

JAX AIR NEWS

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NAS Jacksonville, Fla.

March 22, 2001

Chief of Naval Personnel meets with area Sailors

By **J02 Mike Jones**
Assistant Editor

Vice Adm. Norbert R. Ryan, Jr., Chief of Naval Personnel, Deputy Chief of Naval Operations, Manpower and Personnel, arrived in Jacksonville March 14, to visit NavSta Mayport and NAS Jacksonville.

During his visit, Ryan spoke with area Sailors in a series of All Hands calls to discuss current personnel issues as they relate to military personnel.

The All Hands Calls were designed to afford military personnel the opportunity to participate in two-way dialogue. The first of the All Hands Calls was held March 14 aboard the USS John F. Kennedy (CV-67) and in NavSta Mayport spaces.

Ryan then met with NAS Jax personnel March 15 in an All Hands Call in Patrol Squadron (VP) 30's auditorium. Ryan explained the Navy's current manpower situation and stressed the need for Sailors to understand their career benefits. "What we hope to do is let people observe that for themselves and then through our Navy Center for Career Development - explain the pros and cons of a military career and what their benefits are worth. We also want to clarify for them what they should be asking for should they decide to

get out of the military," Ryan said. "People might not understand how much money they'd have to have in their (civilian) 401k plans to have a guaranteed income for the rest of their lives that's inflation-indexed."

The changing U.S. economy, Ryan said, reflects the need for Sailors to evaluate the decision to stay Navy.

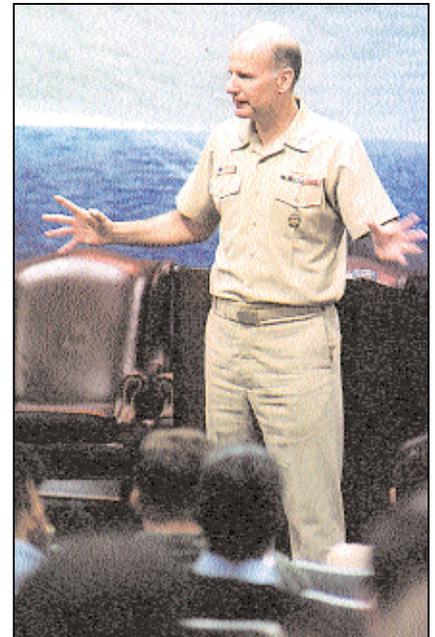
"To see those heroes out here really charges my batteries and makes me feel better about what we're trying to do for them in Washington." -- Vice.

Adm. Norbert R. Ryan, Chief of Naval Personnel

"The Center for Career Development, I think, is going to time very nicely with what's happening in the economy to let people know what color the grass is on the outside. It may not be greener," Ryan said. "I think the 3,000 personnel that came back in the Navy last year - a lot of them with good jobs (in the civilian sector) - might not have understood they wouldn't be able to go up the chain if command and attain higher responsibilities as you can in the military. To have 3,000 people come back to service in the last year tells me we can do a better job explaining the pros and cons of a career so people can make an informed decision."

Ryan said All Hands Calls give him the opportunity to hear, first-hand, the concerns of Sailors. "Everywhere I go, people say we need to spend more of our resources on the quality of work side of quality of services, whether it's hangars, bar-

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Vice Adm. Norbert R. Ryan, Jr., Chief of Naval Personnel speaks to NAS Jacksonville Sailors during an all-hands call at VP-30 March 15.



Commander, Navy Region Southeast Rear Adm. Jan Gaudio encourages Navy-Marine Corps Relief Society Fund Drive coordinators.

Navy-Marine Corps Relief Society Fund Drive begins

By **Loren Barnes**
Editor

Rear Adm. Jan Gaudio, commander, Navy Region Southeast, officially kicked off the 2001 Navy-Marine Corps Relief Society (NMCRS) Fund Drive Monday morning with a pep talk to area NMCRS Fund Drive coordinators and key persons. They, along with several area commanding officers and wing commodores, gathered in the Patrol Squadron (VP) 30 auditorium at NAS Jax for the kick-off. Joining the admiral was retired Navy Capt. Dave Faraldo, director, Navy-Marine Corps Relief Society Jacksonville, and Capt. Scott Albertson,

the Region's NMCRS coordinator.

Gaudio reminded the coordinators of the outstanding success that area commands have enjoyed in past NMCRS fund drives. Last year, the fund drive brought in more than \$250,000. The admiral also reminded the coordinators of the important assistance that NMCRS contributions realizes for Sailors and

Marines. For every dollar raised, \$4 is given out in assistance to Navy families he pointed out. Worldwide, last year, \$9.4 million was raised and \$40 million was given out in assistance. The Navy-Marine Corps Relief Society handled 94,000 cases last year, 46,500 of which

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Jax Air News is now online at www.nasjax.navy.mil

Meet a Sailor... DT2 Judy Speer



Job title/command: Administration headquarters at Naval Dental Center Southeast

Hometown: Mt. Clemens, Mich.

Past duty stations: Guantanamo Bay, Cuba

Family life: Son, Christopher, 13

Career plans: To finish my bachelor's degree and become a dental hygienist in the Navy.

Most interesting experience: "Working as a surgical technician. The way the human body works is amazing to me."

Words of Wisdom: "No matter how tough things get, always keep your head up and remain positive."

Meet a Civilian... June Stephanie Winston



Job title: Navy Exchange Associate at the Tailor Shop

Hometown: King Williams, Va.

Past duty stations: England, Wales and Rota, Spain

Family life: Husband, David

Career plans: Working with my husband in a church ministry.

Most interesting experiences: "Living overseas in the military."

Words of Wisdom: "Put trust in God."

Special Olympics to be held at NAS Jax, volunteers accepted

NAS Jacksonville will host the Area Five Special Olympic Spring Games at the air station on Saturday, March 31. More than 800 special athletes, from children to adults, will compete in a variety of events including running, throwing and long jump.

In addition to Navy active duty and civilian personnel, community volunteers may sign up to be "Buddy" or "Event" volunteers.

Buddy volunteers pair up with their Special Olympics athlete and remain with him or her throughout the day.

Buddy Volunteers are asked to arrive no later than 9 a.m. to accompany their athlete to the Opening Ceremony at 10 a.m.

Event volunteers are asked to report by 8:30 a.m. They will help coordinate the athletic events or work in the

Olympic Village, where other activities are available for the Special Olympic athletes who are in between events.

Volunteers may sign up at the following email addresses (make sure you include your name, address, telephone number and e-mail address):

Buddy Volunteers

Email Senior Chief Battle: battlear@nasjax.navy.mil (phone: 542-3082)

Event Volunteers

Email Bill Bosner: dbosner@nasjax.navy.mil (phone: 542-2930/3239)

Volunteers may also sign up

through the NAS Jacksonville web site at www.nasjax.navy.mil. Click on "Special Olympics."

There is also a need for old trophies. Anyone who would like to donate old trophies for use in Special Olympics should contact the NAS Gym at 542-3239.



Ryan: CNP visits NAS Jax

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racks or training facilities," he said. "I think the Chief of Naval Operations really understands that and is going to be putting a lot more focus on that area. I think that's going to be well received. It's not going to happen overnight, but I think we're going to see steady improvement in those areas."

One of the most rewarding aspects to this visit was "to put a face behind all the wonderful figures you see, and the wonderful accomplishments - to see the quality of our men and women," Ryan said. "Not many people are eligible to come into the service, fewer want to volunteer to come in and many aren't up to the challenge of a career in the Navy. To see those heroes out here really charges my batteries and makes

me feel better about what we're trying to do for them in Washington. I get a lot of good grounding by coming out here and hearing exactly what (things we need to improve) - not hearing it through word-of-mouth or what I think they are. I feel much better about the decisions we're making and being aware what the challenges are here."

Before departing, Ryan also met with Commander, Naval Surface Group Two (CNSG2) Rear Adm. Edward Hunter; Commander, Navy Region Southeast Rear Adm. Jan Gaudio; Capt. John Furness, NavSta Mayport Commanding Officer; Capt. Maurice Joyce, JFK commanding officer; Capt. Stephen Turcotte, NAS Jax commanding officer, and other area command leadership.

It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered March 22 - 25. For more information, or to register, call CREDO at 270-6958.

CREDO

JAX AIR NEWS

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Rear Adm. Belisle to get second star

From CNRSE Public Affairs

Long-time Jacksonville resident and former Commander, Naval Base Jacksonville, Rear Adm. Kenneth C. Belisle has been nominated to receive a second star and promotion to the rank of rear admiral upper half.

Belisle, a 1967 graduate of the U.S. Naval Academy, and a member of the Naval Reserves, served as Commander, Naval Base Jacksonville, and southeast regional coordinator from May 1998 to December 1998, and is the first and only Naval Re-

servist to ever hold that position.

Currently the Deputy Director of Operations and Director of the Battle Staff, U.S. European Command, Stuttgart, Germany, Belisle is scheduled to relieve Rear Adm. C. W. Coane in September 2001 as Commander, Naval Reserve Readiness Command Region Southeast, located onboard Naval Air Station Jacksonville.

Belisle is a commercial pilot employed by Northwest Airlines. He and his wife, Ginger, have three sons, Dennis, David and Charlie.



Rear Adm. Kenneth C. Belisle

Women's History Month

Breakfast speakers are DoD professionals

The NAS Jacksonville Multi-Cultural Committee has lined up three outstanding military women to speak at this year's Women's History Month celebration breakfast/seminar today at the NAS Jacksonville Galley. The breakfast/seminar begins at 7 a.m. Featured will be Cmdr. Mary A. Crawford, Cmdr. Wanda Richards and Sheila Blackley. Base personnel are encouraged to join in celebrating Women's History Month.

Cmdr. Mary A. Crawford received her Naval Flight Officer wings in 1981 following flight training and commissioning through the Navy Enlisted Scientific Education Program. She had completed a Bachelors of Science (Mathematics) degree through the Navy at the University of Washington, Seattle, Wash.

Her six years of enlisted service (1974 entry) as an Ocean Systems Technician (OT-2) included assignments at Naval Facilities Bermuda and Brawdy, Wales, United Kingdom.

Assigned to the Antarctic Development Squadron (VXE-6), Ensign Crawford then made three six-month deployments to Antarctica, logging over 1,450 LC-130 flight hours as a Polar Transport Air Navigator.

She then earned a Masters of Science degree in Operations Analysis from Naval Postgraduate School, Monterey, Calif.

Her second squadron was Patrol Squadron (VP) 30, the Maritime Patrol East Coast Replacement Air Group. Crawford logged more than 650 P-3 flight hours and served as Avionics and

Armament Division Officer and Assistant Training Department Head.

Her next tour was in the Air Department aboard USS Lexington (AVT-16). Crawford was Lady Lex's final Aircraft Handling Officer (Handler).

Handling Officer next completed four and a half years in Washington, D.C. She first served as an Operations Analyst in the Nuclear Affairs and Arms Control Division (OP-65) in the Pentagon.

Crawford then completed a tour as a Policy Analyst in the Officer Plans and Policy Directorate at the Bureau of Naval Personnel.

Upon completion of her BuPers tour, she was assigned to USS Nimitz (CVN 68) as the Safety Officer. Aboard Nimitz, she participated in a six-month Ship's Restricted Availability, Interdeployment Training Cycle and six-month deployment to the Persian Gulf. In June 1998, Crawford became Officer-in-Charge of Fleet Aviation Specialized Operational Training Group, Atlantic, detachment Jacksonville, Fla. With sites at NAS Jacksonville and Naval Station Mayport, the 60 civilian and military staff members under her guidance provide more than 54 courses to more than 3,900 fleet personnel annually from throughout the Southeast Region.

Crawford has been married to retired Navy Commander John B. Hunt since 1986. As Cessna Cardinal (C177) light aircraft and pet owners, they enjoy traveling and outdoor activities.

Sheila G. Blackley was born in Hampton, Virginia. She attended and graduated from Pembroke High School in June 1972. She received two Associate Degrees from

Thomas Nelson Community College. In June 1973 she married Clifton L. Blackley. She is the mother of two sons Jermaine and Jervon, and is the proud grandmother of a little girl named Alex.

She entered the government in 1984 at Little Creek Amphibious Base, as a Personnel Clerk.

In 1986, she accompanied her husband on military orders to Bermuda, where she began working at the Civilian Personnel Office.

While stationed in Bermuda, she served as the vice president of the Navy Wives Club for one year and president for two years, and was a Goodwill Ambassador for the overseas Navy Wives Clubs.

She was instrumental in bringing the first Navy Wives Club Convention to an overseas site. She also served as a member of Toast Masters Club and the Federal Women's Program.

In August 1991, she moved to RAF Mildenhall, England, and began working at the command's Personnel Office. At Mildenhall, she became the first Navy Wife to be elected president of an Air Force Wives Club.

After her husband retired, she moved to Florida where she is continuing her Federal career at the Human Resources Office, NAS Jacksonville as Personnel Assistant for the Worker's Compensation Program.

She has served as the president of the International Training in Communication organization at HRO Jacksonville and is currently the leader of the Employee Quality Management Board for the Human Resources Office.

Cmdr. Wanda Denise Castleberry Richards was born in Valdosta, Ga. She graduated from Albany State College of Nursing in 1981 and was commissioned Ensign in the Nurses Corps in March 1983. Her first duty station was Philadelphia Naval Regional Medical Center.

She began her second tour at Pensacola Naval Hospital as the Assistant Division Officer of the medical ward and later became an emergency room staff nurse. After a two-year tour at Pensacola, she was then ordered to Branch Naval Hospital, Sigonella, Sicily, as Department Head/ Division Officer Ambulatory Care (Flight Line Clinic.)

Upon her return to CONUS, Richards was assigned to National Naval Medical Center, Bethesda, Md. as staff nurse in the surgical clinic and later, assumed the position as Division Officer of Internal Medicine Clinic.

In 1995, she completed her Masters of Public Administration, with a concentration in Health Care Administration.

She transferred to Naval Hospital Guam in 1996 as the Division Officer of the Emergency Medicine Department, Department Head of Medical Surgical Nursing, and Assistant Department Head for the Medical Department.

In 1998, she reported to Naval Hospital Jacksonville as the Assistant Director, Nursing Service.

Richards is married to Jasper Richards Jr. of Rainbow City, Republic of Panama. The two have one daughter, Sierra.

NMCRS: Fund drive kicks off

Continued from page 1

the title loan industry. The Society's voice, alongside the voices of other concerned citizens, resulted in major changes to local and state laws, limiting loan rates to 30 percent. Now, NMCRS is taking on the payday loan companies to try and effect similar results. Gaudio explained that these companies have preyed on Sailors as well as people in low-income segments of society.

Their victims originally go in for small loans for just a couple of hundred of dollars and end up paying thousands. Interest rates sometimes reach 200 to 300 percent. He said this is "a scam" which definitely should be done away with. The Navy and Marine Corps Relief Society is helping lead the charge in that battle.

Finally, Gaudio pointed out that if every Sailor in each command gave just \$2 per month this year's fund drive could surpass its goal. The one goal that he does want to see accomplished is 100 percent contact of all Sailors. "All members of

our commands should be offered the opportunity to contribute," he said. "Contributing to NMCRS is not a lot to ask," he said, "in order to be able to take care of our fellow Sailors. It is something I believe in. It's been there throughout my 30 years in the Navy and it's worthy of our involvement and commitment."

Faraldo and Albertson also added their encouragement. Noting the numerous area commands which far surpassed their goals last year, Faraldo said, "There is no doubt in my mind that our commands support Navy and Marine Corps Relief better than any others in the Navy."

He said that NMCRS is a great asset to local commands in helping resolve many problems. "If the question is money then NMCRS is the answer," Faraldo said. "When we help solve a Sailors' financial issues a lot of other issues go away."

Both Faraldo and Albertson encouraged the command fund drive coordinators to ensure 100 percent contact, giving each service member the opportunity to help our own.

Disposition of Personal Effects:

Capt. Mark G. Hoelscher, USAF, 68FS/DOFC is authorized to make disposition of the personal effects of Capt. Justin B. Sanders (USAF), 33FTS. Any person or persons having claims for or against the estate of the deceased should contact the above named Summary Court Officer at DSN 460-3175 or Comm (229) 257-3175.

SGLI coverage increases April 1

MILLINGTON, Tenn. (NNS) — The maximum coverage of Service Members' Group Life Insurance (SGLI) will increase to \$250,000 on April 1, as provided by the FY01 National Defense Authorization Act. Service members currently pay \$16 per month for \$200,000 coverage; that will increase to \$20 per month for \$250,000 coverage. No action is required by the service member for the increased coverage to become effective.

Maximum coverage will be afforded to all service members starting in April. Service members who decline coverage or elect reduced coverage during this transition month will not be required to pay the April premium for full coverage. If the full premium is deducted from April's paycheck, the excess premium will be refunded.

Members who choose to decline or decrease coverage must complete and submit SGLV Form 8286 to their personnel office. If a member completes and submits SGLV Form 8286 on or after May 1 to reduce or decline coverage, the reduction will begin on the first day of the following month after the form is submitted.

The revised SGLV Form 8286 is available on the Department of Veterans Affairs web site <http://www.insurance.va.gov> on April 1.

The increased coverage is only part of the good news. Financial counseling is now available through a financial planning agency, Ernst and Young, to help beneficiaries make wise financial decisions and develop a personal financial plan. The service is provided at no cost by the Department of Veteran's Affairs.

"One of the key benefits offered with SGLI is the free financial planning package that is now available to beneficiaries," said Mr. Michael Wardlaw, deputy director of the Casualty Assistance and Retired Activities Division at Navy Personnel Command (NavPersCom) in Millington, Tenn. "Program beneficiaries will receive a brochure on this program in the event of a member's death and will also be provided with an information kit prior to the initial meeting with Ernst and Young."

Wardlaw continued, "Another aspect of the program is that the cost of coverage will stay the same, in that cost per \$10,000 coverage will remain at its current level of \$.80."

Beneficiary election rules have not changed. While service members are not restricted in their election of beneficiaries, careful consideration is recommended before designating a minor child as a beneficiary.

Further details will be available in a forthcoming NavAdmin. For more information on the SGLI program, please contact Ms. Sandy DuBois of NavPersCom's Casualty Assistance Branch at (901) 874-4299/DSN 882.

NAS Jacksonville receives JaxPride Week Award

By Sherri L. Akens
*CNRSE Community Services
Program Manager*

NAS Jacksonville recently received an 'Award of Excellence' in the civic category in recognition of the base volunteers who worked during this year's JaxPride Week City

beautification program.

Every year JaxPride, a coalition for visual enhancement, solicits the help of hundreds of volunteers from community organizations to work together throughout Jacksonville to make a difference in the visual beauty of the City.

During two days at the end of Febru-

ary and the beginning of March, nearly 50 volunteers from NAS Jacksonville's Naval Computer and Telecommunications Station (NCTS) and the Naval Aviation Depot's Southeast Region Calibration Center (SERCC) combined spent hours and hours laboring at the Baptist Home for Children in Jacksonville.

Some of the volunteer duties included raking and bagging acres of leaves, painting hundreds of feet of fencing, laying down sod, planting flowers, cutting dead limbs out of trees and mopping and waxing a large banquet floor.

"We were amazed at everything that was completed on our campus by the Navy volunteers," said Ms. Mary Taylor, Director of Development for the Home. "The crew was wonderful and we thank them so much for thinking of us and the children who have been abused, neglected, abandoned and desperate who God has placed in our care."

"Helping out with projects like JaxPride Week is one of the ways that we (the Navy) can give back to our community," said IT1 Douglas Halay, NCTS Jacksonville's command volunteer coordinator. "Some of the servicemembers here at NCTS went out to the Home back around the holidays to put up Christmas lights and when I asked for people to go out this time a lot of them stepped right up because they know what an outstanding place it is for kids who have had a difficult life."

The JaxPride awards were presented during the coalition's "Ideas and Actions: A Vision for Jacksonville" luncheon held earlier in the month at the Radisson Riverwalk Hotel.

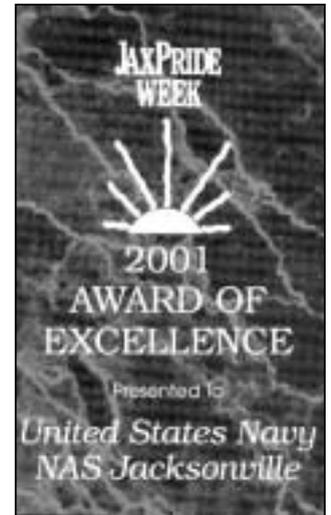
For more information on how your command can get involved with JaxPride or any number of other community beautification projects, contact your base volunteer coordinator, Diane Parker, at the Fleet and Family Support Center, 542-2766, ext. 30.



NavSta Mayport Volunteer Coordinator, Cindy Badger, (left) and AT3 Daniel Kreps, Southeast Region Calibration Center, work on painting a section of fence during JaxPride Week activities at the Baptist Home for Children in Jacksonville.



IT1 Valerie Smith (left) and IT2 Robert Krejci (middle), Naval Computer and Telecommunications Station Jacksonville, work with a Sailor from RSG Mayport to load yet another truck-full of leaves.



Shoreline Cleanup: Make a difference you can see

NAS Jacksonville Natural Resources is hosting its Spring Shoreline Cleanup! Volunteers are needed Thursday, April 19 to pick up trash along the St. Johns River. The cleanup will commence at 8 a.m. at the picnic area next to the Marina at Mulberry Cove. Volunteers will be

cleaning the shoreline from land and from canoes. A free barbecue lunch will be provided for all volunteers at 11:30 a.m. Dress to be messy! We look forward to volunteers coming from all commands. Point of contact is Wendy Wessell at 542-2717 ext.114.

CV-TSC helps HS-7 families keep in touch

By FCI(SW) Anthony J. Glossenger

CV-TSC Ashore Public Affairs

In the Navy, one thing is certain, ships will deploy and Sailors will be separated from their families.

In the past, families only had two ways to keep in touch, they could write letters to each other or wait until the ship reached a port and phone home. With the wide use of computers, e-mail became the preferred method for deployed Sailors to communicate with their families.

Now, Carrier Tactical Support Center (CV-TSC) Ashore is providing the newest and the best way for families to keep in touch. The new method is called a Video Tele-Conference (VTC), which allows people to see and talk to each other. This is real-time communication that is accomplished by linking two computer systems equipped with a camera and a microphone.

On March 15, a VTC was conducted for the members of Helicopter Antisubmarine Squadron (HS) 7, which is currently deployed on the USS Harry S. Truman in the Arabian Gulf. CV-TSC Ashore provided this opportunity to HS-7 and their families as a special St. Patrick's Day present.

"I enjoyed talking and seeing him again and it put a smile on our kids faces," said Rosemary Obesso, wife of AMS3 Michael Obesso.

Jodie Barness, wife of AMS3 Paul Barness said, "I loved being able to see and talk to him, even for a short while. It helps so much to make this hard situation more bearable."

Everyone that took part in this special opportunity was very happy to spend a little time with the people they love.



Rosemary Obesso and her children speak with husband, AMS3 Michael Obesso, deployed aboard USS Harry S. Truman.

VP-45's Lt. Nave nominated for A.C. Read Navigator of the Year

By Lt. j.g. Christopher Artis
VP-45 Public Affairs

Patrol Squadron (VP) Forty-Five has a proud tradition of mission excellence, superior performance and unwavering attention to duty. In recognition of his many achievements directly contributing to the mission effectiveness of the Maritime Patrol and Reconnaissance (MPR) community and the mission accomplishment of VP-45, Lt. Mark W. Nave has received the Commander Naval Air Force, Atlantic nomination for the Association of Naval Aviation's



Lt. Mark W. Nave

A.C. Read Navigator of the Year for Maritime Patrol Aviation.

Nave is a native of Mountain City, Tenn. He graduated from Johnson County High School in 1991 and received his commission from the United States Naval Academy in 1995. Designated a Naval Flight Officer in 1996, he reported on board VP-45 in 1997. Since then, he has made three deployments with VP-45 to Puerto Rico, Panama, and Italy. His designations include Navigator/Communicator, Instructor Navigator/Communicator, Tactical Coordinator (TACCO), Instructor TACCO, P-3C Mission Commander, P-3C Strike Leader and Tactical Proficiency Course Instructor. His billets have included Assistant Tactics Officer, Aircraft Improvement Program (AIP) TACCO and Strike TACCO. In total, he has logged more than 1965 hours of flight time in the P-3C.

Nave's contributions to his command and the MPR community have been considerable. He developed an exportable Mid-Atlantic Electronic Warfare Range Training Program, complete with a synthetic geography and airspace, real world electronic threat emit-

ters, communications scripting, digital target folders, hard copy special instructions and a geopolitical background. The effectiveness of this training initiative was validated by the success of Patrol Squadron Forty-Five during its recent Mediterranean deployment. This training program has also been adopted as the standard for preparation for a Mediterranean deployment.

As the Strike TACCO, he organized and trained the first ever VP-45 AGM-84E Stand-off Land Attack Missile (SLAM) Strike Planning Cell. Nave's training brief was lauded by the P3C Weapons Training Unit as the "best ever." Following initial training, he implemented an aggressive strike training program to maintain SLAM programming and tactical navigation proficiency.

Recognizing the potential to use the various Aircraft Improvement Program mission systems in support of Naval Surface Fire Support, Nave developed a spreadsheet to calculate corrections to adjust rounds fired from surface vessels.

Nave developed and programmed the necessary algorithms into a laptop platform, creating a user-friendly tool that

essentially opened the door to a new mission area for the P3 AIP platform. He personally briefed CTF-67, CTF-60, and Commander Sixth Fleet on this new mission area.

Proving himself a brilliant tactician, Nave implemented a Tactical Support Center Sigonella Tactical Guidance Instruction.

This document provided single source aircrew guidance for all MPR overland operations, including standard navigational points, divert field locations, standard target positions, overland checklists, maritime air support procedures and standard query information and firing report formats. This invaluable tool was used by every aircrew operating in the Mediterranean to ensure safe and proficient operations in the dynamic overland environment.

The success enjoyed by VP-45 and the MPR community has been due in no small part to the tireless efforts and immeasurable contributions made by Nave. His unsurpassed tactical knowledge and innovation has made him a respected leader among the "Pelican" Team. VP-45 salutes Nave and congratulates him on his nomination. "Pelican Pride!"

NAMTraU's Ryan frocked to Master Chief Petty Officer

By ATC Alton Wilks

In a ceremony held at Naval Air Maintenance Training Unit (NAMTraU) Jacksonville, AVCM Scott D. Ryan was frocked to his present rate March 12. Commanding Officer, Cmdr. Hal Harbeson, read the frocking letter as Lt. Cmdr. Racquel Johnson, Department Head and AVCM Gale Klopfenstein had the honor of pinning on AVCM Ryan's new stars. NAMTraU's Chief Petty Officer Mess and staff personnel attended the ceremony. In a short speech, AVCM Ryan credited the Sailors he worked with in his past and present commands. He attributed his advancement to Master Chief Petty Officer to consistent top performance, key

billets held, such as Maintenance Control Chief and the diversity of the commands where he chose to serve.

Ryan, born in Fort Myers, Fla., joined the United States Navy on March 17, 1983 and reported to Boot Camp at NTC Great Lakes, Ill. Following boot camp, he reported to Fighter Squadron (VF) 84, the "Jolly Rodgers," where he served as a flight deck troubleshooter on board USS Nimitz (CVN-68) during two Mediterranean Deployments and two North Atlantic Deployments. His follow-on tour was with VF-101 where he served as an aircraft maintainer and Fleet Readiness Aviation Maintenance Personnel (FRAMP) instructor. Highlights of this tour included advance-

ment to first class petty officer, designation as a Master Training Specialist and Instructor of the Year for 1990.

Ryan reported to Naval Station Guantanamo Bay, Cuba in 1991. He was advanced to Aviation Technician Chief Petty Officer in 1992 and he served as Production Control Petty Officer, Quality Assurance Leading Chief, and Command Managed Equal Opportunity Representative.

His next career move was to Naval Air Station Patuxent River, Md. where he was assigned to the Naval Air Warfare Center, Aircraft Division (STRIKE). While serving as a Maintenance Control Chief he was awarded Test Wing Atlantic, Maintenance Chief

of the Year for 1995.

He was then assigned to the USS Nimitz (CVN-68) where he served as a Branch Leading Chief, EAWS Coordinator, Senior Section Leader, and Financial Counselor while deployed during Operation Southern Watch. During the first Nimitz-class reactor refueling/overhaul, Ryan served as the Habitability Division Officer. It was during that time he was advanced to senior chief petty officer. He reported to NAS Jacksonville, in January of this year. He is currently the Leading Chief Petty Officer for Maintenance Training Unit 1037.

Ryan and his wife, Kathleen, reside with their children, Matthew and Nathan, in Jacksonville.

Hey, Money Man!



Hey, MoneyMan:

My wife and I want to improve our health, so last night we visited a local health club and found out that we have to join for three years. They offered us a 30 days free trial, but we have to sign a three-year contract. They told us that if I get transferred I could transfer my membership to my new duty station or get a refund. The initiation fee is \$300 and \$60 per month for both of us. To make it easy they will take the money out of our account automatically. I need to get ready for my PRT and my wife says she would enjoy using the club. This is a very nice club and the price seems reasonable. What do you think?

MoneyMan Sez:

Why do you think they want you to sign the three-year contract before you get your free 30-day trial? Read the fine print! It may not be so easy to get out of the contract once you are using the club. Also, you should be very careful about giving anyone access to your checking account or approving automatic withdrawals. If you and your wife want to get into shape you should check out the Fitness Source or the gym right here at NAS Jax. These facilities are free for active duty, dependents, retirees and reservists and the Fitness Source provides essentially everything you will find out in town. Stop by and check them out or give them a call at 542-3518. The gym can be reached at 542-3239. Using these

facilities will not only improve your physical fitness, it will also help your financial fitness!

Hey, MoneyMan!

I was reading the Navy Times yesterday and noticed that there is a Financial Directory page full of places to get loans and financial help. Most of them had toll-free phone numbers. Is this a new service or something the Navy has been offering for a long time, but I just never heard of it? Some of them even said they could cash in just one hour. I know this will come in handy when I deploy next month and my wife needs some money.

MoneyMan Sez:

Just because you see it in Navy Times does not mean "the Navy" supports it. This applies particularly to the ads. In this week's paper, I counted 24 financial ads. Guess how many of them advertised their interest rates? None! Know why? Several, if not all, of them charge extremely high rates. One has a fixed rate of 365 percent! I would not recommend you or your wife borrow money from any of these places without checking out the fine print first. Review the contract and have someone else take a look. Also, keep in mind, if you or your wife need money, you should first go to your company's Money Store - Navy-Marine Corps Relief Society. Their interest rate is always zero. Call them at 542-3515.

Hey, MoneyMan!

Do you know anywhere I can get a guaranteed 10 percent return on my savings?

MoneyMan Sez:

Nope! Wish I did. There are no real "guarantees" but I do believe that if you invest some money every month, you will be way ahead of your buddies who do not. If you are from a "typical" family who carries a balance on credit cards every month, I do know how you can get a 17 percent tax-free return on your "investment." Pay the credit cards off in-full. Don't try to get ahead by paying out 17 percent on your loans and earning 10 percent on your savings. Doesn't work!

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

Federal tax deadline nears, VITA/ELF stands ready

WASHINGTON (NNS) — Fast tax refunds. Free service. Expert tax advice. These are three great reasons to use the Navy and Marine Corps' Volunteer Income Tax Assistance/Electronic Filing (VITA/ELF) program.

So far this year, IRS-trained Sailors, Marines and other volunteers have prepared more than 109,000 tax returns for their shipmates through the VITA/ELF program, saving more than \$7 million in preparation fees and expediting \$98

million in refunds to taxpayers.

The VITA/ELF program provides a free tax preparation service to all military members and their families. It is available at bases and on ships around the world at 165 sites in all. With the electronic-filing feature of the program, even a taxpayer stationed overseas can "e-file" a tax return and have any refund direct deposited into his or her

See Taxes, page 15

NAVY NEWS

Six coalition members killed during bombing exercise

KUWAIT CITY, Kuwait (NNS) — Six coalition military personnel were killed when a U.S. Navy F/A-18C from USS Harry S. Truman (CVN 75), operating in the Northern Arabian Gulf in a night training mission March 12, dropped three MK 82 500-pound bombs during a close air support exercise. The bombs were inadvertently dropped on an observation post at the Udairi Range, a training facility located approximately 45 miles northwest of Kuwait City.

Of the military personnel killed, four were U.S. Army, one U.S. Air Force and one was a military member from New Zealand. Seven other personnel were injured and taken to a local military hospital. None of the seven have life-threatening injuries. Names of the dead and injured will be released after the next of kin have been notified.

The pilot involved in the incident has been identified as Cmdr. David Zimmerman, commanding officer of Strike Fighter Squadron 37. He has over 3,000 flight hours in tactical jets as well as combat experience in Operations Desert Fox and Southern Watch.

The F/A-18C was participating in a scheduled night close air support exercise for coalition pilots and forward air controllers.

"The last 24 hours have reminded us of the sobering commitment we and our friends and allies make to train our forces as we would fight, a commitment made in peacetime to be ready and to minimize loss of life in actual combat," said acting Secretary of the Navy, Robert B. Pirie. "This kind of sacrifice strikes especially hard in times of peace. We do not take this responsibility lightly."

Pirie continued, "I join the rest of our leadership and those in our naval services in extending my deepest regret and sympathies to the families and friends of those who lost their lives or were injured in this tragic accident. We owe it to these brave servicemen and those who serve with them to do our best to uncover the cause of this tragedy - and to do our utmost to prevent it from happening again. I pledge to do just that."

"I am deeply saddened by the tragic loss of life and injuries that occurred during the combined air-to-ground training accident in Kuwait," said Adm. Vern Clark, Chief of Naval Operations. "Our thoughts and prayers are with the families of our fellow service members, from the United States as well as New Zealand.

"Military operations are dangerous by their very nature, and these service members lost their lives in service to their country and their coalition," the CNO continued. "They were training so they

would be ready for any contingency. Those of us who wear the uniform of our nation feel an especially heavy burden when such accidents occur.

"The United States Navy will fully support the Commander in Chief, U.S. Central Command, as they conduct an investigation into this tragedy."

Navy announces retention, attrition stand down

MILLINGTON, Tenn. (NNS) — In an effort to enhance command retention programs and improve the quality of service for all Sailors, the Navy has announced a fleet-wide retention/attrition stand down.

The purpose of the stand down, detailed in a Navy-wide message recently released by the Chief of Naval Personnel, is to have all commands review the effectiveness of their retention programs to support the Navy's goal: have the right number of quality Sailors to properly man the United States Navy.

To meet that goal, the following themes should be implemented as a routine part of each command's retention efforts:

- Leading/mentoring Sailors to achieve success;
- Empower Sailors to make informed career decisions;
- Provide for the professional and personal development needs of Sailors and their families;
- Give command retention teams the tools and resources needed to accomplish their job;
- Evaluate Navy policies to determine their effectiveness and impact on retention.

"We truly retain one Sailor at a time," said Capt. Jake Ross, director, Center for Career Development (CCD). "For this reason, it is imperative that we instill among Navy leaders at all levels that retention is a culture, not an event. Retention is not something that is done at a Sailor's EAOS (end of active obligated service) or upon receipt of an officer's resignation request. It is everything we do for our people from the time they put on a uniform to the day they leave the service."

Command retention teams are also asked to review best practices messages and determine applicability to their programs.

"In our travels around the fleet, we have collected numerous 'best practices,'" explained Cmdr. Sid Abernathy, CCD's deputy director. "The commands that have strong retention programs have a great story to tell. They tell us that retention works best when a command introduces the newly reporting member to the culture, making sure

their chain of command is giving them some one-on-one, regular feedback and specific assignments. Being engaged face-to-face in the professional and personal lives of our Sailors makes all the right difference."

Abernathy emphasized, "Commands must continually include their members in the description, vision, action steps and eventually the results of a particular mission, exercise or product. Through this form of horizontal communication, each member will see their own importance."

In addition, all Navy commands have been mailed a copy of a new videocassette, "The First 72 Hours." Produced by the Chief of Naval Education and Training, the 20-minute program examines the damaging effects of poor command climate/sponsorship programs in the fleet and how negative first impressions lead to professional and personal problems among newly reporting Sailors.

"The First 72 Hours" is another tool available in the war for talent, helping Navy leadership enhance the quality and professionalism of command sponsorship programs. "A positive first impression is also a positive first step in creating job satisfaction," said Ross.

For more information, see NavAdmin 047/01, available in the messages section on the BuPers web site at <http://www.bupers.navy.mil/>, or contact the public affairs office at the Center for Career Development at (901) 874-2200/DSN 882.

MCPON takes Sailor's concerns to Capitol Hill

WASHINGTON (NNS) — Master Chief Petty Officer of the Navy (SS/SW/AW) Jim Herdt, articulated Sailors' concerns to Congress March 8. He testified on the Quality of Life (QOL) for Sailors before the House Appropriations Committee's (HAC) Subcommittee for Military Construction.

All four service Senior Enlisted Advisors (SEA's) testified on issues ranging from improved housing allowances to encouraging more support for state-of-the-art working conditions.

"Sailors' work must be centered on honing their professional skills and enhancing the combat effectiveness of their units. A satisfying quality of work is one of the most important factors in retaining our best people," explained Herdt. "I propose to you that Sailors today are as good as ever before, and much better informed. We must do our very best to fulfill our commitment to provide competitive compensation and the best living and working conditions we can for our Sailors."

This is Herdt's third consecutive year testifying before the HAC. The Appropriations Committee has jurisdiction over discretionary spending, which is approximately one-third of the federal budget. It consists of thousands of pro-

grams controlled through annual appropriations acts.

Herdt expressed his optimism for continued improved congressional support on the heels of the past two very successful congressional years for the military.

Two years ago produced the pay-triad; and last year's legislative initiatives produced increases in housing allowances, continued pay increases, and laid the groundwork for improving sea pay.

All of the service Senior Enlisted Advisors opened their testimony by discussing the privilege it is to represent their respective services.

"Representing our country's enlisted Sailors is a far greater honor than I ever dreamed could be true," described Herdt. "Thanks to our Navy families, we have the luxury of enjoying the defense of the most powerful, capable Navy in the history of the world. In the end we should recognize that is the service and sacrifice of these Sailors along with that of our sister services that makes all else possible in our great country."

79 NECs receive SRB increase

WASHINGTON (NNS) — Seventy-nine NECs have received an increase in selective reenlistment bonuses (SRBs) and three more ratings were added to the list, according to the FY01 Selective Reenlistment Bonus Plan.

Ratings added to this list include Aviation Warfare Systems Operator (AW), Aviation Support Equipment Technician (AS), and Machinery Repairman (MR).

"The SRB is the Navy's primary enlisted retention tool for critical, highly technical and hard-to-retain ratings and Navy Enlisted Classifications," said Chief of Naval Personnel, Vice Adm. Norb Ryan Jr. "We are showing Sailors that we will walk the talk to let them know how important they are to the Navy."

The SRB is offered in three zones, with up to \$45,000 for a six-year reenlistment and \$60,000 for Nuclear Field Zones B and C. Fifty percent of the SRB bonus is paid upon reenlistment with remainder of the bonus paid as equal annual installments across the enlistment.

Sailors can SRB-reenlist any time within the same fiscal year as their End of Active Obligated Service (EAOS), but it is recommended they reenlist as close to their EAOS as possible in order to receive the maximum SRB payment.

Two NECs, IC 4746 and EM/IC 4755, have been deleted, and bonuses for 61 ratings/NECs were decreased.

For more detailed information, visit your command career counselor and go to the BuPers web site <http://www.bupers.navy.mil> and see NavAdmin 057/01.

Navy Band Southeast names Sailors of the Year

By MU2 Richard Varela
Navy Band PAO

Keeping in step with the Navy's regionalization, effective Feb. 15, 2001, Navy Band Jacksonville has changed its name to Navy Band Southeast. They also recently announced their selections for Senior and Junior Sailors of the Year.

MU2 David M. Gentkowski was selected as Navy Band Southeast's Senior Sailor of the Year for the year 2000. A saxophone instrumentalist, he demonstrated superb leadership and management as Unit Leader of the Dixieland Ensemble, "River Ramblers," making the ensemble Navy Band Southeast's most requested and successful ensemble. His genuine "shipmate" mentality and infectious positive attitude was reflected in the high morale and superior productivity within his unit and the entire command. Further more, he performed outside of his NEC as clarinet instru-

mentalists for numerous concert and ceremonial performances, helping to maintain the ensembles integrity.

The band's Junior Sailor of the Year as MU3 Scott A. Verville. A trumpet instrumentalist, he demonstrated uncommon versatility by volunteering to perform outside his NEC as guitar instrumentalist in the contemporary music ensemble "Pride" when an unexpected personnel shortage arose. Furthermore, he also served as arranger for Navy Band, helping to maintain his unit's integrity and high musical quality at

over 50 concerts throughout the southeaster United States.

Navy Band Southeast's "River Ramblers" will be holding a public concert on April 7 at 2 p.m. at the Orange Park Town Hall Center, located in the corner of Kingsley and Park Ave. They will be performing traditional Dixieland selections along with some Jazz standards. With their humorous antics and lighthearted selections, it will be an event for the whole family to enjoy. This will be the first in a series of public, free concerts in the orange park area. Come out and enjoy.



MU2 David M. Gentkowski



MU3 Scott A. Verville

NAS Jacksonville Seabees show Navy pride at Fifteenth Annual Kids' Day at Alltel Stadium

By JO2 Eric Clay
Staff writer

The United States Navy was well represented at the Fifteenth Annual Kids Day to benefit Starbright World at Wolfson's Hospital.

Construction Battalion Unit (CBU) 410's 1st Class Association turned out in force at the event held at the Alltel Stadium Pavilion last Saturday and Sunday. Kids' Day is a two-day event during the WJCT Spring Fest that includes numerous civic organizations from throughout the Northeast Florida area.

CBU 410 displayed Seabee vehicles, including a 15-ton stake truck and a one and a quarter ton coup-v pickup. They also gave out Navy posters, frisbees and other items at the event.

Several thousand children turned out to participate in the various activities that filled the stadium pavilion. Some of the days' activities included frog-jumping championships, a family exposition, a talent stage, and a bicycle rodeo.

Sponsors included the Bass Anglers Sportsman Society, Duval County Health Department, WJCT, Children's Miracle Network, Crystal Spring Water Company and other civic-minded organizations.

The rain stayed away long enough, to make for a pleasant day on Saturday although things got a bit damp on Sunday. From the smiles on everyone's faces all had a good time.

One of the visitors to Kids' Day, Sarah Thomas said, "My children are having a great time, Kids' Day is a great!"

Not only did the kids have a good time but the volunteers did as well. Seabee volunteer CM1(SCW) Lance Peterson commented, "A good time was had by all."

Other members of the 1st class association that participated were, EO1 (SCW) Gary Vanhorn, EO1 Bobby Simbeck, EO1 Steve Tuesburg, EO1 Randy Bedanbough, EO1 David Knuth, EA1 Seigfred Pitpitan, BU1 (SCW) EA1 Seigfred Pitpitan, EO1 Gary Vanhorn, EO1 Bobby Simbeck, CM1 Lance Peterson have fun at Kids' Day.



CM1 Lance Peterson hands out Navy stickers to children.



EA1 Seigfred Pitpitan, EO1 Gary Vanhorn, EO1 Bobby Simbeck, CM1 Lance Peterson have fun at Kids' Day.

Clinic takes nutrition lesson to Child Development Center

By Charlene Rees

Branch Medical Clinic Nurse

Staff members of the Branch Medical Clinic of NAS Jacksonville recently took nutrition to our littlest “shipmates” at the NAS Child Development Center. March is National Nutrition Month and in an effort to get out the message of good nutrition, a team from the clinic took this message of good health and prevention to a group of 3 to 5-year-olds at the daycare.

The team, consisting of Charlene Rees, Branch Medical nurse educator, HM3 Essence Jones and HN Brian Moody conducted an educational presentation and ambulance tour for the kids. The children were introduced to the benefits of good eating habits that included the consumption of five servings a day of fruits and vegetables.

The presentation also featured a tour of one of the clinic ambulances that proved to be fun and educational for the kids.

The Clinic staffers hoped that by introducing the kids to an ambulance in a non-emergent situation, this might help the children to be more at ease in the event that they or a family member ever requires the use of an ambulance.

Health prevention, good nutrition, and a healthy life style all start at a very early age. Parents and teachers alike, on a daily basis, should encourage these practices or “good habits”.

As evidence of our children’s ability to do the right thing in an emergency, one child repeatedly answered a series of questions posed by Jones by saying, “I know, I know, call 911.” While this may not have been the right answer for each of Jones’ questions it does at least show that the kids are capable of helping, even in an emergency.

The instructors also received a lesson themselves in the “generation gap” after getting an unexpected response from the children when they were asked, “who knows what kind of vegetable Popeye ate?” One child replied, “I know, chicken, I eat Popeye’s all the time!”

In further support of good health and education, BMC Jax offers a wide variety of prevention and health promotion classes.

These classes can be easily tailored to specific command needs for safety standowns or training.

For information call Charlene Rees, PPIP Nurse Educator at 542-3500 ext. 8704.



HM3 Essence Jones, shows toddlers the functions of an emergency vehicle.



HM Brain Moody asks the children what they should do when an ambulance team shows up at their residence to assist them or a family member.



'Topcat' in the Spotlight: AT3 Laddin C. Gillespie

By Lt.jg Josh Keever
VS-31 PAO

AT3 Laddin Corey Gillespie was born in Decatur, Ala. His parents, Dewayne and Debbie Hill, currently reside in Moulton, Ala., and work as chemical operators. Gillespie has four siblings, three brothers and one sister. He graduated from Lawrence County High School in 1997 where he was active in many after-school organizations. He played on the high school football team and was an important part of the school's track and field team. In addition to sports, he was involved in the high school band, drama club and French club. Gillespie has always called Moulton his home and misses the quiet outdoors that comes with country-life.

Following high school, Gillespie attended a small community college close to his hometown. After two years in college, he decided it was time for a change in his life and chose to join the

US Navy.

Gillespie attended Boot Camp in Great Lakes, Ill. and completed the eight-week training course as an honor graduate. He then transferred to "A" school in Pensacola, Fla., where he trained for five months to be a future Avionics Technician (AT). Gillespie checked into Sea Control Squadron (VS) 31 at NAS Jacksonville in November of 1999 and has played a vital role for the "Topcat" Maintenance Team. He is also an active participant in the squadron softball and football teams.

Gillespie's future plans include finishing up his college education, receiving a commission through the Enlisted Commissioning Program and attending flight school to become a Naval Aviator. He is a die-hard Auburn Tigers fan and likes to spend time working on his '70 Chevy pickup. We congratulate Gillespie as this week's "Topcat in the Spotlight."

Taxes: VITA/ELF offers help

Continued from page 9

fund direct deposited into his or her bank account usually within two weeks.

There is only one month left before April 16, the deadline for filing federal tax returns this year, so taxpayers should get to a VITA/ELF tax preparation site as soon as possible. Overseas taxpayers have an automatic two-month extension to file federal taxes, but this is not an extension of time to pay. If overseas taxpayers think they will owe federal tax, they should visit their nearest tax site for advice before April 16.

All tax sites can prepare federal tax returns, and some can even prepare state tax returns. Why go out in town for tax preparation assistance when the

Navy can do it for free?

The VITA center at NAS Jacksonville is located in Building 610 across from Yesterday's CafE and Vital Signs. The VITA Center provides free tax preparation and filing services until April 16. The hours of operation for walk-ins are 9 a.m.-5 p.m.

Appointments are scheduled from 9 a.m.-11 a.m. and 1 p.m.-4 p.m. Monday through Friday.

Military in uniform have head of the line privileges from 11 a.m. until 1 p.m. daily.

Command assist visits may be scheduled by contacting LNC (SW/AW) Jerold Sauls or LNI (SW) Kimberly D. Martin at 542-2565, ext. 3003 or 3410.

Motorcycle Club's easy-riding image appeals to Navy members

By Loren Barnes
Editor

Most people's images of motorcycle clubs were formed by 1950s era movies starring James Dean and Marlon Brando. The old Hells Angels, rebels of the highway, leather-clad, metal-spiked warriors and the running with the pack mystique personified in such classics as "The Wild Ones" and "Easy Rider."

While there are still many bikers who embrace that image, one motorcycle club that seems to be gaining popularity with area active duty and retired Navy members adopts a bit tamer style. That style stresses safety, family socializing, adventure and fun. When the members of Orange Park's Gold Wing Chapter FL1-X Motor Cycle Club hit the highways, they prefer rides that are far from the rip-roaring, rump-bruising "hogs" of days gone by. Their glistening steeds ride as smooth as Cadillacs and are equipped with such essentials as CD players, storage compartments, radios, and cruise control. Chapter Director Ken Ricci said, "You can do 600 miles in a day on one of these bikes and get off tired but not sore." Ricci has been with the club two years and has ridden Gold Wings since 1981. He's also a retired CWO2 who once served as Weapons Officer aboard NAS Jax.

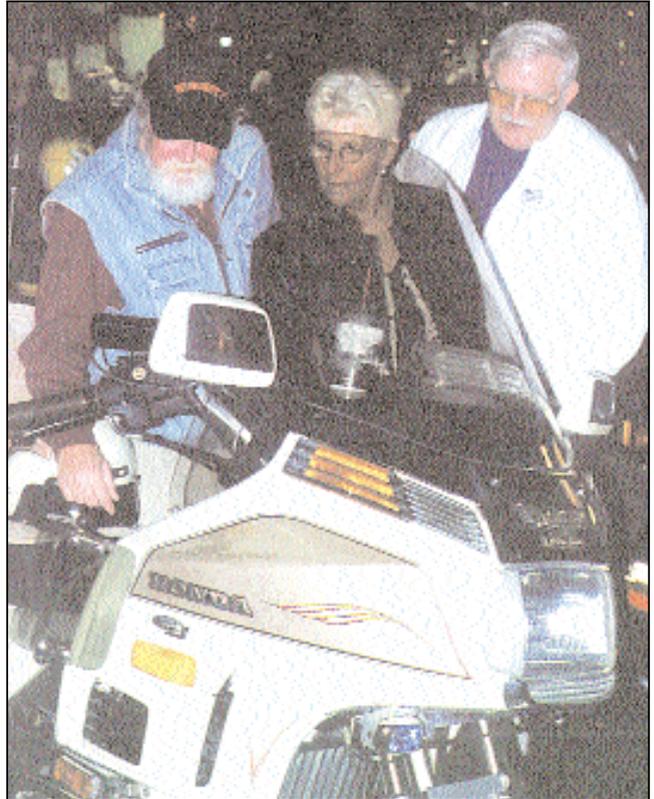
Ricci said the club, despite its name, does not just limit itself to Gold Wing riders. They have several members who ride other bikes. However, betraying a bit

of a personal preference he said, "Everybody is a Gold Wing rider. They just don't know it yet." He added, the real appeal of the club comes is just taking to the highways with good friends. "You see someone on a motorcycle, maybe their wife is on the back and maybe a teddy bear is tied on the back of the seat and you say, 'that looks like fun!' And guess what? It is!" he said smiling.

The chapter meets each Friday at 7 p.m. at the Dairy Queen on Kingsley Avenue in Orange Park and monthly at Ryan's Steak House on Blanding Boulevard. The people that show up are from all walks of life. "The Orange Park Chapter, has 50 to 60 members," Ricci said, "about 25 to 30 hardcore members that show up all the time." "Ninety percent of our members are retired military," he noted, "although there are three or four active duty members," he explained. "There are also a couple of retired cops, even a retired hairdresser and a city sewer guy," he said.

The Orange Park chapter, originally founded on the Westside of Jacksonville in the late 1980s, is one of several Gold Wing chapters in the Northeast Florida area. Other chapters can be found in Jacksonville, Jacksonville Beach, St. Augustine and Palatka. With 48 chap-

Dan Sullivan and his wife Margaret and "Tex" Rainey, a NADEP employee, inspect some pinstriping recently done on a member's Gold Wing.



Members of Orange Park's Gold Wing Chapter FL1-X Motor Cycle Club practice for an upcoming talent show during which they give the X sign signifying their chapter designation (FL1-X).



Augustine and Palatka. With 48 chapters of this international association located in Florida, the organization has become so popular in the sunshine state that they've divided into Northern and Southern zones.

"The club is all about safety," Ricci said, pointing to the club's motto emblazoned on his shirt that reads, "Friends for fun, safety and knowledge."

The Club's Safety program is run by Rider/Education Officer Mike Burn, a retired master chief. He explained that the program consists of four segments. It starts with just a general commitment to ride safely and progresses through Motorcycle Safety Foundation (MSF) approved coursework. Practice sessions are conducted on a course set up in a parking lot at the corner of Roosevelt Boulevard and Wells Road. The higher levels of the safety courses require training in CPR and First Aid. To be certified as a "Master Team Rider" a member not only has to pass the training program but also has



Chapter members Bill Tharpe, Chapter President Ken Ricci, Mike Dilling, Bob Hill and PRCM Gary Hartley prepare to conduct parking lot safety practice.

to have a 25,000-mile, accident-free, riding record. The club enforces strict rules on drinking. "Club members are alcohol-clean and drug-free when we ride," Ricci said. Describing their trips to such events as Bike Week Ricci said, "We're a little tamer than some of the other bike clubs that attend. We're the food and Coke crowd rather than the beer and broads crowd. We're a little older and beyond all that. We're high on life."

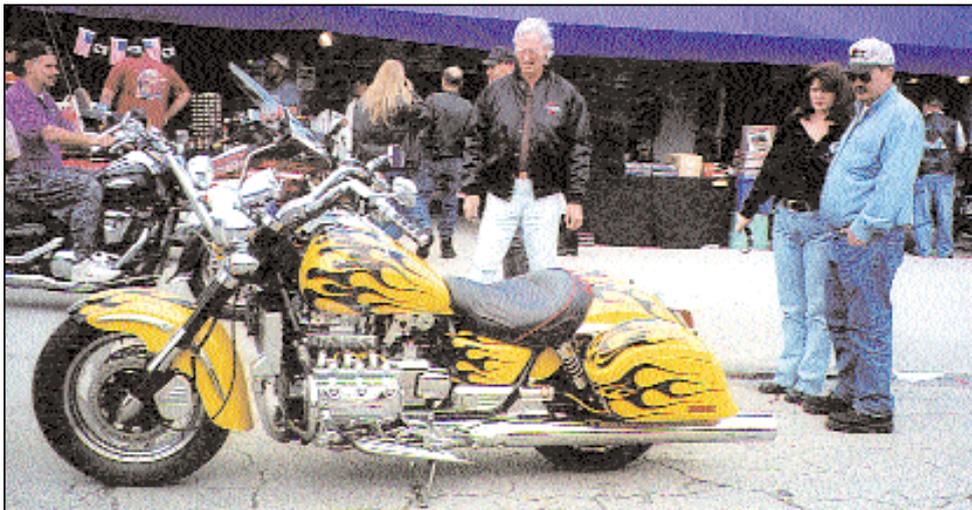
He said the real appeal of the club is the rides. They do group runs just about every week. Some of the chapter's longer trips have taken them to such events as the recent "Wing Ding" in Greenville, S.C., a gathering of 10,000 Gold Wing riders. Other rides took them to Maryville, Ohio, the town where the Gold Wings are built and to "Wings Over the Smokies" in Asheville, N.C. And of course the chapter turned out in force for the recent Bike Week festivities in Daytona Beach, Fla. During the rest of the year, the chapter participates in "Poka Runs," which are

mini-routes to nearby destinations with prescribed routes. They also do charity rides. For instance they escort the MS 150 Bicycle Ride in Jacksonville each year, supporting Muscular Sclerosis research. The chapter also participates in "five chapter breakfasts" where they ride somewhere and gather with other chapters for breakfast. The club has been known to ride 400 miles just for such bacon and egg gatherings. According to Ricci the Orange Park chapter logs more miles per year than any other chapter in Florida. The members pride themselves on how they keep in touch with other and support each other and how they visit each other's chapters. This is made easier through the club's website, www.members.spree.com/sports/fl/district and the club's membership directory.

For more on the Gold Wing Chapter FL1-X Motor Cycle Club contact club member and USO employee JoAnn Dilling at 778-2821 or 291-3354.



Gold Wing Assistant District Director and retired Navy Master Chief Doug Gray fuels up on the way to Bike Week in Daytona.



Club members were able to admire some fine artwork and classic motorcycles when they attended Bike Week in Daytona this year.

Current DoD requirements for NAS Jax motorcyclists

All personnel who operate or ride as a passenger on a motorcycle on board NAS, as a minimum must wear the following protective devices. Military members are required to wear the following safety equipment any time you operate or ride as a passenger, on or off base.

- Long sleeve shirt or jacket
- Long trousers
- Over the ankle, sturdy footwear (no tennis shoes)
- Full fingered gloves
- Department of Transportation (DOT) approved helmet, properly fastened with chin strap (novelty or fake helmets are prohibited on Military installations)
- Eye protection (fairing and windshield are not considered adequate)
- Brightly colored retro-reflective safety vest (cannot be covered by book bags or other articles of clothing)
- Cyclists must attend an approved Motorcycle Safety Course (MRC:RSS):

Next available dates:

Motorcycle Rider Course: Riding and Street Skills (MRC:RSS)

April 4, 5, and 6

April 11, 12, and 13

May 2, 3, and 4

May 16, 17, and 18

June 6, 7, and 8

Experienced Rider Course (ERC)
April 20

You can sign up for the motorcycle courses at the NAS Safety Office (Building 537), phone: 542-3082. For the MRC:RSS you must sign up in person at the Safety Office. You can be sign up for the ERC over the phone at the above-mentioned number.

Presently the above rules are being reviewed due to the changes in the OPNAVINST 5100.12G



Some retirees unaware of new military health care benefits

From NavHosp Jacksonville PAO

Jacksonville area, uniformed services retirees age 65 or older are being informed by the Department of Defense (DoD) and TRICARE Management Activity (TMA) of their potential entitlement to expanded benefits under TRICARE, the military's health care plan.

DoD recently sent approximately 1.4 million letters to uniformed services retirees, spouses and survivors who will attain the age of 65 prior to April 1, 2001. Many TRICARE beneficiaries did not receive this communication because the information used to contact them is missing or incorrect. These include beneficiaries who have not used their military benefits for several years, some of whom may be living in nursing homes or assisted living facilities. They may not have updated their addresses with the Defense Enrollment Eligibility Reporting System (DEERS), or renewed their expired uniformed services identification (ID) and privilege cards.

Uniformed services retirees are generally defined as those who served 20 or more years on active duty or in the reserves, and are eligible for retired or retainer pay. New legislation passed last October provides TRICARE pharmacy and medical benefits to retirees and their eligible family members who are age 65 and over and eligible for Medicare Part A.

In order to become entitled to TRICARE benefits outside a military hospital or clinic, a beneficiary age 65 or older must have Medicare Part B. There are a few exceptions. Uniformed services beneficiaries may use the new pharmacy benefit, called the TRICARE Senior Pharmacy Program, without Part B enrollment if they are currently age 65, or will turn 65 before April 1, 2001, the effective

date for the senior pharmacy program. Medicare-eligible beneficiaries age 65 and over can use military treatment facility (MTF) pharmacies, the National Mail Order Pharmacy program and retail pharmacies. Additional information about the pharmacy benefit is available by calling 1-877-DOD-MEDS.

The medical benefits provided by the new legislation, called TRICARE For Life, will start Oct. 1, 2001. Eligible beneficiaries who continue to receive medical care from their current Medicare providers will have TRICARE as their second payer, beginning Oct. 1, for medical care that is payable under both Medicare and TRICARE. After Medicare makes its payment on a beneficiary's medical claim, Medicare will submit the remaining charges to TRICARE.

For medical care that is a covered benefit under Medicare but not TRICARE, the beneficiary will be responsible for any Medicare cost share or deductible.

For medical care that is a benefit under TRICARE but not Medicare, the beneficiary will be responsible for any TRICARE cost share or deductible. Medicare-eligible beneficiaries may obtain care from a military treatment facility, or they can use TRICARE-authorized civilian providers.

Overseas beneficiaries who turn age 65 on or after April 1, 2001, must enroll in Part B to participate in the TRICARE For Life and TRICARE Senior Pharmacy Program even though there is no Medicare benefit overseas.

Dental coverage through the TRICARE Retiree Dental Program (TRDP) has always been available to Medicare-eligible uniformed services retirees. The TRDP is administered by Delta Dental Plan of California and offers a comprehensive dental benefits package to all re-

tired members of the uniformed services entitled to retired pay. Information about the TRDP and how to enroll in the program is available by calling Delta Dental at 1-888-336-3260 or at <http://www.ddpdelta.org>

To participate in TRICARE For Life and the TRICARE Senior Pharmacy Program, Medicare-eligible beneficiaries age 65 and over do not have to "sign up" or enroll. However, they do need to be enrolled in DEERS. Retirees are automatically enrolled through the Defense Finance and Accounting Service (DFAS). Family members holding valid ID cards are also enrolled in DEERS. Medicare-eligible family members and survivors age 65 and over who do not possess a valid ID card will need to enroll in DEERS and obtain one from their local Personnel Support Detachment (Jax 542-2835/Mayport 270-5319). They can also contact the Defense Manpower Data Center (DMDC) Support Office (DSO) at 1-800-538-9552 to review their DEERS records and obtain the address and phone number of the nearest military installation for details. Generally, all beneficiaries should update their DEERS record with their correct addresses and any changes in family status in order to receive mailings about their health care benefits. Medicare-eligible beneficiaries age 65 and over, and others, may update their DEERS address by:

- Going to the nearest military personnel office that has an ID card facility;
- E-mailing changes to addrinfo@osd.pentagon.mil;
- Faxing the address change to DSO, Attn: COA, 1-831-655-8317;
- Mailing changes to the DSO, Attn: TFL, 400 Gigling Road, Seaside, CA 93955-6771; or,
- Calling the toll-free number for the DSO at 1-800-538-9552.

Beneficiaries who need to update

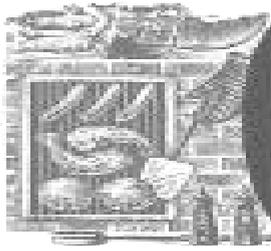
their DEERS information other than address changes should contact or visit the nearest military ID card issuing facility. Other options include mailing or faxing the appropriate documentation to the DSO as referenced above, to include an attention line, Attn: R&A. The beneficiary MUST include the required documentation for DEERS enrollment, which DSO can explain. Requests received without documentation will be returned unprocessed.

If beneficiaries are not enrolled in Medicare Part B, and want to use TRICARE For Life and the TRICARE Senior Pharmacy Program, they should apply to the local Social Security Administration (SSA) office. The front of their Medicare card will indicate Part B enrollment status.

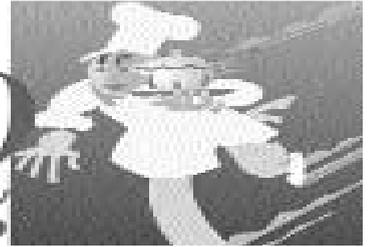
The general enrollment period for Medicare Part B is held Jan. 1 through March 31 of each year, and Part B coverage starts on July 1 of that year. For details on enrollment in Part B, beneficiaries may call the SSA toll-free number, 800-772-1213, or visit any Social Security office. They also can find information on the Medicare Web site, <http://medicare.gov>. Additional information and updates about TRICARE For Life are posted on the TRICARE Web site at <http://www.tricare.osd.mil/ndaa>

According to TRICARE Management Activity (TMA) officials, who will administer the new benefits, eligible seniors should NOT immediately cancel their current Medigap insurance coverage.

The Department of Defense is working with the Health Care Financing Administration (HCFA) (the organization that administers the Medicare benefit) to provide the most accurate information on the appropriateness of continued enrollment in Medigap insurance policies.



What's Cookin'?



AT THE GALLEY

Meal hours

Monday through Friday
 Breakfast 6 to 7:30 a.m.
 Lunch 11 a.m. to 1 p.m.
 Dinner 4:30 to 6 p.m.

Saturday, Sunday and holidays
 Breakfast 6:30 to 8:30 a.m.
 Brunch 10:30 a.m. to 12:30 p.m.
 Dinner 4 to 5:30 p.m.

Meal costs

Breakfast \$1.60
 Brunch/Lunch \$3.20
 Dinner \$3.20

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

Thursday

Breakfast
 Minced beef w/toast
 Seasoned diced potatoes
 Grits
 Grilled bacon slices
 French toast
 Assorted omelets

Lunch
 Roast turkey
 Mashed potatoes
 Candied sweet potatoes
 Brown gravy
 Hot cornbread
 Baked ham
 Cornbread dressing
 Collard greens w/ham hocks
 Tomato rice soup

Dinner
 Syrian beef stew
 Steamed broccoli
 Split pea soup
 Fried fish portions
 Steamed egg noodles
 Steamed rice
 Glazed carrots

Friday

Breakfast
 Oven fried bacon
 Lyonnaise potatoes
 Rolled oats

Corned beef hash
 Apple fritters
 Assorted omelets

Lunch
 Herbed baked fish
 Rice pilaf
 Quick onion soup
 Brussel sprouts



Chili macaroni
 Scalloped potatoes
 Succotash
 New England clam chowder

Dinner
 Yankee pot roast w/natural gravy
 Rissole potatoes
 Steamed cabbage
 Corn on the cob
 Honey glazed Cornish hens
 Whipped potatoes
 Manhattan clam chowder
 Chicken gravy

Saturday

Breakfast
 Grilled bacon
 Grilled hash browns
 Farina
 Sausage patties
 Waffles
 Assorted omelets

Brunch
 Chicken fillet sandwich
 Sausage patties
 Waffles
 Beef noodle soup
 Baked beans
 Peas w/celery
 Farina

French fried potatoes

Dinner
 Meatloaf
 Fried rice
 Cauliflower Polonaise
 Mulligatawny soup
 Southern fried fish
 Parsley buttered potatoes
 Tomato gumbo
 Brown gravy

Sunday

Breakfast
 Grilled ham
 Hash browns
 Assorted omelets
 Oven fried bacon
 French toast puffs
 Grits

Brunch
 Hamburgers

Oven fried bacon
 Grits
 Corn chowder
 Deep fried onion rings
 French toast puffs
 Assorted omelets
 Corn on the cob

Dinner
 Beef stew
 Boiled noodles
 Club spinach
 Chicken rice soup
 Fried chicken
 Steamed rice
 Steamed carrots
 Biscuits

Monday

Breakfast
 Oven fried bacon
 Hash brown potatoes
 Pancakes
 Grilled ham slices
 Oatmeal
 Assorted omelets

Lunch
 Veal Parmesan
 Steamed noodles
 Steamed broccoli
 Tomato vegetable soup
 Spaghetti w/meat sauce
 Rice w/parmesan cheese
 Simmered corn
 Chicken noodle soup
 Marinara sauce

Dinner
 Chicken fried steak
 Brown gravy
 Whipped potatoes
 Spinach
 Turkey gravy
 Roast turkey
 Steamed rice
 Steamed carrots
 Chicken noodle soup

Tuesday

Breakfast
 Creamed beef w/biscuits
 Home fried potatoes
 French toast
 Grilled sausage links
 Farina
 Grilled omelets

Lunch
 Baked fresh ham

Brown gravy
 Rice pilaf
 Peas and carrots
 Tomato rice soup
 Cajun meatloaf
 Macaroni and cheese
 Sweet potatoes
 Mulligatawny soup

Dinner
 El rancho stew
 Brown gravy
 Franconia potatoes
 Calico corn
 Lemon baked fish
 Steamed egg noodles
 Steamed peas
 Tomato rice soup

Wednesday

Breakfast
 Oven fried bacon
 Cottage fried potatoes
 Corned beef hash
 Farina
 Assorted omelets
 Waffles

Lunch
 Fried/baked chicken
 Baked macaroni and cheese
 Corn on the cob
 Jalapeno cornbread
 Chili macaroni
 Hopping john
 Southern style greens
 Chicken gumbo soup

Dinner
 Pork chop suey
 Noodles Jefferson
 Parsley potatoes
 Herbed green beans
 Chilled apple sauce
 Ginger pot roast
 Cream gravy
 Glazed carrots
 Beef rice soup
 Steamed rice



Wellness Center offers nutrition, health and fitness assessments

The Wellness Center will test your blood pressure, and your cholesterol. The Wellness Center provides fitness recommendations to improve your heart health. They will measure your body composition and can set up an aerobic fitness program for you. Using follow-up testing, they will keep you motivated.

A 17-page wellness profile of your results will be provided. To schedule health fitness assessments call the Wellness Center at 542-5292.

The Wellness Center is available Tuesday, Wednesday, and Friday from 7:30 a.m. to 3 p.m. Also they are available Mondays and Thursdays, 8 a.m. to 5 p.m.

Websters offers master's degrees

Webster University is offering Masters Degrees in Procurement and Acquisitions Management starting summer term: May 20 through July 28. Contact Sandy Michael at the Navy College Office, Bldg. 110, 779-7124.

Enroll today - Spring II 2001 Classes start March 20 and later.

Webster University Graduate School Programs at NAS Jacksonville:

Master of Arts:

- Computer Resources & Information Management
- Human Resources Development
- Human Resources Management
- Management
- Telecommunications Management

Masters of Business Administration

Masters of Business Administration with emphasis:

- Computer Resources & Information Management
- Human Resources Development
- Human Resources Management
- Management
- Telecommunications Management

SMART documentation available back to 1976

Sailors who retired or separated from the Navy, back to 1976, can now obtain a copy of their Sailor/Marine American Council of Education Registry Transcript (SMART) online.

The Navy Wire Service reports that approximately 700,000 records have been recently added to the database to enable former Sailors to acquire their SMART.

Individuals interested in obtaining a copy of their SMART may log on to the Navy College Program (NCP) Web site at www.navycollege.navy.

mil/, or call the Navy College Center from 6 a.m. to 9 p.m., Central Time, seven days a week at (877) 253-7122.

Former Sailors who log on to the NCP Web site for the first time to obtain their SMART will receive a prompt to provide their active-duty service date, pay entry base date, or last day on active-duty date.

If you have difficulty at any time in obtaining your SMART or accessing the online system, you may contact the Navy College Center for assistance.



Hospital's CMC re-ups — Naval Hospital Jacksonville's Command Master Chief MMCM Lennie Nowlin is re-enlisted last Friday by Naval Hospital Commanding Officer Capt. Barbara Vernoski (left) at an awards ceremony on the hospital's Quarterdeck. Nowlin is a native of Marianna, Pa. and enlisted in the Navy, Feb. 18, 1975. He has been the hospital's CMC since September 1998.

TRICARE senior pharmacy benefit details announced

The Department of Defense announced that on April 1, 2001, uniformed services beneficiaries 65 years of age and older will begin receiving pharmacy benefits provided by the 2001 National Defense Authorization Act (NDAA). An estimated 1.4 million beneficiaries are eligible for the benefit.

The new program will limit their out-of-pocket costs and increase their access to the National Mail Order Program (NMOP), and retail pharmacies that are part of the Department of Defense (DoD) network, which include many major chain drug stores. In addition, they may use non-network retail pharmacies.

"Drug therapy, for many of our older retired service members, is one of their greatest and most costly medical needs. This is a comprehensive drug benefit that makes pharmacy care accessible and affordable. This expanded benefit should contribute significantly to their quality of life," stated J. Jarrett Clinton, M.D., acting assistant secretary of Defense for Health Affairs.

Beneficiaries who are 65 years of age and older will not pay enrollment fees or annual premiums for their TRICARE pharmacy benefits, but they will pay modest co-pays when they use NMOP and retail network pharmacies. In addition, beneficiaries will also be able to use non-network pharmacies, but this option will entail a slightly higher co-pay and deductible. In the past, only those beneficiaries who were eligible for Base Realignment and Closure (BRAC) benefits and the Pharmacy Redesign Pilot Program (PRPP) were able to enjoy modest out-of-pocket costs through the NMOP and retail pharmacy network. The BRAC pharmacy benefit and the Pharmacy Redesign Pilot Program are replaced by the new program.

By law, to use the TRICARE retail and mail order benefit, beneficiaries age 65 and over must be eligible for Medicare Part A and enrolled in Part B. There is an exception: Those who turn 65 before April 1, 2001, are eligible for the benefit, even if they are not enrolled in Medicare Part B.

Effective Oct. 1, 2001, Medicare-eligible military beneficiaries become eligible for all other TRICARE benefits. The law requires that all Medicare-eligible beneficiaries, regardless of age, must be enrolled in Medicare Part B to receive the other TRICARE benefits; and they are advised to enroll in Part B as soon as they are eligible. The annual open season for enrollment in Medicare Part B is Jan. 1 through March 31. Information about Medicare enrollment is available at local Social Security Administration offices, or on the Medicare

Web site at <http://www.medicare.gov/Basics/Overview.asp>

Retired beneficiaries living overseas can use their TRICARE benefit at overseas pharmacies, but they will need to submit their pharmacy claims for reimbursement. They also will be able to utilize the NMOP, if certain requirements are met. Federal and state legal restrictions apply to the prescribing, dispensing and mailing of prescription drugs, so the NMOP can only mail to APOs and FPOs, which are part of the U.S. Postal Service. Also, the NMOP can only fill prescriptions written by providers licensed to practice in the United States.

The NMOP offers the largest discount to DoD beneficiaries. It is convenient for filling prescriptions for chronic conditions like high blood pressure or diabetes. The retail network pharmacy program can be used for short-term, immediate use medications. Lists of TRICARE network pharmacies will be available from regional TRICARE contractors. Beneficiaries who use non-network pharmacies will have to meet an annual deductible, incur a higher co-pay, and pay the entire bill up front, and then file a claim for appropriate reimbursement.

One of the most important steps eligible beneficiaries can take to be sure they can use the expanded pharmacy benefit is to update their Defense Enrollment Eligibility Reporting System (DEERS) record with their correct address and any changes in family status, such as marriage, divorce, birth or adoption.

Eligible beneficiaries may update their addresses in DEERS in a number of ways:

By visiting the Naval Air Station Jacksonville's Personnel Support Detachment (PSD) located in Building 789 Monday through Friday, 8:30 a.m. to 4 p.m.; by calling the Defense Manpower Data Center Support Office (DSO) Telephone Center at 800-538-9552 (The best time to call the Telephone Center is Wednesday through Friday, between 9 a.m. and 3 p.m. (Pacific Time) to avoid delays); by faxing changes to (831) 655-8317; by mailing the change information to the DSO, Attn: COA, 400 Gigling Road, Seaside, CA 93955-6771; by visiting Naval Hospital Jacksonville; by emailing information to addrinfo@osd.pentagon.mil and including the sponsor's name and social security number, name(s) of other family members affected by the address change, effective date of address information, and telephone number (including area code), if available. In-

ternet users should use all lowercase letters because some e-mail systems are case sensitive.

To change information in DEERS other than address data, beneficiaries may visit PSD, or mail or fax changes with appropriate documentation to the address or fax numbers provided above. For beneficiaries to learn what documentation is required, contact PSD by calling

542-3728.

Multiple sources available for TRICARE help

TRICARE is the health benefits program for military personnel and their families in the Jacksonville area. When deciding how to obtain health care through the system there are three choices. TRICARE Prime, TRICARE Extra and TRICARE Standard.

TRICARE Prime is a health maintenance organization (HMO) type option where once enrolled you will receive your care from Naval Hospital Jacksonville, the hospital's clinics in Kings Bay and Mayport, or within the Prime network of civilian providers.

Following are some of the resources that are available to provide TRICARE beneficiaries (active duty, reservists, retirees, etc.) help and assistance with any TRICARE related issues:

- TRICARE Service Center - can be contacted toll free by calling 1-800-444-5445, or visit their location at 1210 Kingsley Ave, Suite 1, Orange Park, Fla.

- Beneficiary Counseling Assistance and Coordinator (formerly known as Health Benefits Advisors) - can be contacted at Naval Hospital Jacksonville by calling 542-9164.

- Debt Collection Assistance Officer (DCAO) - can be contacted by calling 542-7585 or via e-mail at dcaon-hjax@sar.med.navy.mil

- TRICARE Help E-Mail System - Managed by the Army. Available to all services, reservists, National Guard, retirees, etc. Send E-mail messages to: TRICARE_Help@amedd.army.mil

- TRICARE QUESTIONS - Operat-

ed by the TRICARE Management

Activity. Available to all services, reservists, National Guard, retirees, etc. Send E-mail messages to: QUESTIONS@tma.osd.mil

- TRICARE Beneficiary Forum - Operated by the TRICARE Management Activity. Contact online at <http://www.tricare.osd.mil/forums/index.cfm?cfapp=7> or go to <http://www.tricare.osd.mil> and click on the TRICARE Beneficiary Forum button. This service is available to anyone with Internet access and provides online forum for answering, discussing, and resolving TRICARE related issues.

If you are interested in receiving your health care at Naval Hospital Jacksonville, TRICARE Prime is the option for

you. For more information, or to enroll call or visit the TRICARE Service Center at 1-800-444-5445 located at 1210 Kingsley Ave., Suite 1, Orange Park, Fla., or contact Naval Hospital Jacksonville's Health Benefits Center at 542-9164.



VOLUNTEER OPPORTUNITIES: MARCH AND APRIL

Navy-Marine Corps Relief Society, NAS Jacksonville, is seeking new volunteers

Make a Difference! Since 1904, the Navy-Marine Corps Relief Society (NMCRS) has been there to help Sailors, Marines and their families in times of personal emergency. Military spouses, retirees, and active duty who volunteer are the backbone of the Society. You'll gain valuable experience and knowledge of Naval Service life. The Society routinely attracts people with compassion and commitment to be of service. Share your unique talents and pursue your special interests while assisting your shipmates and fellow Marines. You'll even be reimbursed for childcare and commuting expenses. NMCRS, NAS Jacksonville, needs office personnel, caseworkers, volunteer administrators, receptionists, budget for baby instructors, as well as other important jobs. NMCRS is located in the Fleet and Family Support Center, Bldg. 876, and is open Mondays - Fridays from 8 a.m. to 4:30 p.m. Please call with any questions or to sign up to help out with this worthy cause, 542-3515/3191.

Habitat for Humanity of Jacksonville - Anytime throughout March

HabiJax, the local affiliate for Habitat for Humanity, recently completed their goal to build 200 homes in 2000 and has

now started working on homes for 2001. Volunteers are needed to help with framing, roofing and installing vinyl siding on homes every Weds, Fri and Sat during the next few months. No skill is necessary. Participants must be 16 years of age or older. For more information contact Diane Quick, HabiJax at 632-0949, ext. 240.

Mayor's 21st annual Fish-A-Thon - March 26

This function is for the benefit of our City's senior citizens. Help out with set-up and support for the day's activities from 8:30 a.m.-2:30 p.m. at Hanna Park. Opportunities include serving lunch, assisting with fishing, and clean up. Volunteers will receive a free lunch. Minimum age requirement for dependents is 16 years. For more information contact Sue Bisesi, City of Jacksonville, at 630-1020.

Learning for Life - March 27 - 30 and April 2 - 30

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

<http://www.learning-for-life.org/>.

To sign up contact MMCS Battle, NAS Jax Safety, at 542-3082, DSN 942.

Jacksonville's Children's Commission Teddy Bear Picnic - April 3

The Jacksonville Children's Commission is looking for volunteers to support their Teddy Bear picnic scheduled for Tuesday, April 3rd from 8:30 a.m. - noon at Metropolitan Park (across from Alltel Stadium). The picnic is for the benefit of Jacksonville area pre-schoolers who attend the event free of charge. Volunteers are needed to assist with outdoor children's activities and to distribute pre-made bagged snacks. All volunteers will receive a T-shirt and lunch. For more information or to sign up call Lisette Maldonado at 630-7251.

Jacksonville Jaguars First Annual Jaguars 5K 'Draft Day Dash' - April 21

The Jaguars special events department is looking for assistance for their first annual Jaguars 5K 'Draft Day Dash' taking place in the downtown area. Volunteers are needed to help out with registration and for positions at the start line, along the course, two refreshment stops and at the finish line. Reporting time for pre-dash volunteer activities is to Alltel stadium at the Jaguars statue NLT 11 a.m. Dash volunteers will be needed at 3 p.m. The

race begins at 5 p.m. All volunteers will receive an event T-shirt and refreshments/lunch. Navy volunteers will also receive free registrations for use by other Navy members. Before, during and after the run there will be a Draft Day Fan Fest, with live coverage of the NFL draft and festivities concluding an hour after the end of the run. For more information or to sign up contact Brian Lemmey, Special Events Coordinator, at (904) 633-6325.

City of Jacksonville 'World of Nations' Celebration - April 27- 29

Join the fun and experience other cultures at the annual World of Nations weekend celebration from 8 a.m. - 9 a.m. in Metropolitan Park (across from Alltel Stadium). Various volunteer opportunities and shifts are available to support the weekend events. Opportunities range from handing out information to stamping passports and monitoring exhibits. Minimum age for dependents is 16 yrs. For more information contact Sue Bisesi, City of Jacksonville, at (904) 630-1020.

COMMUNITY CALENDAR

Green Cove Springs VFW Post 1988 and Ladies Auxiliary will host their Motorcycle and Auto Poker Run March 24. This event benefits cancer aid and research. Registration for the event is 10 a.m. to noon. Entry fee is \$5 per person. The run commences at noon. Following the run, a barbecue dinner will be offered for \$5 per person. This event is open to the public. For more details, call 284-0775.

One Flew over the Cuckoo's Nest, is open at Theatre Jacksonville, 2032 San Marco Blvd. Show dates are March 23, 24 at 8 p.m. Sunday Matinee, March 18 at 2:30 p.m. Tickets run \$20. Some discounts are available for advance purchase by seniors, students and military. Reservations are suggested. Call the Theatre Box Office at 396-4425.

The Cecil Field Gym is hosting open volleyball — The Jacksonville Department of Parks, Recreation and Entertainment will hold open volleyball at the Cecil Field Gym, 13531 Lake Newman St., Sundays from 2 to 4 p.m. through April 8. Interested adults, families and youths are invited to this no-cost activity. If participation warrants, a league may be formed. Call the Gym, 778-5497, for information.

Monthly Ombudsman Assembly meetings are held the fourth Thursday of each month at NAS Jax. For information call Diane Parker at 542-2766, ext. 30.

Second Annual Youth & Adult Golf Tournament, sponsored by the city of Jacksonville Department of Parks, Recreation and Entertainment, is set for March 23 at the Golf Club of Jacksonville (Bent Creek), located at 10440 Tournament Lane. The Captain's Choice tournament has a shotgun shot at 8 a.m. Check-in begins at 7 a.m. There will be four flights, with trophies awarded in each flight. An awards luncheon follows. Call 630-3555.

BabyWise Class is offered free for all expecting, new or experienced parents at the New Community Family Church, Sunday, March 25 at 5:30 p.m. The Church is located at Timuquana Place, 5209-11 Timuquana Road, Suite 9. Learn how 1,000,000 parents have trained their children to sleep through the night by 8 weeks old, found order in the midst of chaos in the home, learned to understand feeding and growth patterns, learned to be pro-active in parenting to get results.

The Polish American Club of Northeast Florida announces two upcoming events. Jan Cymand and his Band will be performing, March 24 for dancing from 7-11 p.m. The cost is \$7.50 per person. Children are admitted free and authentic Polish food will be available. On April 8, the Club will host "A Tea Dance," featuring Al Allen

and his Band. The Tea Dance runs from 2:30 to 5:30 p.m. Donations are only \$4. Refreshments will be available. Both events are at 5850 Collins Road in Jacksonville and the public is welcome. For information or reservations call 772-7836.

Go fly a kite! - Children and adults are invited to join the City of Jacksonville Department of Parks, Recreation & Entertainment at the 76th Annual Kite Festival March 31. This year's festival will held at Paxon Middle School, 3276 West 5th Street, Jacksonville, beginning at 11 a.m. The Festival contest categories are for handmade, and store-bought or handmade kites. Ribbons will be awarded in both adult and youth divisions for best decorated, best box kite, most unique, largest and smallest kites, and an altitude contest, steadiest bow kite, strongest puller and the unlimited strongest puller. Also featured is a "drag race" contest, where teams compete to build and launch their own kite. For information call 630-4100.

Navy Wives Club of America NWCA Jax #86 invites all to "Customer Appreciation Day" on March 31, 9 to 1 p.m. the Not New Shop is also open Tuesday and Thursday from 9 a.m. to 1 p.m. and every other Saturday. The club meets at 7:30 p.m. the first Wednesday of every month. The shop is located aboard NAS Jacksonville, Bldg. 612 Jason Street. During the "Big Sale," hotdogs, potato chips, drinks etc. will be available. Call Pearl Aran at 772-0242 or President Barbara Howard at 471-1444.

The Jacksonville Zoo invites you to its "Wild Florida" grand opening celebration set for March 31 through April 1. Your journey through "Wild Florida," a \$1.6 million development, will include a walkway through 2.5 acres of natural wetlands consisting of native animals and plants. You will encounter black bears, otters, red wolves, bald eagles, bobcats, alligators, Florida panthers, various reptiles, white-tail deer and two wetland owl species. There is also a state of the art reptile house.

The Childbirth Education Association is celebrating the 10th anniversary of its annual Beautiful Babies Contest. The contest, which is CEA's primary fundraiser, offers nearly \$10,000 in prizes and awards. It features entrants from four different ages and categories from throughout Northeast Florida. Twenty-five winners will be chosen with one grand prize winner being chosen at random from the 25 to receive a \$5,000 U.S. Savings Bond. There is also a separate Funny Face category for additional prizes. CEA, a United Way nonprofit agency, provides pre and postnatal education to families throughout Northeast Florida. Entry forms for the contest are available at Walgreens, Jiffy Lube, Memorial Hospital Jacksonville, Duval County Public Libraries and the CEA offices. For more

information call 367-9341 or visit www.gojacksonville.com.

The Annual Blessing of the Fleet will take place April 8 on the Northbank Riverfront Park in downtown Jacksonville. Witness over 200 of the First Coast's finest vessels as they participate in this visually stunning ceremony. For information on participating with your boat, call Gordy Millar at 363-0297.

Clay County's 13th annual Concert on the Green is seeking participants for its Young Artist Competition. Clay County Students have the opportunity to compete in music and art for almost \$5,000 in scholarships, grants and prizes. The competition is a prelude to Concert on the Green, one of Clay County's most prominent cultural events, May 27, at Magnolia Point Golf and Country Club. The competition is open to instrumentalists and vocalists and includes a poster contest. First prize in the music categories is a \$1,500 scholarship and the opportunity to perform with the Jacksonville Symphony during Concert on the Green. The visual artist first prize is a \$500 scholarship and the opportunity to have their work reproduced by Empire Communications Group, Inc. as advertising for the event. The deadline to sign up is April 6. For information call 269-1046.

The United States Naval Test Pilot School, NAS Patuxent River, Md., will host its 53rd annual symposium and reunion April 20 and 21. The first day of the event begins with a continental breakfast at 8 a.m. Technical symposiums will be held from 8:30 to 11 a.m. and 1:30 to 3:30 p.m. Naval Test Wing Atlantic will hold its awards luncheon at 11:30 a.m. The day's activities end with a station tour at 4:30 p.m. and "fly-in" social at 5 p.m. Reunion activities April 21 include sporting and social events beginning at 9 a.m. and a reception at 7 p.m. Alumni who haven't been in contact with the school are asked to send their current mailing addresses to: U.S. Naval Test Pilot School, 22783 Cedar Point Road, Patuxent River, MD 20670-1160. Alumni may also call 301-757-5013 or 301-342-4131. For more information, contact reunion coordinators Lt. Cmdr. Al Holtslander at 301-757-5027 or e-mail at holtslandeca@navair.navy.mil or Richard Greenleaf at 301-757-5018 or email at greenleafrf@navair.navy.mil. You may locate our web site at 222.usntps.navy.mil or email the school at tpsinfo@navair.navy.mil.

Organizers of the 9th Annual World of Nations Celebration are looking for multi-cultural organizations to participate in this year's Celebration. The City of Jacksonville invites all such

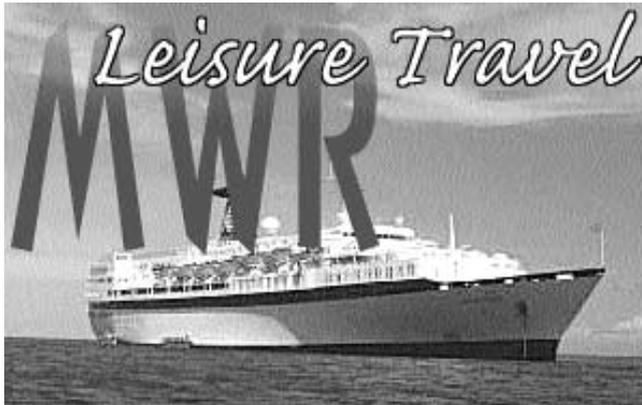
Jacksonville groups to participate in the Celebration, April 26, 27 and 28 at Metropolitan Park. The yearly festival celebrates the cultural contributions of Jacksonville's many different diverse groups through entertainment, educational displays and demonstrations, arts and crafts, cuisine and more. Each "country's" pavilion is organized by one of Jacksonville's multicultural clubs or organizations. Over 40 different countries are represented at the World of Nations Celebration. If your club or organization is interested in participating or hosting a pavilion, please contact the Office of Special Events at 630-3690 or events@coj.net. An organizational meeting will be held today in the Renaissance Room at City Hall at St. James, 117 West Duval Street. There is a registration fee, and all participating groups must have non-profit status (501 (c) (3)).

Navy and Marine Corps Chief Photographers, LDOs and Warrant photo officers and members of the National Association of Naval Photography will hold their 2001 West Coast Round Up at the Holiday Inn, Boardwalk Casino, Las Vegas, Nev., April 29 through May 2001. The point of contact is Ed Carr, (702) 255-3977, or on the web, edcar1899@msn.com.

The Patrol Squadron (VP) 4 "Skinny Dragons," based in Kaneohe, Hawaii, are having a reunion for all its former members on May 17 through 20 at Pensacola, Fla. For information on the reunion write to: Steve Andruszkewicz, 13115 Le Par #35, Chino Hills, CA 91709. To reach him by phone call (909) 591-2329, email address: steveaz@bigfoot.com. The reunion hotline number is (405) 321-0287 and the web-site is www.vp4association.com.

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

The U.S. Navy Cruiser Sailors Association Reunion is June 13 - 18 in Seattle, Wash. For information contact B.E. "Bud" Browell at 360-755-9104 or write him at B.E. "Bud" Browell, 317 South Anacortes Street, Burlington, Wash. 98233.



These offers may be time-sensitive and capacity controlled. All promotions are subject to availability at the time of booking. To ensure the best price, contact MWR Leisure Travel today for a firm quote, or visit www.mwrleisuretravel.com, email: mwrtravel@aol.com

Alaska

Celebrity Cruise Line — Into the Wilds of Alaska From \$749. Available: 05/11/01 through 05/18/01.

Australia

Royal Caribbean — Legend of the Seas, Exotic Destinations, Sydney to Auckland From \$1549. Available: 01/20/02, 02/17/02.

Canada

Caravan Tours — Montreal, Quebec, Laurentians, Niagara, eight-day Caravan Tours From \$1395. Available: 06/09/01, 07/07/01, 07/21/01, 08/04/01, 09/15/01, 09/22/01, 09/29/01, 10/06/01.

Regal Cruises — kid's sail free on any five-night cruise to New England/Canada from New York! From \$599. Available: 06/25/01 through 06/30/01.

Caribbean

Celebrity Cruise Line — Celebrity's Caribbean - Where will it take you? From \$749. Available: 09/08/01 through 11/03/01.

Northwest Worldvacations — Save \$350 per person at Renaissance Jamaica Grande from \$868. Available: 04/23/01 through 06/29/01.

Caribbean Southern

Celebrity Cruise Line — Caribbean Ports of Call sure to inspire, from \$599. Available: 04/07/01 through 04/28/01.

Royal Caribbean — Introducing Adventure of the Seas, from \$829. Available: 11/25/01 through 12/09/01.

Europe

Auto Europe — New York

City/Boston to Paris in Springtime from Auto Europe! From \$377. Available: 03/08/01 through 03/31/01.

Caravan Tours — Venice, Florence, Rome - 11 Days, Caravan Tours from \$2995. Available: 05/05/01, 05/19/01, 06/23/01, 07/21/01, 09/08/01, 09/15/01, 09/22/01, 09/29/01, 10/06/01.

Contiki - vacations for 18-35 year olds — Last minute deal to Europe! From \$1529. Available: 03/26/01.

Insight Vacations — France: 10 days from \$920. Available: 04/27/01 through 10/26/01. Highlights of Spain: 11 Days from \$850. Available: 01/11/01 through 12/01/01.

Mediterranean

Princess Cruise Line — 12 Days Rome to Copenhagen on Crown Princess, from \$1499. Available: 05/14/01.

Silversea Cruises — Business Class Air Upgrade on Voyage 2116 for \$1,395. From \$8185. Available: 09/07/01.

Orient Lines — Greek Isles & Italy - Roundtrip air starting at just \$99. From \$1885. Available: 05/07/01, 05/31/01, 06/24/01, 07/08/01, 08/11/01.

Mexico

Carnival Cruise Line — California, Here We Come! From \$379. Available: 05/18/01, 05/21/01, 05/25/01, 05/28/01, 06/01/01, 06/04/01, 06/08/01, 06/11/01.

Carnival Cruise Line — A Mexican Fiesta! From \$799. Available: 04/08/01, 04/15/01, 05/06/01, 06/10/01.

Adventure Tours USA — Four-night great Cozumel special in April from Dallas/Ft.Worth! From \$459. Available:

04/02/01, 04/09/01, 04/16/01, 04/23/01.

Northwest Worldvacations — 4th night free at Hyatt Cancun Caribbean, save \$126 per person. Available: 03/12/01 through 03/31/01.

Panama Canal

Carnival Cruise Line — Experience the wonder of the Panama Canal, from \$1699. Available: 04/29/01, 10/20/01.

Russia

Silversea Cruises — Once in a lifetime package exclusively for Silversea guests. From \$9795. Available: 07/27/01.

U.S.

Caravan Tours — Grand Canyon, 9 Days, Caravan Tours, from \$1595. Available: 04/22/01, 05/13/01, 05/27/01, 06/10/01, 06/24/01, 08/05/01, 09/09/01, 09/16/01, 09/23/01, 09/30/01, 10/07/01, 10/14/01.

American Orient Express — Northwest and Glacier Special - Free Airfare! From \$3490. Available: 05/31/01 through 06/07/01.

American Orient Express — Rockies & Yellowstone - Hurry - Special Offer! From \$2890. Available: 08/29/01 through 09/05/01.

Las Vegas

Adventure Tours Usa — Golden Nugget three-night Las Vegas Package from Dallas/Ft.Worth! From \$281. Available: 03/22/01, 03/29/01.

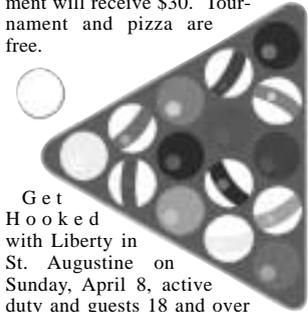
U.S. Northwest

Royal Caribbean — Radiance of the Seas, two-night Pacific Northwest Balcony Specials from \$349. Available: 05/24/01, 09/15/01, 10/12/01.

MWR NOTES

Liberty Events: 542-3491/1335

8-Ball Tournament and Free Pizza on Tuesday, April 3. Tournament sign-up begins at 6 p.m. The tournament begins at 7 p.m. Winner of the tournament will receive \$30. Tournament and pizza are free.



Get Hooked with Liberty in St. Augustine on Sunday, April 8, active duty and guests 18 and over may enjoy a full day of deep-sea fishing on the K-2 - \$40 for active duty, \$50 for guests, includes round-trip transportation, bait and tackle, snacks and soda. Sign-up at Liberty Cove Rec. Center by April 4. Space is limited.

Wednesday, April 11

Pizza and a movie at 7 p.m. Come to Liberty Cove Rec. Center for free pizza and watch The Replacements at 7:30 p.m.

Shoot your're the day away on Saturday, April 21 with Paintball Adventures - \$20 per person, includes round trip transportation, gun, ammo, and equipment. Sign-up by Wednesday, April 18.

Trips open to active duty and guests 18 and over, tournaments open to active duty only.

Free Movies

Movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. All movies are free and open to all! Bring your own snacks, no alcohol please and please do not leave children under 18 unattended!

March 23 at 7 p.m.:

Mask of Zorro
(PG13) Antonio Banderas & Anthony Hopkins

March 24 at 5 p.m.:

Small Soldiers
(PG13) Gregory Smith & Kirsten Dunst

March 24 at 7 p.m.:

Erin Brockovich
(R) Julia Roberts & Albert Finney

Registration for Summer Camp at NAS Jax Youth Center and Yellow Water Youth Center will take place on Saturday, April 28 from 10 a.m. - 1 p.m. Make sure to have all paperwork completed before registration starts. Call us for more information at 778-9772.

The 23rd Annual Navy Run will be held on Saturday, April 7 at 8 a.m. Free for active duty prior to April 7, \$15 for all others and \$20 for anyone who signs up at the race!

Pick up registration forms at the Base Gym or Fitness Source. This event is open to the public! Call 542-3518 for details.

Make a splash this season and hold your party or function at the Outdoor Pool Complex. Reservations are taken on a first come first serve basis, so call today to get your desired date. Call 542-3239/2930 and ask for Aquatics. The cost is \$75/first two hours and \$25/each additional hour and the cost includes certified lifeguards.

The Budweiser Brewhouse is a smoke-free dining facility that has video games and tons of TV hooked into Direct TV to watch all the sports running! We offer a variety of specials throughout the week, stop by and check us out!

Tuesdays: Enjoy 2 for 1, specials listed in the Brewhouse
March 21-Family Night Dinner Special

Yesterday's Caf : 542-3522 is located in The Zone on the corner of Jason St. and Saratoga Avenue is open for lunch Monday-Friday from 11 a.m. - 2 p.m.

Mondays-Chicken Tenders, fries and drink-\$4

Tuesdays: Spicy Chicken Sandwich, fries and drink-\$4

Wednesdays: Country Fried Steak Sandwich, soup, chips and drink-\$4

Thursdays-Turkey Sub with chips and drink-\$3

Fridays-Fried Fish Sandwich, soup, chips and drink-\$4

Bambino's Call 542-3900 for free on-base delivery.

Bambino's is your headquarters for food delivery on base and is running a Wednesday special buy one pizza and get the second one for half price (after 2 p.m.). Our delivery ends at 8:30 p.m. Sunday-Friday and 6:30 p.m. on Saturday, however pick-up of our delicious pizza and subs is available from 8:30 - 10 p.m. Pick-Up will be in the Brewhouse.

ITT News:

Florida Resident Specials

going on this month

Disney Two-Day Special Ticket is available at the ITT Office until April 6. The two-day ticket is \$80 adults and \$66 children. The ticket allows you to visit one day at the Animal Kingdom, and the 2nd day any one of the four Disney parks of your choice (Magic Kingdom, Epcot, MGM, or Animal Kingdom). Tickets expire April 6.

SeaWorld Fun Pass is available at the gate until April 6. Here's how it works: You can purchase a one-day ticket at the ITT office and for an additional \$10, you can upgrade your ticket at the park. The Fun Pass allows you a yearlong admission to SeaWorld with black out date restrictions.

Tomcat Football is back. The Tomcats are on the prowl for another season of action packed arena football at the Jacksonville Memorial Coliseum. Tickets will go on sale at the ITT Office in mid-March for only \$6.50 per ticket. Here's a preview of their home game gridiron schedule:

April 6 - Florida Firecats at 7:30 p.m.
May 4 - Pensacola Barracudas at 7 p.m.
May 12 - Iowa Barnstormers at 7:30 p.m.
May 25 - Charleston Swampfox at 7:30 p.m.

ITT is open Monday-Friday from 9 a.m. - 5 p.m. and Saturday from 9 a.m. - 2 p.m.. No refunds or exchanges on tickets and checks may not exceed \$250. Call 542-

3318 for more information. Check out the new outdoor trips offered by ITT.

Outdoor Recreation- Do you love the outdoors, or want to experience something new? Are you interested in spending a day canoeing down the pristine and crystal clear, Santa Fe River, or exploring the beauty of local Julington Creek filled with ancient swamps, huge cypress trees and abundant wildlife? Do you wonder what hiking in the Osceola National Forest is like? Then come to information, tickets and travel (ITT) and find out about our Outdoor trips.

Julington Creek Canoe Trip

Who: Active Duty Personnel 18 & over and Guests

What: Julington Creek Canoe Trip

When: April 8

Where: Journey into Jacksonville's outback. Enjoy the scenic outdoor setting of Julington Creek in the heart of Mandarin, only minutes away from NAS Jax. You will encounter wildlife in its natural habitat. Manatee, birds of prey and other waterborne species such as otter, nutria, snakes, turtles, and even alligators are common place in the backcountry. Please contact ITT for more information.

Marina News

19th Annual Bass Tournament-Saturday, April 14 at safe light is open to the general public. Call the Mulberry Cove Marina at 542-3260 for more information or stop by and pick-up a form, we have the best view on base!

Free canoe and kayak rentals for active duty on Thursdays!



NAS Jacksonville to host Navy Run

From CNRSE Public Affairs

NAS Jacksonville will host their 23rd annual Navy 10K Run/5K Walk Saturday, April 7, at 8 a.m.

Registration forms are available at the Fitness Source (Building 867) and the Base Gym (Building 614), both located on NAS Jacksonville.

Pre-registration will be held at the Holiday Inn, Route 17, in Orange Park on Friday, April 6, from 11:30 a.m. to 6:30 p.m.

The race is free to all active duty personnel. The cost to all others is \$15 prior to April 7. The cost for military and civilians who register the day of the race is \$20.

Late registration will take place in the Navy Exchange parking lot the day of the race from 6 a.m. to 7:45 a.m. Pack-

ets may also be picked up on race day at the registration area.

The race starts at 8 a.m. with an awards ceremony following in the Navy Exchange parking lot.

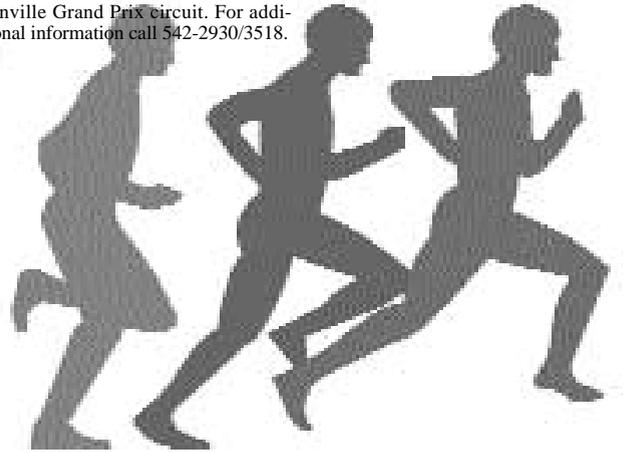
Following the 10K race, awards will be presented for the top three male and female finishers, top Masters and Grand Masters, plus three males and females in each age group. The top male and female in the Wheelchairs Category will also receive awards.

Following the 5K walk, the top 10 male and female finishers will receive awards (no age group); as will the top three military teams (maximum five members per team).

There will be a shoe fair outside the Navy Exchange the morning of the race.

The Navy 10K race is part of the Jack-

sonville Grand Prix circuit. For additional information call 542-2930/3518.



Marina's 19th Annual Bass Tournament casts off April 14

By Marty Wagner

Mulberry Cove Marina Staff

The NAS Jacksonville Bass tournament will be held Saturday, April 14 at NAS Jacksonville. This annual fishing event which is open to the public offers a great opportunity to fish with your buddy. This year marks the 19th year for the tournament presented by Mulberry Cove Marina aboard the Naval Station.

The prize pay out is extremely generous this year with nearly 80 percent of registration fees being paid out, and the total pay out exceeding \$6,000 (based on a field of 110 boats).

A Big Bass Pot will be featured for the largest fish caught in the tournament. A team format is used with two anglers per boat.

Registration is just \$60 per boat until April 1 when it will increase to \$75 per boat. For just \$10 more, you

can enter the Big Bass Pot which pays out 100 percent.

Additionally, registration order will determine the order in which fishermen may depart to fish the morning of the tournament, so it is to your advantage to get your registration in as soon as possible for both economic and strategic reasons. The tournament is catch and release, so boats used must have an operating live well to protect the health of the fish until they are released following weigh-in.

After a good day of fishing, lunch will be provided, as well as door prizes, and of course the winners will be determined. You may fish in any waters accessible by boat to the marina which is located here at NAS Jacksonville on the St John's river one mile north of the Buckman Bridge.

Don't miss this opportunity to have fun and test your angling skills. Stop by the Marina located at the corner of Ranger Street and Bluff Avenue to get your entry forms today!



A Bass fisherman bags his catch during last year's Bass Tournament.

2001 Atlantic Fleet and All-Navy Rifle and Pistol Championships slated

Firearms safety and marksmanship are fundamental military skills that must be acquired and maintained. One opportunity for commands to enhance personnel skills in these two areas is the annual Atlantic Fleet Rifle and Pistol Championships.

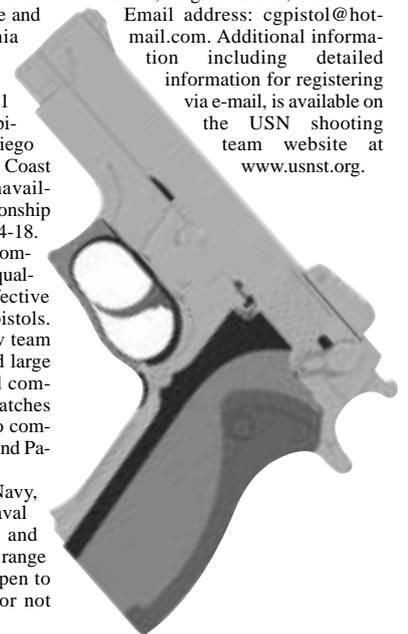
The 2001 Atlantic Fleet Rifle and Pistol Championships will be held at NAS Oceana Annex, Dam Neck, Rifle and Pistol Range Facility, Virginia Beach, Va., May 4-11. Check in is noon to 6 p.m., May 4. This event will be followed by the 2001 All Navy Rifle and Pistol Championships May 14-18 in the San Diego area. If air transport to the West Coast All-Navy Championships is unavailable an All-Navy (East) Championship will be held at Dam Neck May 14-18. Atlantic Fleet matches provide commands an economical means of qualifying personnel in safe and effective handling of service rifles and pistols. Additionally, the matches allow team competitions amongst small and large activities, enhancing command competitive spirit. The All-Navy matches enlarge that competitive spirit to competitions between Atlantic Fleet and Pacific Fleet teams.

These events are open to all Navy, Fleet Reserve Navy Retired, Naval Reserve, (active and retired) and Coast Guard personnel up to the range limit. Individual matches are open to qualified individuals whether or not

they are members of a team.

Commands and individuals should register online at www.usnst.org. Registration is completed by mailing \$40 individual entry fee in check or money order payable to USN Shooting Team (USNST) to Cmdr. James Ullian, USCGR, USNST Admin, 1420 Rutland Drive, Virginia Beach, Va. 23454.

Email address: cgpistol@hotmail.com. Additional information including detailed information for registering via e-mail, is available on the USN shooting team website at www.usnst.org.



NAS Gym class prepares Sailors for PRT

By JO3 Jackey Bratt

Sailors, like everyone else, often set goals for self-improvement. One such goal that you like so many Sailors may have set is to do better on the next Physical Readiness Test (PRT). The NAS Jacksonville gym has instituted new PRT preparatory classes designed specifically to help you achieve that goal.

One Sailor working on that goal is HM3



Sailors sweat to shed pounds and gain muscle Monday and Wednesday mornings at the PRT prep class.

Lisa Whitney who said, "I definitely am striving to improve my PRT this year." Whitney is attached to the Branch Medical Clinic in Occupational Medicine. Whitney, along with fellow hospital corpsman HM3 Erica Rodriguez, participate in the PRT preparation class held every Monday and Wednesday at the base gym. The 45-minute long, step aerobic class is run by gym aerobics instructor Francis Diaz. Whitney and Rodriguez said attending the classes has definitely paid off for them.

"I've already lost 10 pounds since

joining the class," said Whitney. And both Corpsmen agreed the class is very beneficial and every Sailor who wants to better their general health as well as their PRT scores should become involved.

The fact is, very few people can change their lifestyle with something as simplistic as the turn of a calendar page, and even fewer still can maintain that change for any appreciable length of time. If people know where they stand, they can use specific motivational tactics to help them improve their PRT results.

The average overweight person trying to lose weight exercises three days a week, generally by walking. It is good that people are using physical activity but doing it more frequently will have longer lasting effects according to fitness experts.

According to the Center for Disease Control, anyone up to 30 pounds over the target weight for his or her body size is considered overweight. Anyone above that 30-pound mark is considered obese.

In a recent message to fleet Sailors regarding the new physical readiness program that took effect May 1, Master Chief Petty Officer of the Navy (SW/ AW/SS) Jim Herdt said, "No matter what level of fitness you are at now, our emphasis with the new PRT program is on training progression... The end product will be a more fit, capable Navy for you to serve aboard," he concluded.

Losing weight and keeping it off may require more exercise than previously thought, maybe twice as much as the 30 minutes recommended.

More important than losing weight is to become physically in shape. One should not judge their physical readiness by whether or not they can fit into a certain size. Instead, physical readiness in the U.S. Navy is determined as the abil-



These early morning physical trainees are "stepping up" and "stepping down" to the beat in an effort to improve their PRT score over last year's.

ity to perform a certain number of sit-ups, push-ups and to be able to run one and one half miles in a certain time.

Walking not only uses the same major muscles groups as running, with much lower impact forces, but it will also burn a lot of calories, at least if you keep at it long enough. In addition, walking seems to enhance the leg muscles' ability to burn fat.

Unless you walk very fast, however, the intensity of running, and the bio-mechanics are not a perfect match. Walking will not help you gain a faster time for the PRT either, but it will be a start for the Sailors who consider walking to and from the car at the job a workout! To improve your general endurance, walk for an hour to an hour and a half at a moderate to vigorous pace. Warm up with 10 to 20 minutes of moderate walking, then pick up the pace to top walking speed for another 10 to 20 minutes. As you continue this workout, your body will build the endurance to keep going, which will help you mentally to "keep on the road ahead."

Proper nutrition is extremely important, especially when preparing for the PRT. You must make sure you receive the necessary nutrients to obtain maximum performance during exercise and to promote muscle/tissue growth and repair. The proper diet provides all the nutrients for the body's needs and supplies energy for exercise. It also promotes growth and repair of tissues and regulates the body processes. The best sources of complex carbohydrates, which should be the basis of your diet, are potatoes, pasta, rice, fruits and vegetables. These types of food are also the best sources for energy.

Water intake is vital as well. Remem-

ber back to boot camp, "Stay hydrated!" You should be consuming up to four quarts of water daily. Drink water before, during and after your workouts.

Remember the best way to change is to consciously make efforts to improve. Attending these motivational PRT prep classes will definitely help you attain your goal of becoming the most fit Sailor you can be. It will also help you stay in shape so when time comes for the big test, the PRT, you will pass that with an "outstanding high."



Francis Diaz leads the way as she instructs the PRT prep classes.

JAX SPORTS

Women's Basketball League forming

The NAS Jax Athletics would like to form a Women's Basketball League to begin in March. If you are a female active duty, military family member over 18, or DoD civilian then you are eligible to participate. Teams and individual players are needed.

Women's varsity softball coach needed

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

Women's softball players wanted

The NAS Jax Athletic Department is looking for experienced women's softball players to represent NAS Jax in the local community and in regional military tournaments. Active duty, military fam-

ily members over 18, retirees, and civilian employees assigned to NAS Jax are eligible for the women's team. If you are interested in being a member of the NAS Jax varsity sports program, contact the NAS Jax Athletics Department.

Ultimate Frisbee League forming

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

Softball leagues forming

The Intramural League is open to all NAS Jax active duty personnel and is a Captain's Cup event. Games are played on Mondays and Wednesdays, or Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m. The Greybeard League is open to all NAS Jax active duty personnel 33 years of age and older and is a Captain's Cup event. Games are played on Tuesdays and Thursdays at 11:30 a.m.

The Women's League is open to active duty, military family members over 18, retirees, DoD and NAF civilian employees. The Open League is open to active

duty, dependents over 18, retirees, DoD and NAF civilian employees. Games are played Tuesdays and Thursdays at 4:15 p.m. If you are eligible for any of the leagues and would like to join, call the gym for more information.

Intramural Skeet League forming

The Intramural Skeet League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The rosters are due March 30 and the season is scheduled to begin April 9. All interested personnel should stop by the gym to join the league.

Captain's Cup Singles Tennis Tournament March 26

The NAS Jax Athletic Department will be conducting a free tennis tournament at the Birmingham Tennis Courts for NAS Jax active duty personnel. There will be a men's and women's open division. Individuals will earn Captain's Cup points for their command for participating with additional points awarded to the first, second, and third place winners in each division.

For more information call Bill Bonser or Mike Gorman at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.



Photo by JO2(SCW) Eric Clay

Delivering strikes —

Julie Villarreal and David Kistler participated in a recent Post Office Bowling Tournament between NAS Jacksonville Post Office Employees at the Base Bowling Alley. Villarreal was the over all winner and Kistler finished in a close second place. Julie said, "I really had a fun time bowling against the other postal employees."

