a fire she decided to help.

For Clayton, the news of the fire touched some deep emotions - she experienced a similar tragedy as a child in North Carolina. "When I was about six, I went through a home fire," she said. "When it happened, my father happened to be up making coffee, and he was able to get all us kids out of the house in time. So there we were, early in the morning watching our house burn."

Understanding the mate-



Photo by JO1 Mike Jones

NAS Air Operations Department's Julia Joseph (left) and AC1(AW) Susan Clapp assort some of the many presents before delivering them to a local Jacksonville family.

rial loss the Jacksonville family recently endured inspired Clayton to seek volunteer support for the family within her department. "When I saw this on the news about the family being burned out of their home, I really wanted to

help because I knew they needed it," she said.

Clayton placed a call to the American Red Cross to arrange "adoption" of the family during Christmas. "This family, a grandmother and five children, was staying in a one-bedroom

home, sleeping on the floor," she explained.

A memo was quickly dispatched within the department listing all the children's clothes sizes for those wishing to donate. "I put the word out that this lady had nowhere to live, and that the family had lost everything," Clayton said.

As volunteer efforts organized, Clayton got word that insurance money from the blaze enabled the family to move into a small, two-room trailer.

NAS Jax Sailors, and Clayton's neighbors quickly came to the family's aid, Clayton noted, donating everything from clothes and food to furniture. "One of the folks here donated bunk beds, and another donated a television," she said. "Shelves and chest-of-drawers were also donated. I went to a discount store, and they gave us free pots and pans for the family. We

were able to fill the entire trailer," she beamed. And the goodwill continued.

"I've been snowballed with stuff donated," Clayton said. "We had a van, completely filled, make two deliveries, we had a large moving truck carrying all the furniture, and several privately-owned vehicles completely filled making several deliveries as well."

To make sure the family had the best Christmas possible, volunteers donated countless presents, and Clayton's neighbors arranged to deliver a holiday meal. "We still have presents coming in for this family," she explained.

When asked about her efforts in this endeavor, Clayton is quick to deflect much credit to all the volunteers who aided this family. "I think the folks here have been more than generous, and more than

See VOLUNTEERS, Page 8

Boensel pinned as honorary 'chief'

From Staff

NAS Jacksonville Commanding Officer Capt. Mark Boensel was promoted to chief petty officer (CPO) last Wednesday. The honorary promotion and pinning took place at the newly renovated NAS Jacksonville Chief Petty Officer's Club.

More than 200 area CPO's wore Boensel's anchor collar devices

before they were presented to the new "chief."

"I've never been more honored than I am this afternoon," Boensel said. "It's an awesome feeling."

Boensel said the Navy's senior enlisted chief petty officers are the heart and soul of the Navy. "They set the tone for everybody. A single chief petty officer can affect the



Photo by PHC(SCW) Dan Durrant CMDCM(AW/SW) Tommy Weldon, VP-30 command master chief, assisted by CMDCM(AW/SW) Mike Filz, HS-11 command master chief, pin the chief petty officer collar device on Capt. Mark Boensel, commanding officer, NAS Jacksonville at an honorary promotion ceremony held last Wednesday.

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FFSC News

What the Navy Fleet and Family Support Center can do for you

From NAS Fleet and Family Support Center

What can the FFSC do for you? FFSC programs address practically every area of Navy and Marine Corps life. They provide a comprehensive information and referral service on a wide range of programs and services including resources which are available in both the military and civilian community.

FFSCs provide assistance and support to command-sponsored efforts such as sponsor programs, ombudsmen and pre-deployment briefings.

Information is also available to help ease the relocation process and they offer programs on subjects such as budget-stretching, finding a new job after a family move, parenting classes, family enrichment, improving communication skills and many others areas.

FFSC personnel can help with civilian community services, they can tell how to get a passport if you're going overseas, or all about child care, Navy

Lodges and other special services. They can direct you to legal assistance, voter registration information or help locate services for a "special needs" child. They have a reference library of brochures and other information about continental and overseas duty stations, or will put people in touch with the Overseas Duty Support Program for more detailed information.

FFSC staff can assist with a variety of tough family and marriage problems. Credentialed and licensed counselors provide counseling in areas such as marital communication and parent-child relations.

If spouse or child abuse are occurring within families, a counselor at the FFSC can provide information and assistance within the Navy Family Advocacy Program.

Navy Fleet and Family Support Center Jacksonville is staffed with trained, professional, caring people who will do their best to come up with just about any kind of information to help service members and

their families. FFSC's are designed to help both families and single service members with a variety of personal support services.

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FFSC's are designed to help both families and service members with a variety of personal support services.

For more information, or to register for a program, call FFSC Jacksonville at 542-2766, ext. 127.



Meet A Sailor...

ABH2(AW) GEOFFREY KING

Job title/command:
AMC Terminal Customer Service

Hometown: Bangor, Maine

Family Life: Wife, Sandy, two daughters, Courtney and Megan.

Past Duty Stations: USS John F. Kennedy

Career Plans: To make first class petty officer while on shore duty.

Most Interesting Experience: I've had many interesting experiences coming off a carrier.

Words of Wisdom: If you choose to leave the Navy just because you don't like it, chances are no matter what you do, the results will be the same.

FROM THE DOC

Tennis elbow - not just a tennis player's ailment

By Lt. Chris Alphozo
VP-30 Flight Surgeon

Tennis elbow is another name for a condition known as lateral epicondylitis. It is a condition that causes pain and tenderness at the bony bump located on the outer side of the elbow.

That bony bump, known as the lateral epicondyle, is actually one of the bottom parts of the humerus, which is the upper arm bone.

There is also a medial epicondyle, which is a bony bump located on the inner side of the elbow. If you suffer from medial epicondylitis, that is known as "golfer's elbow."

Tennis elbow is a condition that mainly arises from overuse of the muscles in the forearm that straighten and extend the hand and wrist. Overusing these muscles may eventually cause enough tension injury to the tendons that attach the muscles to the lateral epicondyle.

This can lead to a degeneration of those tendons. Tennis elbow got its name because this condition is often caused by hitting lots of backhand shots while playing tennis. It can be caused by any activity that involves doing too much wrist extension though.

Although tennis elbow is most often seen in people 35-50 years old, it can be seen in any age group.

Symptoms usually start with a slow onset of pain while doing the activities that are causing the condition.

If the condition gets worse, the person may start feeling pain at the lateral epicondyle even during rest. Over time, the area at the lateral epicondyle will become very tender to touch. Other activities may also cause pain, and the pain may occasionally shoot up or down the arm.

If you visit your health-care provider, they may take x-rays and prescribe an anti-inflammatory medicine like ibuprofen, to help

your symptoms.

Even though tennis elbow can be very uncomfortable, treatment is fairly simple. You should apply ice to the sore area of your elbow for about 20 minutes at a time, and try to do this 3-4 times a day until the pain goes away.

You can also do an "ice massage" to the lateral epicondyle. To do this, freeze a Styrofoam cup full of water, and then peel the top half of the cup away. Holding the bottom of the cup, rub the ice over the lateral epicondyle for about 10 minutes. Doing this about two or three times a day will help speed healing up.

Using an anti-inflammatory medicine also helps. Avoid activities that are causing the symptoms, until they have gone away. Your doctor can help by giving you certain exercises that will help your elbow rehabilitate.

If your symptoms are severe, and it is difficult to entirely avoid activities that cause tennis elbow, try

using a tennis elbow strap. It is a strap, which is worn just below the elbow to help prevent the tendons from your forearm muscles, from tugging on the tendons that connect to the lateral epicondyle.

Tennis players may need to switch to a lighter racquet or put more grip wrap on the racquet's handle.

Tennis elbow may take several weeks to heal, but as the symptoms go away, you can slowly start getting back to your prior level of activity.

For cases that do not seem to be healing, corticosteroid injections to the lateral epicondyle are sometimes used. If your symptoms do not improve, make sure you see your health-care provider right away. Sometimes, but very rarely, surgery may be needed.

Hopefully, this advice will help you if you ever suffer from tennis elbow. But in the meantime, remember this: you don't have to be a tennis player to get tennis elbow...but it helps!

Members recognized for clean-up efforts

Members of the NAS Jacksonville's Waterfront Brig were awarded Letters of Appreciation on Dec. 11 for their recent volunteer efforts to clean up and restore Pelican Park, located on Saratoga Avenue. (From left) GMC Feroz Aziz, Capt. Mark Boensel, NAS Jax commanding officer, Jeff Beck, AM1(AW) Shelia Sanders, GSEC Mario Tavares, MS1 Cleo Burkes, AMC(SW/AW) Tye Boyd, Wanda Hinds, SMC(SW) Julio Garcia, and Lt. Cmdr. Dan Pollard.



Photo by JO2(SCW) Eric Clay

Message from America campaign launched to provide greetings

From the Armed Forces News Service

In cooperation with the USO and the Department of Defense, Circuit City is launching the 2002 "Message From America" campaign to provide video holiday greetings to service members worldwide. The campaign, which runs through New Year's Eve, gives any American the chance to record a video message free at Circuit City Superstores.

Completed videos will be sent to the USO and American Forces Radio and Television Service to be shown to military personnel. CBS also will air some of the greetings. Military families may record personalized messages specifically for their loved ones. Those messages will be transferred to DVDs that they can mail to the service member. Recipients can view their DVDs at USO Centers.

The campaign is supported by coalition of businesses, consisting of Circuit City, CBS and Sony Electronics. Visit <http://www.messagefromamerica.com>.

NAS Jax Chapel holiday services

The following are upcoming Catholic holiday services:

Dec. 24, 4 p.m. - Christmas Eve Mass

Dec. 25, 9:30 a.m. - Christmas Day Mass

The following are upcoming Protestant holiday services:

Dec. 24, 7 p.m. - Candlelight Service

For more information, call 542-3440.



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. - Protestant

Communion 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday

School program is at 9:45-10:45 a.m., and

Catholic CCD is 10:45 a.m.-noon.

Discounts offered to military

From the Armed Forces News Service

Militarylifestyle.com was created exclusively for America's military men and women-active duty and retired, Reserve and Guard, and their families. They publish the latest military news, original articles, what's on sale at commissaries and exchanges, valuable coupons, special offers, and resource information just for you. This service is free to all military members and their families. To register free, go to <http://www.militarylifestyle.com>.

NAS Jax Food Locker needs donations

Help provide nutritious meals to a military family. The NAS Jax Food Locker is in need of non-perishable food items to help families in need during the upcoming holidays. The Food Locker is located behind Building 590 and is open from 8 a.m. to 4 p.m. For more information, call 542-3918.

Jax Air News

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NMCRS consumer advocate recognized

By Kaylee LaRocque
Staff Writer

When retired Navy Capt. Dave Faraldo took over as director of the NAS Jacksonville Navy and Marine Corps Relief Society (NMCRS) nearly 10 years ago, he really wasn't sure what he was getting into and what the organization was all about.

"I knew I wanted to help out our military members. I had two command tours in the Navy and retired as the executive officer here. At that level, you really are removed from the heart of the problem most of the time concerning junior personnel. In this job I can really get my hands on the problem and provide help and guidance. I really love it," said Faraldo, enthusiastically.

Sitting down and offering financial advice and help to Sailors and Marines and their families is just one of the many daily tasks Faraldo encounters. He also spends much of his time rallying to expose and eliminate consumer fraud cases involving military personnel.

For this, he was recently awarded the Advocate of the Year 2002 Award from the Northeast Florida Consumer Council. This annual award is presented each year to an individual and business for their contributions regarding consumer affair issues.

"Over the past year and a half, Dave has been instrumental in bringing to the attention of state and local officials the overwhelming financial dangers of the Title Loan industry," said



Photo by Kaylee LaRocque

Dave Faraldo, director of the Navy and Marine Corps Relief Society counsels a client on how the society can help with financial matters and numerous other personal issues.

Richard Mette, president of the Northeast Florida Consumer Council and administrator of the State Attorney's Office.

"He has attended local council meetings, traveled to Tallahassee to meet the governor and other representatives and has informed the media about the unfair financial burden this industry was placing on low-income families and servicemembers in Clay and Duval Counties," he continued.

"Because of his unselfish and unwavering commitment to lower the interest rates of these loans, officials in the local area passed legislation to reduce the rates. As a result, many of these businesses have moved out of the area," Mette added. "He has also helped the council with many other efforts such as car salvage and pay day loan issues. He is most deserving of this award. Dave Faraldo has demonstrated the highest level of commitment to consumers in our community."

The Northeast Florida Consumer Council is comprised of representatives

from nearly 40 different agencies including the government, educational establishments and various consumer organizations. The main objective of this group is consumer education.

"We meet once a month to discuss consumer issues that may cause problems for people and try to figure out how to fix them. Some of these issues may involve legislative action so as a group, we will brief state and federal legislators. Working as a group, was one of the reasons we were so successful in triggering legislation on payday loans and cash advances," stated Faraldo.

When asked what he thought about winning such a prestigious award, Faraldo was quick to praise others.

"One of the biggest reasons I can do so much at Navy Relief is that our president really supports us. Retired Adm. Jerry Johnson runs our organization and really is the 'tip of the spear' when it comes to communicating our issues. He has testified in front of the U.S. Congress.

Everywhere he goes, he lets people know about the consumer problems affecting our Sailors and Marines," said Faraldo.

His co-workers also play an important role in making the organization so successful.

"We have four employees and numerous volunteers. We could not do what we do without each and every one of them. We handle about 220 cases and provide about \$140,000 in assistance to military members and their families each month. By the end of this month we will have provided 1.4 million in assistance. We could not do this without our staff members," Faraldo added.

Although helping military members with financial problems provides most of their business, NMCRS provides many other services including financial training and education, a visiting nurse program, scholarship funds and junior seabags, or layettes to new parents after they complete a budgeting for baby class. For more information about how NMCRS can help, call 542-3515.

'Diamondcutters' coming home today

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

The VS-30 "Diamondcutters," on board USS George Washington (CVN-73), passed through the Strait of Gibraltar on Dec. 11, marking the beginning of the long transit home and turnover with the USS Harry S. Truman Battle Group.

Diamondcutter officers celebrated the transit across the Atlantic by participating in an "Inaugural run across the Atlantic". The officers ran one or two 30-minute shifts each day, at a 5.5-mph pace or faster, for 24 hours a day over the six-day transit home.

"Lt. Shawn Malone came up with the idea at dinner in Souda Bay, Greece to pass time during the transit home," said Lt. David Waidelich before his shift on the treadmill.

The Diamondcutters ran more than 800 miles over the Atlantic.

As VS-30 personnel strived to complete personal qualifications, they also worked long hours making sure the jets were ready for the fly-off today. The Maintenance Department has put in many long hours to make Aircraft 700 the centerpiece of holiday spirit for the fly-off. While in for periodic maintenance and corrosion prevention, the Corrosion Shop painted Frosty the Snowman on the nose of the jet to celebrate the holiday season.

VS-30 has come a long way this year and is proud to have ended the year with a successful deployment. As the first S-3B Viking squadron to deploy with the Maverick Plus system, including the Slam-ER missile, aircrews have had continuous training to ensure VS-30 can employ this missile if called upon to do so.

Wrapping up this deployment is a relief for all of us, but USS George Washington and Carrier Air Wing 17 will continue to hone their warfighting edge and will stay ready in case the nation calls.

We would like to wish everyone a happy holiday season and thank everyone who has supported us during the Med/Arabian Gulf 2002 deployment.

Kudo Korner

The following awards were recently presented during a VP-5 all-hands quarters:

Instructor Pilot Designation

Lt. Jason Gmeiner

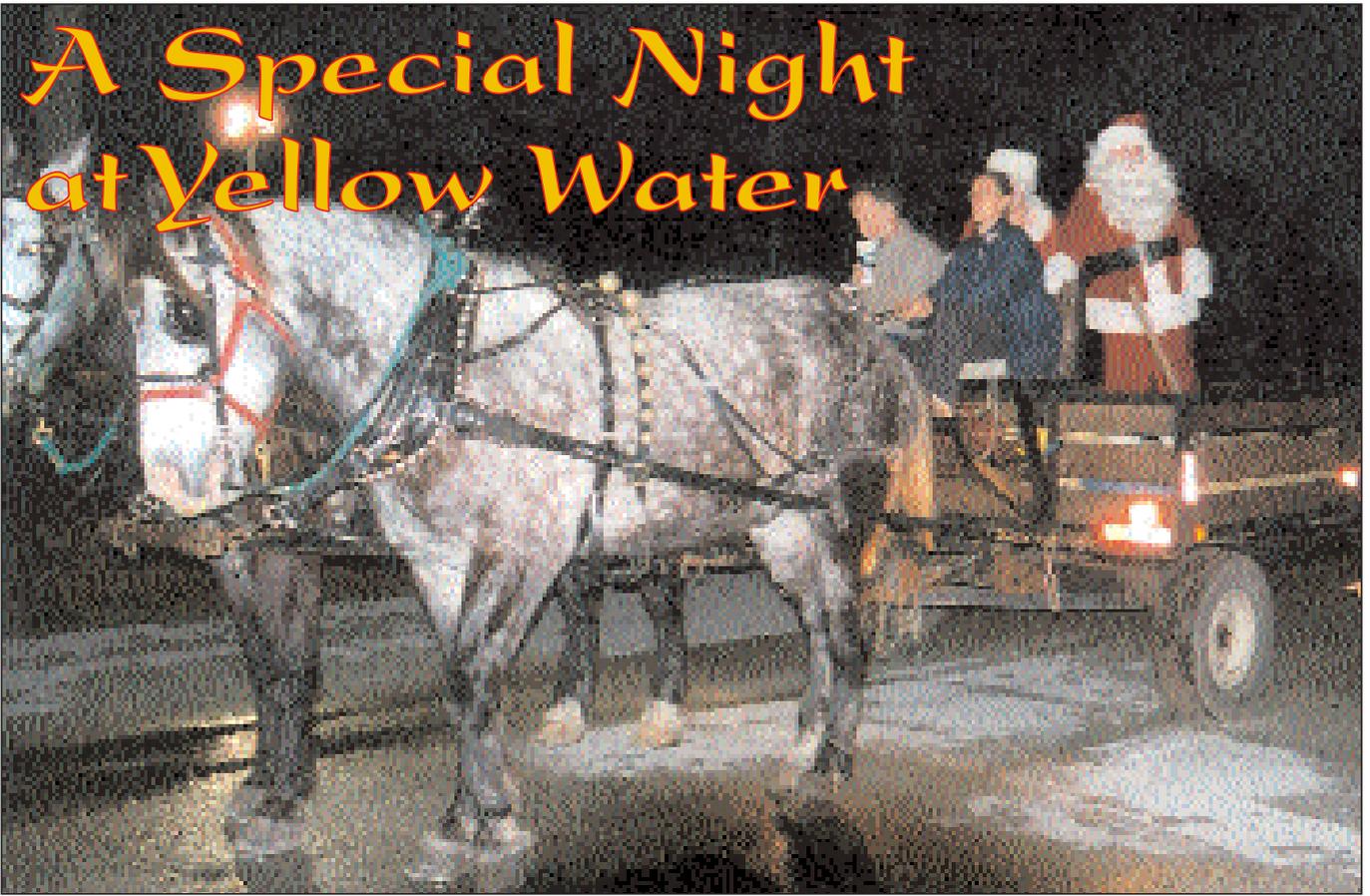
Enlisted Aviation Warfare Specialist

AM1(AW) Thomas Hall
AW2(AW) Scotty Stahan
AT2(AW) Teresa Cromedy

HOBBY WORLD; 1c; 1";
Black Only; PU R99454
11-28

YN2(AW) Tarlisha Shanklin
AM2(AW) Gilda Ramirez

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



Santa and Mrs. Claus arrive at the Yellow Water Youth Center on a horse-drawn hayride courtesy of Unique Entertainment, Inc.



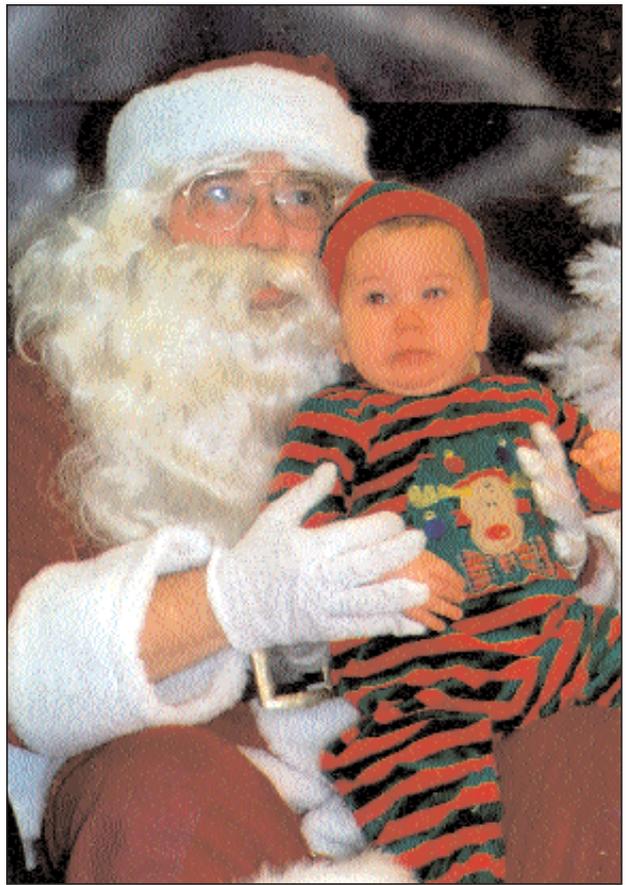
Rachel Marshall of the Youth Center helps children fill out entry forms to win some of the huge presents on the table behind her.



Adelle Lanoue of Unique Entertainment, Inc. paints a holiday design on 4-year-old Autumn Carpenter's cheek.



Santa and Mrs. Claus greet the children as they make their way into the Youth Center.



Eleven-month-old Michael Marotta ponders if he should tell Santa if he was good or bad during Santa's visit to the Yellow Water Youth Center last Friday night.

Photos by
Kaylee LaRocque



Mrs. Claus takes a moment to chat with 3-year-old Felicity Melendez.

Santa and Mrs.

By Kaylee LaRocque
Staff Writer

As Santa makes his rounds to area malls, stores and numerous other businesses, he and Mrs. Claus took some time out of their busy schedules to drop by the Yellow Water Youth Center last Friday night. As the children and their parents anxiously awaited their arrival, out of nowhere came the sound of jingle bells as the jolly old man and his gracious wife arrived aboard a hayride pulled by two enormous spotted reindeer (okay they were horses).

As Santa and Mrs. Claus made their way into the Youth Center, hundreds of children scrambled to get a

hug and put a few good words in before they would be allowed to sit on his lap and tell him everything they hoped he would bring them on Christmas Day. Free photos were provided by the Youth Center.

As the children waited in line, many signed up for a drawing in hopes of winning one of the enormous presents stacked up on a nearby table. They also enjoyed homemade cookies, having their faces painted and free hayrides courtesy of Unique Entertainment, Inc.

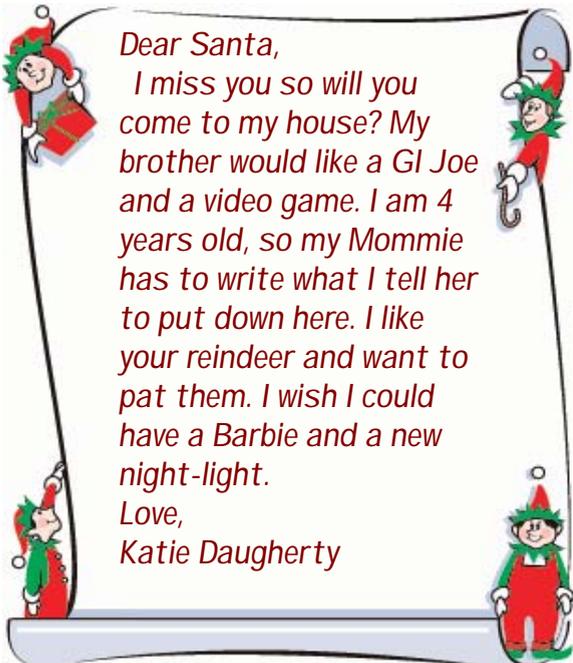
"This is really a great event for the kids out here. We are so far away from everything, there's really not a whole lot to do. It's really a nice thing for the Youth Center to sponsor," said

AE1 Patrick Schlegel, a student at VP-30, who lives in the Yellow Water Navy Housing Area.

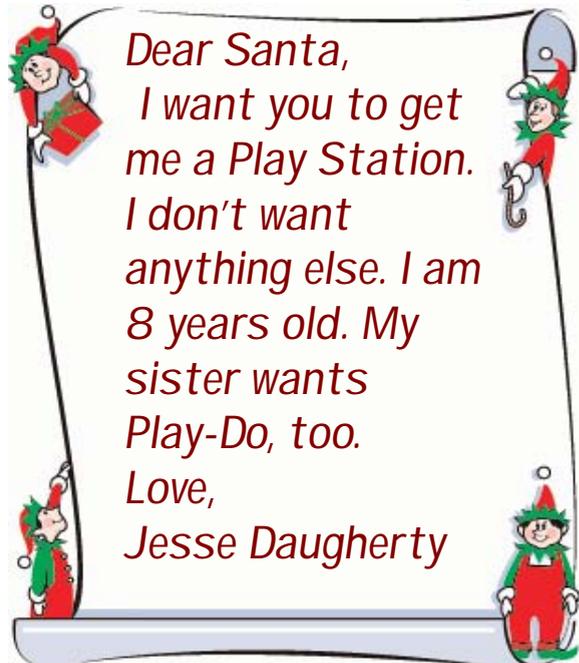
The event, called the Jolly Holiday Christmas Party is sponsored by the Youth Center each year. "We're thrilled to provide this event to the Yellow Water children. It's a wonderful way for us to show that we care, even more so during the holiday season," said John McCrosky, assistant director of the Youth Activities Center.

After two hours of fun and excitement and the last hayride returned, many happy children and their weary parents made their way to their cars for a short ride home.

Letters To Santa



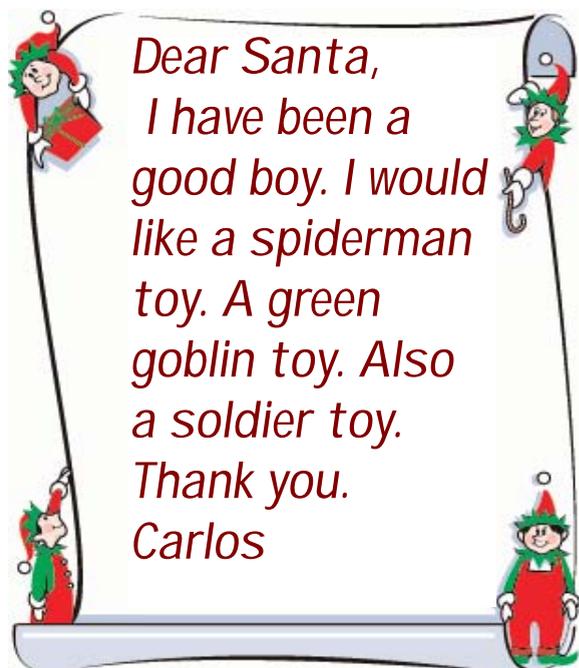
Dear Santa,
I miss you so will you come to my house? My brother would like a GI Joe and a video game. I am 4 years old, so my Mommie has to write what I tell her to put down here. I like your reindeer and want to pat them. I wish I could have a Barbie and a new night-light.
Love,
Katie Daugherty



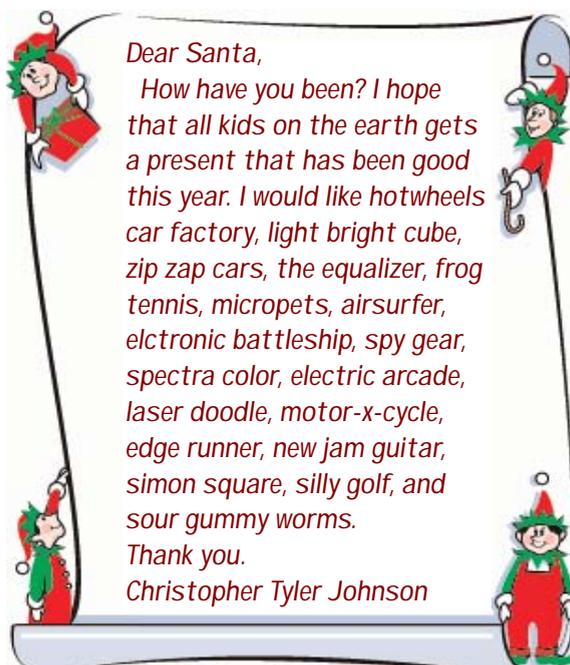
Dear Santa,
I want you to get me a Play Station. I don't want anything else. I am 8 years old. My sister wants Play-Do, too.
Love,
Jesse Daugherty



Dear Santa,
I have been an angel this year, so could you please get me a DVD player, a lava lamp and some new CDs. Thanks.
Love,
Casey



Dear Santa,
I have been a good boy. I would like a spiderman toy. A green goblin toy. Also a soldier toy.
Thank you.
Carlos



Dear Santa,
How have you been? I hope that all kids on the earth gets a present that has been good this year. I would like hotwheels car factory, light bright cube, zip zap cars, the equalizer, frog tennis, micropets, airsurfer, electronic battleship, spy gear, spectra color, electric arcade, laser doodle, motor-x-cycle, edge runner, new jam guitar, simon square, silly golf, and sour gummy worms.
Thank you.
Christopher Tyler Johnson

Local business lends helping hand

Motorcycle Safety Course gets aid from local business

By Kaylee LaRocque
Staff Writer

Last June, members from State of Florida Rider Training Program Bureau of Driver Education and DUI Programs and NAS Jacksonville came together to host the country's newest version of the Basic Rider Motorcycle Safety Course to instructors from around the country.

Last week, they teamed up again for a second class in which eight members of the Army and Navy and nine civilians from around the area participated in to become state-certified instructors.

In the past, students were taught basic skills and maneuvering on the



Photo by Kaylee LaRocque

Participants in the Motorcycle Safety Course held last week at NAS Jax try out some new Buell 500cc motorcycles that were provided by Adamec Harley Davidson Buell of Orange Park for the course.

range using their own motorcycles. This class was different however, thanks to a local dealership who provided 10 loaner motorcycles for the course.

"This is the first time we've had a company help us out. A couple of the state representatives sent out the request to local dealerships asking if they would be interested in helping us out with the course.

Adamec Harley Davidson Buell of Orange Park was the first to jump in by providing us 10 Buell 500cc motorcycles for our students to use during this class," said AM1 Carl Bennett, motorcycle safety instructor from Naval Air Reserve Jacksonville who coordinated the course.

Because the company offers their own motorcycle safety classes out in town, it

was no problem for them to loan the motorcycles to the base. "Many of our instructors including me, were trained at NAS Jacksonville. So when asked to help out, we decided it was in everyone's best interest and we were happy to lend our bikes out for this course. It's just nice to do something for the Navy," explained Dave Gascoine of Adamec Harley Davidson Buell.

Although all of the participants in this course had their own motorcycles, many found the smaller bikes much easier to learn on and ride on the range. Another benefit with loaner bikes is that some military members may wish to take the course and learn to ride before purchasing their own motorcycle.

"I really hope they continue providing these trainers. It will make it easier for military members to buy a bike. One of my young Sailors just purchased one and lives on base. He can't even get a temporary decal until he gets a seat in the class so he can't bring it home. By using a loaner bike for class, people can take this course before buying one. I really applaud Adamec for helping us out," stated CMDCM(AW) Phil Potts, command master chief of VR-58 who went through the course using a loaner bike because his was too big for the course.

As a joint effort between the State of Florida and the

Navy, the course comes with an added bonus for military members. "All military members who complete this course become state-certified RiderCoaches (instructors). It really is beneficial for everyone when we hold these courses here," added Bennett.

And, with the new curriculum both novice and experience riders can learn at their own individualized level. "This is really a great course. I've been riding for about 30 years and have taken this course twice before. I really enjoy this new curriculum. It is so different, instead of someone teaching us, we are teaching each other. I've learned so much, including how to correct all my bad habits that I've picked up over the years," said Potts.

The course is open to everyone on base. Although is hasn't been determined yet if loaners will continue to be provided for each course. For more information and to sign up, call the NAS Jax Safety Office at

'Topcats' complete carrier quals

By Lt. j.g. Ricardo Alston
VS-31 PAO

After a demanding period of Field Carrier Landing Practice (FCLP), the "Topcats" of VS-31 grasped the opportunity to demonstrate their proficiency at one of the most demanding areas in all of aviation, carrier operations.

Topcat aircrews with the help of Landing Signals Officers Lts. Eric Schreiber and Shane Collins spent weeks preparing for their carrier qualifications (CQ).

It had been three and a half months since Topcat pilots had the chance to employ their talents at landing on a ship, and all hands were eager to get out and show their stuff. Aircrews flew two FCLP periods per day in preparation for the task which translated into long hours for both ground and aircrews.

Helping to "live the Dream" was our beloved USS John F. Kennedy. A



Photo courtesy of VS-31

A VS-31 Viking prepares to take off while conducting carrier qualifications on board USS John F. Kennedy (CV 67).

well-known ship to the Topcats, "Big John" was our home during our recent six-month deployment in support of Operation Enduring Freedom.

"Big John" pulled out from her homeport at NS Mayport early last week to support a number of squadrons in their pursuit of CQ. JFK had spent months of hard work by the crew to get her decks reworked after a six-month combat deployment. She sailed to the waters of the Atlantic Ocean in search of good weather and mild seas for CQ operations. Despite the

good intentions and efforts of all involved, Mother Nature would not cooperate. A weather system moved in, and pushed the weather requirements for good CQ training to its limits. The weather, however, did not stop the Topcats from accomplishing their mission. In the face of gusting and ever changing winds, low ceilings, and heavy seas, the squadron personnel demonstrated they can get the job done safely in the face of adversity. All the pilots qualified with high marks, and returned home safely.

Phillips earns commission as naval officer

By Lt. Jeffery Mayor
NCHB-11

A former Navy petty officer second class was recently commissioned as a Supply Corps officer in the Naval Reserve. Ensign Kenneth Phillips, assigned to Navy Cargo Handling Battalion Eleven (NCHB-11), earned his new rank through the Naval Reserve's direct commission program.

While most newly commissioned officers serve in generalized line billets, the direct commissioning program allows officers who demonstrate a propensity for certain skills to begin serving immediately in a specialized area, such as the Supply Corps.

Phillips, who as an enlisted Sailor served as a hospital corpsman, will be learning his new trade from senior Supply Corps officers at NCHB-11. He will participate in a rigorous academic curriculum that consists of five weeks of resident classes along with correspondence courses from the Navy Supply Corps School in Athens, Ga.

"The Navy has just commissioned one of its best role models in the Naval Reserve," said Lt. Carlos Ojeda, company commander of NCHB-11's Surface Company A. "As a hospital corpsman under my leadership, Phillips has not only earned the respect of his peers, but also numerous awards for



Photo by BMCS Michael Elliott

Ensign Kenneth Phillips, assigned to Navy Cargo Handling Battalion Eleven (NCHB-11), is congratulated on his recent commission as his wife, Patti adjusts his new collar devices.

his outstanding achievements and contributions to the battalion's readiness and mission accomplishment. His outstanding leadership and positive attitude has made a difference earning him this well deserved honor. His selection proves that hard work, persistence and dedication can go a long way.

"Gaining this commission is truly a goal realized," said a jubilant Phillips. "I am proud to be serving my country in the Naval Reserve, and I am very excited about continuing that service as a Supply Corps officer."

Phillips grew up in Palatka, Fla., and graduated from Palatka High School in 1985. He earned his bachelor of arts degree in psychology from the University of North Florida in 1994, *summa cum laude*. Phillips is married to the former Patti Jolly and together they have a two-year-old daughter, Savannah. He and his family reside in Green Cove Springs.

The Retired Officer's Association gets new name for new year

By Campbell McCarty
Special Contributor

The Retired Officer's Association (TROA), Northeast Florida Chapter will assume a new name on Jan. 1, 2003.

At the stroke of midnight on New Year's Eve, TROA will become the Military Officer's

Association of America (MOAA), Northeast Chapter. The name change is necessary to reflect our all inclusive membership and it is more descriptive of the association. MOAA is open to all active duty, Reserve or retired commissioned officers from all nine of our federal services.

Base out of NAS Jacksonville, TROA currently has approximately 400,000 members nationwide. The Jacksonville Chapter of TROA has a membership of approximately 330 officers.

This well-organized group of professionals is focused on veteran's interests from issues such as TRI-

CARE for Life, concurrent receipt for disabled veterans and numerous others. The group often functions as part of a combined military coalition which then represents 1.5 million or more military veterans.

Recently, the Chapter Nominating Committee selected a new Board of Directors for next year.

Installation ceremonies will be held Jan. 10 at 6 p.m. at the NAS Jax Officer's Club. TROA National President retired Vice Adm. Robert Ryan, former Chief of Naval Personnel, will install the new officers. The incoming president will be retired Rear Adm. John Moriarty.

Multiple talents earn 'Red Lion' member awards

By JO2 John Osborne
USS George Washington Public Affairs

When AM2 Matthew Riddle left Grafton, Ohio, three-and-a-half years ago to join the Navy, he only wanted to leave his hometown. He succeeded, to no one's surprise, but he never imagined he would find success so soon.

Nevertheless, beginning his fourth year in the Navy, Riddle has been named HS-15's Junior Sailor of the Quarter and awarded a second chevron through the Command Advancement Program (CAP). Although welcome, his most recent accolades came as a surprise.

"It's an honor to be selected, and I feel appreciated, but I was surprised, especially by the promotion," Riddle said. "But somehow, when the skipper called me in to let me know I was being promoted, I just knew he had good news for me."

It was also good news for AMC(AW) Roger Jewell, aircraft division chief. "Riddle's contributions, hard-charging attitude, generosity and knowledge for development of future technicians has allowed HS-15's maintenance team avoid dangerous situations and maintain readiness. He has set himself apart by taking the initiative," Jewell said.

"He works the flight deck as a plane captain, landing signalman enlisted, troubleshooter and a collateral duty inspector. His experience, knowledge and skills, along with being a fully qualified technician, make him a valuable and versatile member of the Red Lions' maintenance team."



Photo by PH3 Matthew Keane

In earning Junior Sailor of the Quarter honors and a CAP to second class, AM2 Matthew Riddle proved his talents go beyond working on HS-15's Seahawks.

This is Riddle's second six-month deployment with the Red Lions, and it's been more comfortable for him, despite having more responsibility. He's more experienced now. Whether he's playing the plane captain role and making sure the helicopter is ready to fly or directing the pilots to a safe landing as an LSE, he takes it seriously and keeps a cool head.

But the most notable difference in the two deployments is the demands for the Seahawk's as a result of Sept. 11. It has meant longer hours and more pressure to get the basic helicopter maintenance and troubleshooting accomplished. Perhaps that is why Riddle has excelled like he has.

"I'm all about getting the job done right as quickly and safely as possible," he said. "Since Sept. 11, the role of the SH-60 Seahawk has changed. It has become more important to get our birds in the air."

Jewell has also noted the increased

need for Seahawks, and applauds Riddle and the rest of his team for keeping a positive attitude under tremendous pressure. "All our Sailors have responded with emotion, dedication and a desire to fulfill the mission," he said.

"AM2 Riddle has been a key to our success since Sept. 11. He takes the lead on maintenance by reviewing the workload on priority aircraft and developing a plan to complete the tasks. He also trained new Sailors and assisted other work centers when necessary."

When this deployment is over, Riddle will return with the squadron to Jacksonville, where he will have to decide whether to stay Navy. "I'm undecided," the 21-year-old said of re-enlisting. "I'm looking at orders now, and if I'm offered something I want, I'll re-enlist. I want to take some college courses and maybe get an emergency medical technician's license."

Suicide awareness: it's everyone's responsibility

By Lt. D. L. Robbins
Clinical Psychologist, NavHosp Jax

A popular misconception held by many Sailors is that more suicides happen during the holiday season than at any other time of year.

In fact, the Navy does not have any particular month that is higher in suicides than any other. However, it is normal for the close of the holiday season to bring its share of stressors. Severe financial burdens and loneliness are two very common "leftovers" experienced at the end of the holidays. As a result, we can begin to experience strong feelings of sadness, anxiety, or depression.

With the holiday season approaching special emphasis needs to be added to suicide prevention and awareness. There have been 33 (pending confirmation) suicides this year and the Navy is expecting a suicide rate of 10.2 per 100,000 Sailors this year.

While this rate is down slightly from last year, Sailors must still be aware of the warning signs of suicide. The life of every service member is precious and we must take the issue of suicide seriously.

Suicide is the second leading cause of death in the Navy, second only to accidents. Although the Navy has a lower rate of suicides than the civilian populous, the Navy loses, on average, 43 Sailors to suicide each year.

In the Navy and Marine Corps one of the biggest risk factors for those that ended their life was a relationship problem, typically the loss of an important relationship. Other significant risk factors were work-related issues or problems with the military, financial problems such as bankruptcy or bill collectors, and legal problems.

Among Navy personnel, it is the mid-level enlisted personnel (E-4 through E-6) who are at a higher risk for suicide. Fifty-one percent of suicides in the past three years have occurred among this rank group while only 28 percent of the suicides have occurred among the junior enlisted (E-1 through E-3). While officers are at lower risk for suicide, they nonetheless comprise approximately 9

percent of the completed suicides in the Navy.

Ultimately, there isn't one military occupational specialty, racial group, or age group that is less at risk than another.

Suicide is something that can happen to anyone. The most important issue is to create a climate where Sailors and Marines feel that it is okay to get help for their problems. We all want to see the number of suicides in the Navy decline, but for this to happen, the commands need to take all comments about suicide seriously and get the person in for a mental health evaluation. A mental health professional can assess the seriousness/dangerousness of the statements/behavior.

It is normal for people to have suicidal thoughts, but it is important to understand that most suicidal people desperately want to live. A suicidal person is unable to see alternatives to their problems. Once the servicemember is evaluated by a professional, he/she can be referred for follow up services. These services might include continuing mental health counseling, talking to the chaplain, financial counseling and substance abuse counseling. Suicide is preventable.

Suicide prevention is the concern of every leader, every Sailor, everyday. If you know of someone who is struggling, bring it to the attention of someone who can help. There are many resources available to Sailors including the Mental Health Department of Naval hospital, Chaplains, the counselors at the

See SUICIDE, Page 9

Appreciation rendered



Photo by Miriam S. Gallet

Ernie Frey, director of Florida Department of Environmental Protection, Northeast District, who retires this month after a successful 20-year career, receives a certificate of appreciation from NAS Commanding Officer Capt. Mark Boensel at a ceremony held last week. Boensel praised Frey for his efforts and support of the NAS Jax environmental program.

BMC topped



Photo by Paige Gnann

Representatives from the Navy and builders stand in front of the mezzanine, where a 12-foot decorated Christmas tree has been placed, part of a "topping off" tradition to signify good luck for the building and its future occupants.



CFC drive coming to a close

The 2002 Combined Federal Campaign (CFC) is in its final week. Currently, contributions from NAS Jacksonville stand at \$491,770 with a goal of \$693,007.

The following is the campaign progress for NAS Jax commands:

Command	Goal	Contributions	Percentage
Admin/NAS Jax Executive	\$3,551	\$1,745	49%
AIMD	\$34,544	\$13,202	38%
Air Ops	\$8,758	\$2,570	29%
Aviation Support Depot	\$2,738	\$1,902	69%
Aviation Survival Training Ctr.	\$1,684	\$324	19%
Base Legal	\$491	\$853	174%
Blount Island Commans	\$12,108	\$3,643	30%
CBU-14	\$418	\$268	64%
CBU-410	\$2,032	\$1,273	63%
Chapel	\$882	\$1,187	135%
COMHSWINGLANT	\$6,870	\$5,985	87%
COMNAVREG SE	\$22,878	\$24,197	106%
COMSEACONWINGLANT	\$3,404	\$4,159	122%
SEACON Weps School	\$2,058	\$1,734	84%
COMPATRECONFORLANT Det	\$566	\$744	132%
COMPATRECWING 11	\$9,102	\$8,806	97%
CV-TSC Ashore	\$1,510	\$850	56%
Defense Printing Office	\$1,898	\$1,937	102%
Defense Courier Service	\$599	\$244	41%
Defense Dist. Depot	\$905	\$758	84%
DISA DECC Det Jax	\$5,751	\$4,729	82%
Disease Vector/ Ecology & Control	\$2,009	\$2,872	143%
Drug Screening Lab	\$4,724	\$1,495	32%
Facilities & Environmental	\$3,067	\$2,086	68%
FACSFAC	\$6,988	\$4,097	59%
FASO	\$3,991	\$4,282	107%
FFSC	\$2,498	\$1,177	47%
FISC	\$18,799	\$3,958	21%
HS-3	\$11,136	\$4,749	43%
HS-5	\$10,327	\$3,568	35%
HS-7	\$11,071	\$7,015	63%
HS-11	\$8,510	\$5,314	62%
HS-75	\$12,158	\$2,086	17%
HSO	\$6,299	\$3,183	51%
MEPS	\$2,617	\$700	27%

MIUW	\$438	\$396	90%
MWR	\$5,515	\$8,314	151%
NADEP	\$204,000	\$154,656	76%
NAMTra	\$13,071	\$6,328	48%
NATEC Det Jax	\$3,246	\$947	29%
Naval Air Reserve	\$3,966	\$1,527	39%
Naval Brig	\$3,490	\$540	15%
Naval Dental Clinic SE	\$7,101	\$2,196	31%
Navy/Marine Corps Reserve	\$1,524	\$727	48%
Naval Reserve Readiness Cmd.	\$3,653	\$4,187	115%
NavHosp Jax	\$71,800	\$50,271	70%
NAVLANTMETOC Det	\$4,369	\$3,563	82%
NCTS	\$8,590	\$3,057	34%
NEX	\$4,212	\$4,139	98%
NLSO	\$2,281	\$3,919	172%
PSA	\$4,489	\$3,839	86%
PSD	\$4,294	\$2,539	59%
PWC	\$11,477	\$16,595	145%
ROICC	\$10,324	\$1,873	18%
Safety Office	\$642	\$94	15%
Security	\$9,465	\$1,264	13%
SERCC	\$2,487	\$2,094	84%
SPAWAR	\$6,720	\$8,473	126%
Special Events	\$566	\$744	131%
Supply	\$6,124	\$3,553	58%
TPU	\$2,896	\$2,571	89%
U.S. Customs Surveillance	\$8,426	\$5,602	66%
Weapons	\$4,224	\$2,905	69%
VP-5	\$23,848	\$12,477	52%
VP-30	\$38,531	\$25,581	66%
VP-45	\$24,693	\$8,736	35%
VS-22	\$13,316	\$3,168	24%
VS-24	\$12,854	\$4,230	33%
VS-30	\$12,883	\$5,922	46%
VS-31	\$13,130	\$5,873	45%
VS-32	\$12,643	\$6,614	52%

Commands should make every effort to turn in pledge forms as soon as possible.

For more information or questions about CFC at NAS Jax, call Lt. Cmdr. Newsteder at 542-2521/2460.

CHILDREN: Slow down for their safety

From Page 1

ing to be picked up. On the day that security personnel were checking for violators, there were an average of 13 children waiting for the school bus at the Mustin Road stop. The posted speed limit is 15 miles per hour.

"We issued eight speeding violation tickets today, with the average violator exceeding the posted speed limit by 14 miles per hour," said Brown.

"I would like people to know that it's not our fault they receive tickets, it's their own fault for violating the posted speed limits and endangering the lives of children, residents and others in housing. Drivers need to be aware of and obey the posted speed limit signs," Blair added.

There has been a sign on Mustin Road for many



Photo by J02(SCW) Eric Clay

Officer Kel Brown uses a state-of-art laser gun to determine oncoming vehicle speeds on Mustin Road.

years that restricts personnel from going into housing unless they are residents, invited guest or on official business. This sign will soon be replaced with a more prominent visible sign and moved to a better location. Other signs stating the same restrictions are proposed in the future.

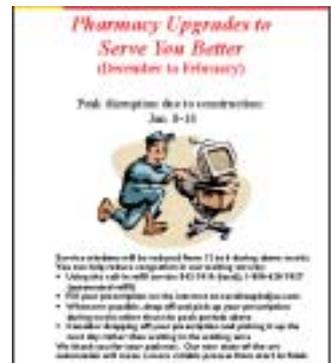
These signs will be posted in strategic places marking the boundaries of the housing area. Once the new signs are in place, security will be checking all vehicles entering housing, periodically, to ensure those entering the housing area meet the criteria. All violators will be turned away.

This will impact personnel who use Mustin Road

as a route to Perimeter Road to participate in physical fitness. To reach this area in the future, physical fitness participants must access the area by following Patrol Road located by the warehouses area along U.S. 17.

Additionally, speed limits will also be strictly enforced in housing areas. Patrols will be stepped up and drivers exceeding the speed limit will be ticketed. Drivers can accumulate the maximum number of 12 traffic violation points on their driving record before decal privileges are suspended anywhere from six month to a year. All driving privileges are revoked on base for the duration of the suspension.

"We must all do our part and avoid driving through housing unless we have a reason to be there. And we must abide by the posted speed limits when driving on base," said Williamson.



BOENSEL: CPO pinned

From Page 1

lives of hundreds of thousands of Sailors and officers," he said. "It's an awesome responsibility."

According to CMDCM (SW/AW) Chuck Lawson, NAS Jacksonville command master chief, Boensel was selected for honorary CPO because "as the commanding officer of this major air

station and industrial support base, his direct contributions have been invaluable to the unprecedented success and cohesive functioning of the Chief's Mess aboard NAS Jax. His actions and continuous support have made the command's CPO community stronger and more effective."

VOLUNTEERS: 'Tis the season

From Page 1

helpful. They have been so wonderful in rallying around this family - every one of them. Not once did I hear any complaints. Everybody was giving. It was the most overflowing act of generosity I have ever seen."

"I told one of the little girls that I had been talk-

ing to Santa Claus and that he said he was going to bring their presents," Clayton added. The little girl replied, "You're Santa Claus."

MWR NOTES

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.

I.T.T. has Jaguar tickets on sale for every home game, only \$28 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets.

For more information, call 542-3318 or stop in our office located adjacent to the Navy Exchange. Trips are open to all base personnel and their guests.

NAS Jax Golf Club

Take advantage of a free 18-hole round of golf on your birthday in December. There will be a Christmas Eve Golf Scramble Dec. 24 at noon. The cost is \$28 for military and \$35 for authorized users and guests. For golf info, call the Pro Shop at 542-3249.

Bowling at Freedom Lanes

Sailors, family members, retiree's and guest can enjoy a variety of bowling fun at the Freedom Lanes. Patrons can pick just about any day in the week for some bowling challenges. Active duty members can enjoy the \$5 "All You Can Bowl" on Tuesdays from 4-9 p.m. Then bowl for free on Wednesdays from 11 a.m. - 3 p.m.

On Dec. 31, the bowling alley will be open from 8 p.m. to 2 p.m. The cost is \$50 per couple and includes tournament prizes, buffet, music, party favors and breakfast.

Youth Center Holiday Camp

Holiday Camp runs Dec. 23-Jan. 3 and is open for age's kindergarten-13. There will be arts and crafts, bowling, indoor and outdoor activities and field trips once a week. Don't miss out on the fun. The cost is determined by household income. Registration

forms are now available at the NAS Youth Activities Center. Call 778-9772.

Upcoming movies

To read a description of these movies, visit MWR online. Please do not leave children under 18 unaccompanied and no alcohol please.

Dec. 20, 7 p.m. - Eight-legged Freaks (PG-13)

Dec. 21, 5 p.m. - Lilo and Stitch (G)

Dec. 21, 7 p.m. - Silence of the Lambs (R)

Dec. 27, 7 p.m. - Minority Report (R)

Letters from Santa

MWR called the North Pole to ask Santa if he would write a letter to the military children at NAS Jacksonville and Yellow Water. Parents please call Santa's Helpers at 778-9772 to register your names. Call now through tomorrow and Santa's Elves will ensure your child receives their letters by Christmas.

Tropical Freeze coming

Join MWR for their annual Holiday Tropical Freeze on Saturday from noon to 5 p.m. at the marina. Enjoy a snow sled run and free hot dogs and drinks. The event is open to all base personnel. For more info call 778-9772.

Mulberry Cove Marina offers deals

On Dec. 19 from 4:30-8:30 p.m., the marina is offering a Safe Boating class. Improve your boating skills and earn your safe boating card. The class is open to everyone and it's free. Call 542-3260 to register.

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.

Sidewalk Sale



Photo by Miriam S. Gallet

The NAS Jax Commissary's Holiday Sidewalk Sale begins today at 9 a.m. and ends tomorrow at 6:30 p.m. Patrons will find traditional holiday items at 50 percent off. "Our Sailors, retirees and their families can expect great savings during the sale. It is a way of saying 'thanks' for shopping at our commissary," said Commissary Director Larry Bentley.

SUICIDE: Everyone plays a part in prevention

From Page 7

Community Counseling Center and the Fleet and Family Service Center.

Some of the warning signs of suicide are extreme hopelessness, increased anxiety, talking about suicide or prior suicide attempts, irritability or anger, and withdrawing from friends and family. Alcohol or drug abuse is also a risk factor. Nearly 80 percent of all suicide victims show some or of the warning signs before attempting suicide.

It is very hard for someone who is experiencing difficult times to reach out and ask for help. This is especially true in the military culture, where there may be fear of retribution or a perception of weakness. If you see or hear suicidal behavior or comments take them seriously.

If a servicemember makes suicidal statements or attempts to harm him/herself, they need to be seen by a medical professional immediately. Leaders should escort the service member to the Naval hospital or branch medical clinic. A mental health professional will evaluate the

seriousness of the situation and get them the immediate help they need.

In 1999 the Department of the Navy began tracking suicides using the Department of the Navy Suicide Incident Report (DONSIR) in an effort to understand the trend in suicide.

Based on information from the DONSIR, a training program for the Naval Services was developed to educate Sailors and Marines on suicide prevention techniques. The training kit, "Suicide Prevention: Taking Action, Saving Lives," is designed so that any leader can give the presentation.

It includes a video, suggested lecture, transparencies, and answers to frequently asked questions about suicide. The kits were distributed in October 2000 and additional kits can be ordered at www.usmc-mccs.org/perssvc/prevent/prevention_main.asp. Follow the links and request PIN #806377. Only one kit can be ordered and it must be shipped to a military address.

U.S. Navy Band to hold holiday concert

COMCAST Cable TV- Jacksonville (Ch. 29) is broadcasting a special holiday concert Dec. 27 at 5 p.m., presented by the United States Navy Band.

Originating from Washington, DC, the concert features a wide variety of traditional and contemporary holiday music.

For Dish Network satellite subscribers the program will air live Dec. 22 at 3 p.m. (Eastern Time) on channels 227 and 9601.

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

The Navy Wives Club's DID No. 300 will be held the second Thursday of each month. Our new meeting place is the Oak Crest United Methodist Church, Education Bldg. 5900 Ricker Road, starting at 7 p.m. For more information contact 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.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjjax@atbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. 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 Loreto 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.

Association of Aviation Ordnancemen's meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOC Erick Parmley at 542-8589.

Fleet Reserve Association, Branch 126 will hold their monthly meeting tonight at 8 p.m. at the branch home located at 7673 Blanding Boulevard. All active duty and retired enlisted members of all services are invited. For more information, call 771-2936.

The St. John's Cathedral Choir will present their annual "Festival of Lessons and Carols" on Dec. 31 at 5 p.m. The event will be held at St. John's Cathedral, 256 East Church Street, Jacksonville. For more information, call 716-7473.

VS-30/VS-801 will hold their 50th Anniversary Celebration March 12-15, 2003 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichdb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@csowl.navy.mil.

The 60th Anniversary Jolly Roger Reunion (1943-2003) will be held May 15-17, 2003 at NAS Oceania, Va. For more information, e-mail reunion@vf1103.navy.mil or call (757) 433-5833.

JAX TALES BY MIKE JONES

WWW.RICKYSTOUR.COM

RICKTOUR@YAHOO.COM



Annual Jingle Bell 5K brings out 112 runners

By Kaylee LaRocque
Staff Writer

Despite the cold, dismal weather, 112 runners put jingle bells on their shoes and proved their dedication to the sport by participating in the annual 5K Jingle Bell Run at NAS Jax's Perimeter Road last Wednesday.

MWR provided each runner with jingle bells and a T-shirt. They also provided 15 turkeys to raffle off after the event.

The men's military winners were Frank Reynolds of CNRSE coming in at 17:06, followed by Jeff Tomaszewski of AIMD taking second at 17:33 and Jason Darling of NAMTra coming in at 18:37.

Heather Coats of CHSWL placed first in the women's military category, with a time of 20:03, followed by Dawn Dillon of VP-62 coming in at 22:24 and Angela Webster of HSO at 26:49.



Photos by Kaylee LaRocque

With bells on their toes, runners take off at the starting line during the annual Jingle Bell Job held last Wednesday at NAS Jax.

In the male open category, John Mann took first with a time of 18:39, followed by Mark Seidl at 21:21 and John Baty at 22:22.

Susan Miller placed first in the female open category at 19:18. Taking second place was Christine Bell at 21:50 and



Capt. Frank Reynolds (left), Men's Military Category winner; Susan Miller (center), Women's Open Category winner; and John Mann (right), Men's Open Category winner.

Rebekah Adams coming in at 26:59. The next run coming up is the annual Navy Run slated for the

first Saturday in April. For more information, call the gym at 542-3239.

SPORTS STANDINGS

Intramural Basketball Standings as of Dec. 13

Team	Wins	Losses
VP-30	8	0
Supply	7	1
VP-45	7	1
NavHosp	5	2
AIMD	4	2
TPU	5	3
Blount Island	3	5
FACSFAC	2	5
VP-5	2	5
VP-45 O'S	2	2

Intramural Basketball Standings (contd.)

VS-31	1	7
ATC Ops	1	7
VS-32	0	7

Greybeard Basketball Standings as of Dec. 13

Team	Wins	Losses
NCTS	2	0
NAMTra	1	0
AIMD	2	1
NavHosp	1	2
FACSFAC	0	1

Fix Sports and Standings - they are all messed up!

JAX SPORTS NEWS

Little League coming up

Registration for the Navy Ortega League runs Jan. 4-11 from 10 a.m. to 2 p.m. at Blue Angel Field at NAS Jax and Jan. 18-25 from 10 a.m. to 2 p.m. at Winn Dixie on Roosevelt Boulevard. The league is open for ages 5-16. Enrollment is limited so register early. Call 778-0311 for more information.

Flag football league forming

A 4-on-4 flag football league will begin the week of Jan. 21. The league is open to all NAS Jax active duty personnel and is a Captain's Cup event. To sign up, call the gym.

Racquetball tourney slated

A Men's Racquetball

Tournament will be held Jan. 27-31 at 5 p.m. at the gym. The tournament is free and open to NAS Jax active duty men. This is a Captain's Cup event and a qualifier for the South Atlantic Regional Sports Racquetball Tournament held in February. There are two men's divisions: open (ages 34 and under), and seniors (ages 35 and up). Sign up at the gym by Jan. 21.

Women's racquetball tourney set

This tournament will be held Jan. 27-31 at 5 p.m. at the base gym. The tournament is free and open to NAS Jax authorized (active duty, dependents over 18, retirees, and DoD/NAF civilian employees) women patrons. Active duty women will receive Captain's Cup points for their command. Winners will represent NAS Jax at the South

Atlantic Regional Sports Racquetball Tournament held in February. Sign up by Jan. 21.

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.

