

# JAX AIR NEWS

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NAS Jacksonville, Fla.

April 26, 2001

## Boensel to relieve Turcotte today as NAS Jacksonville Commanding Officer

By Staff

Capt. Mark S. Boensel will assume command of Naval Air Station Jacksonville during a change of command ceremony today, at 11 a.m., in Hangar 117.

Retired Rear Adm. Kevin Delaney, executive vice president and chief operating officer for Health Screen America, will be the guest speaker.

Boensel will relieve Capt. Stephen A. Turcotte, who has been the air station's commanding officer since April 1998.

Born in Cambridge, Mass., Boensel grew up in Southern California. He is a 1978 U.S. Naval Academy graduate. He was designated a naval aviator in 1978 and began flying the S-3 Viking jet. He has served with several S-3 squadrons since completing S-3A training at Sea Control Squadron (VS) 41. His first tour was with VS-29 where he made a Western Pacific/Indian Ocean deployment aboard USS Kitty Hawk (CV-63) and an around-the-world deployment aboard USS Carl Vinson (CVN-70). He then reported aboard VS-41 as a flight instructor. After a tour with Commander Carrier Air Wing Ten and a student tour with the Naval War College, he reported aboard VS-37 for department head tours. With



Capt. Stephen A. Turcotte



Capt. Mark S. Boensel

VS-37, he deployed to the Indian Ocean and Arabian Gulf aboard USS Independence (CV-62) and participated in Operation Desert Shield. He next reported to Washington, D.C. where he served as Special Assistant for Aviation to the Assistant Secretary of the Navy (Installations and Environment).

Boensel served as executive officer with VS-37 in 1994, and then as commanding officer of VS-29 in 1995. He returned to Washington, D.C. to serve as Military Assistant to the Secretary of Defense and later as Military Assistant to the Under Secretary of Defense.

Boensel's most recent tour was as Executive Assistant to Commander, Naval Air Forces, Pacific, San Diego, Calif.

He holds post-graduate degrees in Business Administration, International Relations and National Security and Strategic Studies.

He has accumulated more than 3,200 flight hours and more than 600 carrier arrested landings.

Boensel and his wife, Carole, have two sons, Scott and Stephen.

Turcotte is a 1975 graduate of Marquette University. He was designated a naval aviator in June 1977 and began flying the S-3 Viking jet. His squadrons include VS-21, VS-22, VS-24, VS-27, and VS-41.

He served as executive officer of VS-24 in 1991 and became the squadron's commanding officer in 1992. He has flown more than 5,500 flight hours and logged more than 500 carrier landings with various Navy aircraft.

Turcotte's deployments include service aboard the USS Kitty Hawk (CV-63) during the Iranian Hostage Crisis and deployment as Aide and Flag Lieutenant with Commander Sixth Fleet serving in the Eastern Mediterranean. This tour was during the hostilities in Southern Lebanon including the bombing of the U.S. Marine barracks, the retaliatory air strikes and subsequent hostilities.

Turcotte was the stand-up coordinator for VS-27, based at NAS Cecil Field and served with VS-22 as Maintenance Officer, deploying to the Mediterranean aboard USS John F. Kennedy (CV-67).

He holds a Masters Degree in National Security and Strategic Studies from the Naval War College in Newport, R.I. and a Master's Degree in Management from Salve Regina University.

In September 1991, Turcotte reported to VS-24 as executive officer and subsequently commanding officer.

Turcotte served as Navigator aboard the USS Kitty Hawk deploying to the Western Pacific and with the Joint Staff as Southern Command Branch Chief and Chief, Western Hemisphere Division prior to reporting to NAS Jax.

Turcotte and his wife, Jane, have three children, Sara, John, and Annie.

## Navy, Jacksonville community celebrates Earth Day



Lt. Stuart Keiner and Lt. j.g. Donny Williams of VP-45 get up close and personal with a tarantula courtesy of an Earth Day Ecology Fair participant from Kritter Konnections.

By JO2(SCW) Eric Clay  
Staff Writer

Naval Air Station Jacksonville and the Navy joined scores of other businesses and civic organizations in celebrating Earth Day 2001 at the Jacksonville Ecology

Fair held at the Jacksonville Landing last Saturday, from 10 a.m. to 5 p.m.

Navy volunteers from several area Navy commands, including Commander,

Navy Region Southeast, NAS Jacksonville Environmental, Naval Aviation Depot Jacksonville, Patrol Squadron (VP) 45 and Sea Control Squadron (VS) 31, manned three booths at the

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Jax Air News online: [www.nasjax.navy.mil](http://www.nasjax.navy.mil)

## Meet a Sailor... DN David Anthony Partida



**Job Title:** Dentalman, Branch Dental Clinic Jacksonville

**Hometown:** Santa Barbara, Calif.

**Past Duty Stations:** Dental Technician "A" School, Sheppard Air Force Base, Texas

**Family Life:** My wife Catrina Eve and I have no children, just a dog, Neige and a cat, Xiola.

**Career Plans:** To stay in the Navy, pursue an officer program and eventually retire.

**Most Interesting Experience:** Finding out that "life is like a box of chocolates."

**Words of Wisdom:** "Almost isn't good enough, play hard."

## Meet a Civilian... Daryll R. Thorpe, Jr.



**Job Title:** Athletic Fitness Aid, NAS Fitness Source

**Hometown:** Portsmouth, Va.

**Family Life:** Father, Daryll Thorpe, Sr.; mother, Trina; brother, Dereck and grandmother, Carolyn.

**Career Plans:** To graduate from Edward Waters College with a bachelors of arts degree.

**Most Interesting Experience:** "I was hired to work at the wonderful Fitness Source."

**Words of Wisdom:** "To be or not to be...that is the question."

# Thrift Savings Plan (TSP) Open Season begins May 15

During the May 15, 2001 - July 31, 2001 Thrift Savings Plan (TSP) Open Season, FERS employees can contribute as much as 11 percent of their basic pay each pay period, up to the IRS annual limit. (The IRS limit for 2001 is \$10,500.) In 2002, FERS employees will be able to contribute up to 12 percent of their basic pay, and in subsequent years the percent of basic pay they can contribute will increase by 1 percent each year. In 2006, the percentage limit will be eliminated entirely, and FERS employees will be able to contribute as much as allowed by the Internal Revenue Service.

CSRS employees can also take advantage of the TSP to provide a source of retirement income in addition to their CSRS annuity. Beginning with the May

15, 2001 TSP Open Season, CSRS employees can contribute up to 6 percent of their basic pay each pay period. This percentage will also increase by 1 percent each year until 2006, when it will be eliminated.

Thrift Savings Plan participants will be able to begin investing in the Small Capitalization Stock Index Investment (S) Fund and the International Stock Index Investment (I) Fund in May 2001. The new S and I Funds will be in addition to the Common Stock Index Investment (C) Fund, Fixed Income Index Investment (F) Fund, and Government Securities Investment (G) Fund, which are the current investment choices available to participants.

For more information on TSP, please go to the TSP web site at: <http://www.tsp.gov>.

## NAS Jax squadrons deploy

Aircraft and personnel assigned to Sea Control Squadron (VS) 24 and Helicopter Antisubmarine Squadron (HS) 3, together with 36 support personnel from Aircraft Intermediate Maintenance Department (AIMD), began a six-month deployment to the Mediterranean and Arabian Gulf areas as part of the USS Enterprise Aircraft Battle Group on April 25.

VS-24, commanded by Cmdr. Brian Luther, deployed 220 personnel and eight S-3 Viking jets.

HS-3, commanded by Cmdr. George Chamberlain, deployed 175 squadron personnel and two HH-60H and four SH-60F helicopters.

All personnel and aircraft will be stationed onboard the USS Enterprise while deployed.

## Job Fair set for May 15

The Fleet and Family Support Center is sponsoring a Military Job Fair at the NAS Jax "O" Club (Bldg. 10) on May 15 from 10 a.m. to 3 p.m. The purpose of the Job Fair is to bring a number of employers together at a central location to give service members and their families a chance to learn more about employment opportunities in the area. Employers offer job information, accept applications and conduct interviews. Job Fairs are coordinated by the Spouse Employment Assistance Program (SEAP) Manager at NAS Jacksonville.

Employers at the Job Fair come from a cross section of the Jacksonville area business community and selected national firms. The "Spring 2001" Job Fair is expected to draw approximately 90 to 100 employers.

All military personnel including retirees and their family members (spouses included) are encouraged to attend. It's free! Bring plenty of resumes and dress for success.

For more information contact Pat McDonald, SEAP Manager at NAS Jax' Family Service Center, 542-2766 ext. 18 or Dina Auger ext. 51.

**It's free!**

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

# CREDO

## JAX AIR NEWS

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**Fleet Area Control and Surveillance Facility (FACSFAC) accepts the NAS Jacksonville Command Volunteer Service Award from NAS Commanding Officer, Capt. Stephen Turcotte, left and Commander, Navy Region Southeast Rear Adm. Jan Gaudio. FACSFAC Sailors accepting the plaque were: OSI (SW) Jeffrey Johnson, ETC (SW) David Tipps, FASAC Commanding Officer, Capt. Bill Evers, ACCS (AW/SW) Bobbi Johnson, OSCS (SW) Robert Kennedy, Lt. Mike Dyer and OSCM (SW) Patrick Mathews**

## Luncheon honors volunteers

**Story and photos by Jeff Hilton**  
*Staff writer*

Representatives from dozens of commands gathered at the River Cove Officers' Club April 23 for a luncheon honoring the volunteer service of Sailors and civilians stationed aboard NAS Jacksonville.

Last year, those volunteering off duty time to a variety of community programs logged more than 434,000 hours of service. NAS Jax Commanding Officer, Capt. Stephen Turcotte said, "This accomplishment was the direct result of your commitment to making a difference in this community and I thank you for helping NAS Jacksonville give this community the clear and ongoing message that - 'We Care'."

For the second year in a row, Turcotte acknowledged Fleet Area Control and Surveillance Facility (FACSFAC) for having the top volunteer program aboard NAS Jax. Turcotte presented FACSFAC Commanding Officer Capt. Bill Evers and six of his Sailors with a large plaque signifying their achieve-

ment. NAS Jax has honored commands with top-notch volunteer programs since 1995. This year, Branch Medical Clinic, NAS Jax finished third and Naval Atlantic Meteorology and Oceanography Facility earned second place kudos.

Guest speaker, Florida. Rep. Ander Crenshaw, praised the volunteers for their generosity. He acknowledged Sailors who volunteer were part of an American military that is, "underpaid and overdeployed."

Crenshaw said to have an impact on others, "You don't have to discover a cure for polio." The Fourth District representative said the work of volunteers, "will live on long after you're gone... I just want to thank you for what you do in this community. It is a model example of service."

Among those Turcotte thanked for the success of volunteer programs were Dianne Parker, NAS Jax Navy Community Service Program coordinator and MMCS (SW/AW) Arden Battle, Volunteer Service Council chair.

Turcotte also presented certificates to the NAS Jax Retired Activities Office, the U.S.O., the American Red Cross,

Naval Hospital Jacksonville, Navy Wives Club #86 and Navy-Marine Corps Relief Society to honor their contributions to Sailors and their families. The six organizations rely heavily on volunteers.

Rear Adm. Jan Gaudio, Navy Region Southeast commander, praised those who volunteer and asked them to, "Spread the good news about volunteering. It's making a difference in peoples' lives."



**Featured speaker Florida Rep. Ander Crenshaw addresses attendees at this year's NAS Jacksonville Volunteer Service Recognition Program.**

# NMCRS Fund Drive brings in the dollars

The following totals represent the Navy-Marine Corps Relief Society Fund Drive contributions pledged to the drive coordinators:

<u>Command</u>	<u>Goal</u>	<u>Total</u>	<u>Percent</u>
NAS Jacksonville	\$165,600	\$ 156,142	94.3
AIMD Jacksonville	\$13,200	\$8,488	64.3
ASTC Jax	\$400	\$471	117.8
B CO. 4th ABBN INSP	\$550	\$330	60.5
Blount Island Command	\$2,200	\$2,716	123.5
Branch Dental Clinic	\$900	\$425	47.2
CBU-410	\$800	\$1,568	196.0
ComHSWingLant	\$1,550	\$2,900	187.1
ComNavReg SE	\$900	\$2,541	282.3
ComPatRecWing Eleven	\$1,850	\$2,881	155.7
ComPatReconForLant	\$150	\$29	19.3
ComSeaConWingLant	\$ 2,100	\$3,099	147.6
DCMC Northrop Grumman	\$150	\$570	380.0
Defense Courier Sta	\$125	\$137	109.6
Defense Depot Jax	\$50	\$170	340.0
Disease Vector Ecology	\$250	\$830	332.0
FACSFac Jax	\$ 2,200	\$2,872	130.5
FASOTraGruLant	\$1,200	\$680	85.0
FISC Jacksonville	\$350	\$ 898	256.6
HQ NavDenCen SE	\$300	\$483	161.0
HS-3	\$ 3,500	\$0	0.0
HS-5	\$ 3,500	\$1,284	36.7
HS-7	\$3,500	\$2,641	75.5
HS-11	\$ 3,500	\$3,580	102.3
HS-15	\$ 3,500	\$3,731	106.6
HS-75	\$ 2,050	\$1,102	53.8
MEPPS	\$100	\$164	164.0
MIUW Unit 207	\$150	\$ 95	63.3
NAMTraGru Det Jax	\$ 3,800	\$ 3,410	89.7
NAS Jacksonville	\$11,700	\$3,830	32.7
NATEC Det Jacksonville	\$50	\$0	0.0
NavAirRes Jacksonville	\$1,100	\$2,218	201.6
Navy-USMC Reserve Center	\$450	\$976	216.9
Naval Aviation Depot	\$600	\$61	10.2
Naval Drug Screen Lab	\$75	\$110	146.7
Naval Healthcare Supply	\$1,000	\$1,684	168.4
Naval Hospital Jax	\$18,900	\$22,3097	118.0
NavComTelSta Jax	\$ 2,350	\$2,182	92.9
NavLantMetOcfac	\$1,100	\$ 2,456	223.3
Navy Band Southeast	\$850	\$1,090	128.2
NLSO Southeast	\$600	\$1,265	210.8
NMCB-14	\$100	\$109	109.0
NROTC Univ Of Florida	\$550	\$1,840	334.5
PSA Jax	\$275	\$632	229.8
PSD Jax	\$1,600	\$1,239	77.4
PWC NAS Jax - ROICC	\$125	\$45	36.0
RedCom Southeast	\$750	\$2,293	305.7
RVISC	\$200	\$218	109.0
SE Reg Cal Center	\$ 1,000	\$ 1,690	169.0
TPU	\$900	\$1,178	130.9
VP-5	\$ 7,400	\$11,552	156.1
VP-16	\$ 7,400	\$8,370	113.1
VP-30	\$20,850	\$15,276	73.3
VP-45	\$ 7,000	\$5,475	74.0
VP-62	\$ 2,850	\$1,855	65.1
VR-58	\$ 2,000	\$1,317	65.9
VS-22	\$ 4,200	\$5,724	136.3
VS-24	\$ 4,200	\$0	0.0
VS-30	\$ 4,200	\$5,425	129.2
VS-31	\$ 4,200	\$5,628	134.0
VS-32	\$ 4,200	\$0	0.0

# New Welcome Center to offer streamlined check-in

**By Jeff Hilton**  
Staff Writer

NAS Jacksonville Commanding Officer, Capt. Stephen Turcotte, opened a new Welcome Center in Bldg. 590 April 23. The new facility will consolidate check-in procedures for Sailors and civilians at this Master Anti-Submarine Warfare Base. The event was one of the last functions for Turcotte who turns command over to Capt. Mark Boensel today at 11 a.m. in Hangar 117.

Comparing what the building, a former barracks that had not been fully occupied for many years, had looked like six months ago to its renovated condition Turcotte said, "It's an awesome sight." He told a crowd of Sailors from several NAS department assembled near the building's entrance its purpose, "is to take care of shipmates."

Turcotte said he was pleased that Sailors completed much of the overhaul as a self-help project that saved the taxpayers more than \$200,000. One of the intangible benefits he noted was the project, "provided a source of unity... and camaraderie between different departments."

Before cutting a bright red ribbon on the front steps, Turcotte presented Navy and Marine Corps Achievement Medals to NC1 (SW) Steven Jacobs, NC1 (SW) Lisa David, OS1 (SW) John Brady ET2 (SS) Thorsten Evans, TM2 James Martin, AW3 (NAC) Mathew Taylor and AMHAN Haluk Shephard, Sailors whose efforts were instrumental in bringing the project to life.

Sailors and civilian employees with orders to any NAS department or tenant command will be able to call from the main gate and be shuttled to a facility designed to provide one-stop, check-in service before they report to their new unit.

Common arrival functions including: Officer-of-the-Day reporting, obtaining career counseling and retention advice, check-in urinalysis and station orientation will be available under the same roof. Morale, Welfare and Recreation (MWR) also operates from another wing in 590 where new arrivals and any dependents they report with can learn about off-duty resources offered aboard NAS. ITT, the leisure-travel arm of MWR will also have information available. Personnel actions like filing travel claims can be accomplished at Personnel Support Detachment (PSD) just one block away. The Navy Exchange, commissary and Post Office are less than two blocks away.

In addition to providing check-in relat-



Photo by Jeff Hilton

**Surrounded by Sailors who helped renovate it, NAS Jacksonville Commanding Officer, Capt. Stephen Turcotte opened the new NAS Jacksonville Welcome Center.**

ed support, the retention and career counseling programs housed in the new facility will have space to hold retention classes, something they did not have previously. Sailors will also be able to search for new jobs using computers linked to the Job Advertising and Selection System.

NAS Command Master Chief Chuck Lawson proposed the plan to Turcotte six months ago. "There will be no more Sailors with seabags walking down Yorktown (Avenue) looking for their squadron," said Lawson. The facility's staff will shuttle arrivals to their new commands. Those reporting after working hours will be taken to billeting for the night and be picked up the next morning to continue their check-in.

Lawson likes having the bulk of check-in activities in the same building. Previously, new arrivals would have to check-in with the station Officer of the Day at the main gate, visit PSD - formerly near the flight line and more than a mile from the gate, stop for

check-in urinalysis - almost a mile from PSD, then talk with career counselors in Bldg. 1 or their tenant facilities. The protracted process was also not conducive to learning much about MWR programs. Vacationing retirees will also benefit since the center will provide station maps listing the RV campground and other services sought by travelers.

Lawson assigned BMC (SW) Larry Irizarry to oversee the renovation of Bldg. 590 spaces occupied by the Welcome Center. While a portion of the work, which began in December, was contracted, Irizarry put Sailors from many NAS departments as well as the Transient Personnel Unit (TPU) to work along with some Sailors on limited duty to accomplish the bulk of the renovation.

As a self-help project designed to make taxpayer funds go farther, these Sailors installed carpet and ceiling tiles, re-finished desks and photo display boards, built cabinets, landscaped the entrance, painted spaces and refurbished items obtained from the Defense Reutilization and Marketing Office.

Irizarry said the project would not have come together without the support of the following NAS Jax departments: Admin, AIMD, Facilities and Environmental as well as its First Lieutenant Division, Operations, and Supply plus its Self Help Division along with Sailors from the TPU. Sailors logged more than 4,600 work hours during the renovation.

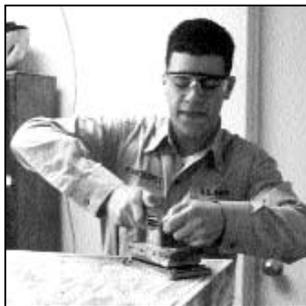


Photo by Loren Barnes

**Airman Jose Flores-Lopez refinishes a countertop in the new Welcome Center.**



Photo by Jeff Hilton

**MM2 Beth Stuchko secures the red ribbon prior to the opening ceremony.**



Photo by Jeff Hilton

**Capt. Stephen Turcotte, NAS Jax commanding officer, addresses Sailors at the ribbon cutting ceremony, flanked by NAS Jax Command Master Chief Chuck Lawson.**

The one-stop concept supports the care and feeding of Sailors in a 24-7 environment, one essential to fleet-wide retention initiatives presented at several All Hands calls during recent visit to NAS by Chief of Naval Personnel, Vice Adm. Norbert Ryan. Ryan said a key to improving retention rates, vital to maintaining fleet readiness, lies in finding ways to better care for Sailors.

# Evers relieves Cannon at FACSFac Jax

## From FACSFac Jax

Capt. William B. Evers relieved Capt. James R. Cannon as Commanding Officer, Fleet Area Control and Surveillance Facility, Jacksonville, Fla. April 20 during a ceremony in Sea Patrol Squadron (VP) 30's Auditorium.

Evers reports from CinCLantFlt, where he served as Program Planning/Warfare Requirements division Head (N80/81). The North Carolina native enlisted in 1965 and was first assigned to Patrol Squadron (VP) 11. In 1969, he was selected for the Naval Enlisted Scientific Education Program. He graduated from North Carolina State University, Raleigh, N.C. in 1972 with degrees in Metallurgy and Ceramic Engineering, and was commissioned an Ensign in the U.S. Navy. In 1973 he was designated a Naval Flight Officer assigned to Training Squadron (VT) 31 flying the S-2 Tracker.

In 1974, he returned to VP-11 and made two deployments to Spain and Bermuda/Azores respectively. In 1977, Evers received orders to Naval Postgraduate School Monterey, Calif. where he received a Master of Science Degree in Management. He then went to the USS America (CV-66) as the ASW Module Officer in the Combat Direction Systems Department and participated in America's '79 Mediterranean cruise.

Evers reported to Commander Patrol and Reconnaissance Force Seventh Fleet (CTF 72) in 1980 as the Administrative Department Head. In 1984, he returned for his department head tour as Operations Officer and joined VP-49. In February 1986, Evers reported to Commander Patrol Wing Eleven as Wing Training Officer. In 1988, he became Executive Officer of VP-45, assuming command in 1989. There, he led the first East Coast operational deployment

of the P3C update III aircraft. Next he was Operations Officer on the staff of Commander, Patrol Wing Eleven from April 1990 to 1991 prior to returning to USS America as Combat Direction Center officer and later, Operations Officer.

Evers reported to Chief of Naval Operations, Air Warfare Division (N88) in 1993, as Head, Aviation Readiness Training Section (N889F). From November 1993 to 1994, he served as Deputy Plans Officer at the 5th ATAF Vicenza, Italy, in support of Operation Deny Flight/Provide Promise. In 1995, he was assigned as Deputy Director Aviation Manpower and Training Branch (N889B). His next tour, with Commander Carrier Group Six as Battlegroup Operations Officer, was highlighted by successful participation in JWID '97 and the USS John C. Stennis Battle Group's '98 World-Class Arabian Gulf deployment. He then reported to Cin-

CLantFlt as the Program Planning/Warfare Requirements Division Head.

Under Cannon's leadership, FACSFac Jacksonville flawlessly scheduled, deconflicted and controlled more than 110 large-scale exercises, including four Joint Task Force Exercises, all Service Combat Identification Evaluation Team, 46 CV/CVN at-sea periods, Tomahawk Operational Tests, open skies treaty over flights and numerous Kennedy Space Center events. He upgraded tactical systems, achieved unparalleled cooperation with area FAA management, provided expertise to Florida's continuing Aviation System Planning Process, and improved the advancement, morale, and quality of life of his personnel. FACSFac Jax was recognized for superior efforts in the 1999 Commander, Naval Air Force, U.S. Atlantic Fleet Quality Assurance Evaluation.

Cannon retires June 1 and will reside with his family in Orange Park, Fla.

## VOLUNTEER OPS

### HabiJax

#### Blitz Home Build

HabiJax needs volunteers to help build 30 homes in Jacksonville May 5 - 19. Navy volunteers in groups of 4 - 10 are needed Monday through Friday from 8 a.m. to 3 p.m. Depending on the stage of

construction, volunteers will be needed for framing and roof work, vinyl siding application, interior painting, installing blinds and appliances as well as landscaping. Refreshments and lunch will be provided. For more information or to sign up, please contact Karen Prewitt, HabiJax Volunteer Coordinator at 632-0949 ext. 240.



Photo by JO2 Mike Jones

**Superior Service - NEX General Manager Marsha Brooks (left) and Navy Lodge Manager Gwen Ellis-Smith receive the Edward E. Carlson Award from Navy Exchange Southeast District Manager Howard Siegman during an awards luncheon recently. This award is presented each year to the Navy Lodge which demonstrates superior performance in the year in operations and guest service.**

## Sailor of the Year receives award and more



Photo by JO2 Eric Clay

**April 17, Navy exchange representative Marsha Brooks and Captain Stephen A. Turcotte NAS Jacksonville Commanding Officer, honored Sailor of the Year, Ak1 (SW) Jeffrey Kirby with an Outstanding Achievement award. Kirby also received a 27-inch Triniton color television and a bag full of gifts from the Navy Exchange.**

# Shoreline Cleanup nets large turnout, tons of river debris

**By JO2 Eric Clay**  
*Staff writer*

NAS Jacksonville Environmental hosted its Pre-Earth Day Shoreline Cleanup on April 19 along its St. John's River shoreline.

Cleanups are done twice a year and they are just one more way Jacksonville's Master ASW base and the Navy demonstrates their commitment to protecting our environment.

Organized by Wendy Wassell, NAS Jacksonville's assistant natural resources supervisor, the event had an outstanding turnout with 107 ecology-minded NAS Jax community members pitching in to help pick up trash and de-

bris from the river. Fourteen commands were represented.

Most of the participants seemed to have an enjoyable time and they said they were glad they could help.

SM2 Brian Gamble said, "I love to help the environment and it's great hanging out with all these people." He added, "cleanliness is next to Godliness; God made this planet, we need to keep it clean."

HM2 Ornella Buccino-Jones said, "I think this is good for the community, but we need more people from the base to help out." She added, "We made the mess, so we should clean it up."

There were 10 truckloads of trash picked up off from the shoreline and

surrounding area. The trash was a collection of different things thrown overboard from boats or left on the ground by others ranging from plastic containers to crab trap markers.

Wassell said, "It was unbelievable the amount of trash that was found; It is actually pretty sad. People need to be more aware of their actions."

NAS Jacksonville's MWR Department, the Navy Exchange, and the First Lieutenant Division donated supplies for the shoreline cleanup.

The next shoreline cleanup is scheduled for October.



**SHSN Anthony Turner and ADAN Dennis Hageman look for litter in a kayak.**



**MM2 Anthony B. Freeman and ET3 Mathew Little bag litter they collected from the river in a canoe.**

# Earth Day: NAS Jax shows support

Continued from page 1

event to educate people about how the Navy is helping to better the environment.

One of the booths featured the Navy Environmental Leadership Program (NELP) based at NavSta Mayport, Fla. NELP is an organization chartered by the Chief of Naval Operations to provide focused leadership and to identify innovative technical initiatives in all areas of environmental management. These areas include cleanup, compliance, pollution prevention and stewardship of natural resources.

The Navy's Environmental Protection, Safety and Occupational Health Program was also showcased. Navy personnel demonstrated how Navy ships retain all plastic waste onboard to protect marine life and the environment. There is also pollution protection equipment aboard ships to minimize environmental impact.



Navy Band Southeast's "TGIF" entertains the Ecology Fair audience.

Other highlighted areas of Navy environmental stewardship included the service's protected areas for sea turtles, whales and manatees, and funding for breeding and nesting programs for threatened and endangered species.

The NAS Jax Environmental Department was on hand to educate people

about how NAS Jax fights pollution locally, through involvement in community cleanup programs, recycling, base environmental stewardship and care for station wildlife areas and the St. John's River shoreline.

The Navy joined many local companies such as the Jacksonville Electric Authority (JEA) and the City's Mass Transit Department in demonstrating their concern for the environment and showcasing what is being done to protect it. Nature organizations such as the Sierra Club, the Audubon Club and local hiking clubs were also represented.

Performing on the main stage at the Ecology Fair was Navy Band Southeast's Jazz Band "TGIF," while on a smaller stage such characters as "Smoky the Bear" and "EQ Pelican," who serves as the Navy's environmental quality mascot, delighted the youngsters. One of the more popular displays was a robotics display from Stanton and Mandarin High School's Robotics Clubs. And of course, there were lots of live animals and insects



"EQ Pelican," the Navy's environmental stewardship mascot, was a hit at the Ecology Fair. VP-45's Lt.j.g. Chris Artis portrayed the feathered favorite.



Robert Nelson and Ken Conley of Commander, Navy Region Southeast, man the Navy's Energy Awareness booth at the Ecology Fair.

## VP-45 participates in Earth Day

By Lt.j.g. Chris Artis  
VP-45 APAO

For more than 200 years, the United States Navy's mission has been to defend our shores from all enemies, foreign and domestic. Today, that mission has expanded to include protecting the environment in which our Navy operates. This past weekend, the Chief of Naval Operations' Environmental Protection, Safety and Health Division teamed up with VP-45 to participate in an "Earth Day" celebration held at The Landing in downtown Jacksonville. There, the Mighty "Pelicans" put on a display that re-emphasized our fleet's commitment to environmental quality.

The VP-45 "Pelicans" are continually looking for opportunities to contribute and give back to the local community.

Celebrating Earth Day with their Jacksonville friends provided a perfect opportunity. The "Pelicans" arrived decked out in flight gear to man the Navy's Environmental Quality Booth there on the boardwalk. Lt. Stewart Keiner and Lt.j.g. Donny Williams discussed and answered questions from the public about the forward-thinking policies and leading-edge technologies currently in use and under development by the U.S. Navy. Members of the public were given the opportunity to try on various pieces of flight gear worn by the aircrews of VP-45. Assisting them was Lt.j.g. Kalan Mceuen who carefully explained each item's purpose and functionality.

"EQ Pelican," the Chief of Naval Operations' Environmental Protection, Safety and Occupational Health Division mascot, was on hand to walk up and

down the boardwalk, meeting and greeting child and adult alike. Played by Lt.j.g. Chris Artis, the furry pelican mascot was a real hit with the kids, captivating their attention while simultaneously teaching them about environmental quality. Throughout the day, members of the Pelican Team discussed environmental programs, answered questions, signed autographs, took pictures, and interacted with the public demonstrating VP-45's commitment to community service and the environment.

The United States Navy has exhibited an impressive commitment to environmental quality and an assurance to every community that our ships leave a clean wake. VP-45 is a proud participant in this endeavor. Through these continued efforts, our great nation's shores and the world's environment



Lt.j.g. Donny Williams and Lt.j.g. Kalan Mceuen talk to some prospective naval aviators during the fair.

will remain well protected for the next 200 years to come. *Pelican Pride!*

# NAVY NEWS

## EP-3E crew returns home to hero's welcome

OAK HARBOR, Wash. (NNS) — Lieutenant Shane Osborn, pilot of the EP-3E hit by a Chinese F-8 fighter off the coast of Hainan Island on March 31, spoke for his crew at a welcome home ceremony April 14 at Naval Air Station Whidbey Island, where he thanked the thousands of supporters for attending the event.

"This welcome home is a little overwhelming for all of us," Osborn said, "but we do appreciate it." He said the support that he and his crew have received demonstrated the spirit of the American public.

Osborn also thanked his crew and had high praise for them, who he said "performed far and above the call of duty."

The C-9A Skytrain carrying the 24 crew members of the EP-3E touched down at Whidbey Island around 3:58 p.m. PDT (6:58 p.m. EDT) April 14. It then rolled to a stop on the tarmac and Osborn led his crew off the aircraft to the strains of Lee Greenwood's "God Bless the U.S.A.," and the songs of the Marine Corps, Air Force and the Navy, the three services represented by the crew.

The 24 crew members were met by members of their families, each carrying long-stemmed yellow roses.

Thunderous applause from the assembled crowd inside Hangar Six greeted the crew as they entered the hangar for the formal welcoming ceremony.

Rear Adm. Michael L. Holmes, commander, Patrol and Reconnaissance Force Pacific, praised the airmanship, teamwork and conduct of the aircrew and said they "made us all proud to be Americans."

At the mention of Osborn's name by Holmes, the crowd stood and applauded. Holmes said he was sure that the only course that would keep all his crew alive was the course that Osborn took.

Earlier that day, at a news conference at Hickam Air Force Base in Honolulu prior to the crew's departure for Whidbey Island, Osborn described the events following the mid-air collision in international waters over the South China Sea on March 31, when a Chinese F-8 fighter hit the Navy EP-3E.

"Contrary to some releases," Osborn said, his aircraft was flying straight and level, on autopilot and heading away from Hainan Island in international airspace when it was subjected to harassment from the Chinese fighter. He said the Chinese jet

came within three to five feet of his own aircraft twice, and on the third time, the Chinese pilot apparently misjudged and the F-8's vertical stabilizer, where it meets the fuselage, contacted the EP-3E's number one propeller.

The initial result of the collision was the Chinese fighter began breaking apart and the propeller of the EP-3E started throwing off pieces. The EP-3E is a four-engine, turboprop aircraft.

Osborn continued, stating that the F-8's nose struck the nose of the EP-3E as the jet fell apparently out of control to the sea. Responding to a question, he said his initial thought was, "This guy just killed us."

He said the EP-3E rolled over uncontrollably as it started a nosedive, losing 7,500 to 8,000 feet in altitude before he wrestled it under control. Osborn said the EP-3E was almost upside down and he could look up through the windshield and see the ocean. He stated the EP-3E's left turn, as described by the government of the People's Republic of China as causing the accident, actually was caused by the Chinese F-8 running into the Navy plane, putting the EP-3E in the out-of-control dive.

Aviation Machinist's Mate Senior Chief Nicholas Mellos, a flight engineer aboard the EP-3E, described the mo-

ments following the collision as "mayhem." He described the crew yelling over the noise of the wind and vibration caused by the loss of pieces of the propellers and the nose cone. He said it was the training that allowed them to gain control over the situation.

"Thank God for the training that we practice every day," Mellos said.

## NEOSH Survey shows progress

MILLINGTON, Tenn. (NNS) — The 1999-2000 Navy Equal Opportunity and Sexual Harassment Survey (NEOSH) results are out and they indicate the Navy has made progress in providing all Sailors with equal opportunity and a harassment-free work environment. Additionally, the results reveal certain areas where the Navy will focus actions to remove inequality from its ranks.

The NEOSH survey, administered every other year since 1989, was mailed to 15,103 Sailors representing all pay grades, genders, and racial and ethnic backgrounds. Navy leaders received feedback on the progress made in areas of equal opportunity (EO), sexual harassment, gender equality and fraternization, as well as on additional needed training and educational programs.

## PQS Conference held at SCWL CV-TSC Ashore

By FC1(SW) Anthony Glossenger

An ongoing conference at NAS Jax deals with training issues directly impacting the continuing effectiveness of the fleet. April 16 marked the start of the CV-TSC PQS conference aboard NAS Jacksonville which runs through April 27.

The conference is hosted by Commander Naval Air Force, Atlantic (CNAL), headquartered in Norfolk, Va. and Sea Control Wing Atlantic Carrier Tactical Support Center (SCWL CV-TSC) Ashore based at NAS Jax.

The ultimate goal of the conference is to provide the best-qualified individuals to support carrier-based aircraft in support of undersea warfare operations.

This conference will result in improved support for fleet aircraft flying off Atlantic and Pacific fleet aircraft carriers.

The conference is being attended by representatives from the PQS Development Group (PQSDevGru), Fleet Subject Matter Experts (SMEs), representatives from CNAL, CNAP, the USS Carl Vinson, Fleet Aviation Specialized Ops Training Group, Atlantic (FASOTraGru-Lant) Norfolk, and CV-TSC Mobile Training Team (MTT) system operators and maintenance technicians.

The main purpose of this conference is to develop and update the CV-TSC AN/SQQ-34(V) System PQS that will be used throughout the carrier fleet. System operators and maintenance technicians will use this PQS to qualify at their watch stations. The line-by-line review included a thorough document search to ensure all changes to the PQS manual were in accordance with current documentation.

The attendees, based on ships and stations from all over the country brought to the conference a diverse range of experience and perspectives. Accuracy in the PQS review process is critical, as this document is not likely to be updated for several years to come.

Additionally, conference members reviewed and updated the Joint CNAL/CNAP instruction C3120.33C, Carrier Tactical Support Center (CV-TSC) Requirements and Standards Operating Procedures (SOP).

Participants in the Personnel Qualifications Standards Conference were AW2 Charles Howell (MTT), MMC Anthony Montemurro (PQSDevGru Pensacola), AW1 Charles Mulcahey (MTT), AW2 Chris Truelson (USS Carl Vinson), AW2 Todd Knutson (MTT), AW1 Heriberto Cruz (MTT), IT1 Robert Porter (MTT), AW1 Carlton Bennett (FASOTraGru-Lant Norfolk), AWC Glenn Odom (PQSDevGru Pensacola), AWC Curt Santino (ComNavAirPac) and AWC David Bailey (ComNavAirLant).

## Jax Tales

By Mike Jones - mikejones43@hotmail.com



# Florida Community College at Jacksonville Summer Course Schedule

**NAS Jacksonville Summer Cross Term**  
**May 14 - Aug. 9**

Course #	Course Title	Days	Room	Ref#
HUM2251	Humanities: 20th Century	Mon.	211	134954
MAT 0024	Elementary Algebra	Mon.*	966	134955
MAC 1105	College Algebra	Mon.	966	134956
BUL 2130	Business Law	Tue.	966	134957
MGF 1106	Math for Liberal Arts I	Tue.	966	135958
ENC 1101	English Composition I	Wed.	966	134959
ENC 1102	English Composition II	Wed.	966	134960
HUM 2211	Humanities: Foundation	Wed.	966	134961
STA 2023	Elementary Statistics	Wed.	966	134962
DEP 2004	Human Growth & Devel.	Thur.	966	134964
ECO 2023	Principles of Economics II	Thur.	966	134965
MAT 1033	Intermediate Algebra	Thur.	966	134966

**Summer A Term**  
**May 14 - June 26**

Course #	Course Title	Days	Bldg.	Rm.	Ref#
BSC 1005	Life in its Biolog. Environ.	M/W	1000	2	134971
BSC 1005L	Biology Lab (Kent Campus)	Thur.**	E	222	134972
CGS 2555	Introduction to the Internet	M/W*	110	—	134973
DEP 2004	Human Growth & Devel.	M/W	966	261	134974
ENC 1101	English Composition I	M/W	1000	1	134987
EUH 1000	Western Civ.: Through 1715	M/W	1000	4	134988
MAT 0024	Elementary Algebra	M/W*	1000	232	134990
MAT 1033	Intermediate Algebra	M/W*	1000	229	134992
AMH 2010	U.S. History I	T/Th	1000	232	134991
CGS 1570	Microcomputer Appl. Soft.	T/Th.	110	—	134993
ENC 1102	English Composition II	T/Th.	1000	1	134996
HUM 2021	Humanities Forum	T/Th.	1000	2	134997
PSY 1012	General Psychology	T/Th.	1000	230	134998
SPC 2600	Fund. Speech Comm.	T/Th.	1000	4	134999

*Day Classes*

8:30 a.m. to noon and \*\*\* 8 a.m. to 1 p.m.

HUM 2450	Humanities in the Americas	M/W	110	—	135017
CGS 2555	Introduction to the Internet	T/W***	110	—	135019
ENC 1101	English Composition I	T/Th.	—	—	135018

**Summer B Term**  
**June 27 - Aug. 9**

Course#	Course Title	Days	Bldg.	Rm.	Ref#
CGS 1060	Introduction to Computers	M/W*	110	—	135020
ENC 1102	English Composition II	M/W	1000	1	135021
EUH 1001	Western Civ.: 1715	M/W	1000	4	135022
GLY 1001	Earth & Space Science	M/W	1000	2	139214
HUM 2236	Humanities: 15th-20th Cent.	M/W	1000	230	135023
MAT 0024	Elementary Algebra	M/W*	1000	232	135024
MAT 1033	Intermediate Algebra	M/W*	1000	229	135025
AMH 2020	U.S. History II	T/Th.	1000	232	135026
CGS 1570	Microcomputer Appl. Soft.	T/Th.*	110	—	135027
ENC 1101	English Composition I	T/Th.	1000	230	135028
MAN 2021	Principles of Management	T/Th.	1000	4	135029
SYG 2000	Introduction to Sociology	T/Th.	1000	4	135030
SPC 2600	Fund. Speech. Comm.	T/Th.	1000	—	135031

*Day Classes*

8:30 a.m. to noon \*\*\*8:30 to 1 p.m.

HUM 2211	Humanities: Foundations	M/W	110	1	135032
CGS 1550	Introduction to Network	T/Th.**	110	—	135033
ENC 1102	English Composition II	T/Th.	—	—	135034

**Registration and term information**

Class times are 5-8:30 p.m. and 5-9:30 p.m. where noted by an asterisk (\*), 5-10 p.m. where noted by two asterisks (\*\*), and 8:30 a.m.-1 p.m. where noted by three asterisks (\*\*\*). Registration runs through May 10 for Summer Cross Term and Summer A classes. Summer B registration runs through June 25. Register at Bldg. 110, NAS Jax, Monday through Friday, 8 a.m. to 4 p.m. Call 771-3979 for information.



(Standing) AO1 Malone, MS2 Charles Oney, AK2 Douglas Johndrow, PNC William Dean, Dwight Nix, Dwayne Nix, AZ1 Timothy Simpson, YN2 Quentin Martin, AE3 Rex Fisher, AE2 Brett Davidson. (Kneeling) Lt. Paul Nix, AT2 Shericka Mosley, and AMC Kimberly Tolbert.

## ‘Topcat’ pride shines in local community

By Lt. j.g. Josh Keever  
 VS-31 PAO

Members of Sea Control Squadron (VS) 31 “Topcats” recently took part in support of “USO Shipmates with HEART Program”. The Shipmates with HEART program is dedicated to Helping the Elderly Attain Repair Today. Members of the “Topcats”, through the assistance of USO Jacksonville’s JoAnn Dilling, organized, coordinated and built a wheel chair ramp for Thelma Burrs. March 20 the “Topcats” met and dedicated the day to completing the project in its entirety.

VS-31 participants included: Lt. Paul Nix, PNC William Dean, AMC Kimberly Tolbert, AZ1 Timothy Simpson, AK2 Douglas Johndrow, AT2 Shericka Mosley, MS2 Charles Oney, YN2 Quentin Martin, AE2 Brett Davidson, AE3 Rex Fisher, AO1 Malone (JAX WPNS), Dwight and Dwayne Nix.

The ramp that they built replaced existing steps and is more than 40 feet in

length starting at the porch and tapering to ground level. “Topcat” carpentry abilities ranged from apprenticeship to limited experience. However, with proper guidance this team produced a high quality product that readily complied with all building codes.

Members of the “Topcat” team were especially pleased to provide assistance by improving the quality of life for members in the community. The wheel chair ramp ensures Ms. Burrs’ ability to move safely in and out of her home without having to struggle with moving a wheel chair up and down stairs and putting her at risk for possible accidents. Lt. Paul Nix, VS-31 volunteer coordinator, stated that, “member’s of the ‘Topcats’ and their families are committed to improving the quality of life for all members of the services and individuals in the community.”

# MEN'S HEALTH MONTH

## Nutrition an important health concern

### From the Wellness Center

Nutritional concerns for men tend to be related to over-consumption of foods and beverage rather than a shortage of nutrients as seen in women. Excesses of dietary fat, cholesterol, salt, and occasionally alcohol and tobacco, can increase the risk of heart disease and certain cancers in men. Getting out of the stressful "fast lane" and consuming a more balanced diet can help you lead a healthier lifestyle.

### Reducing Dietary Fat

Americans consume 10 percent more fat than is healthy. A man's high fat diet has been linked to elevated serum (blood) cholesterol, heart disease, strokes, and cancer of the colon and prostate.

Reduction of fat is easily accomplished by reducing your intake (both frequency and serving size) of red meats; eating only lean cuts of meat; eating more fish and skinless poultry; baking, broiling, roasting, or microwaving foods; restricting added fats (like margarine, oil, etc.); using low fat dairy products; and eating more fresh fruits, vegetables, and whole grains.

### Reducing Sodium

High blood pressure affects more than 16 percent of our population; men more commonly than women. It is also a risk factor for heart disease. Some physicians have said excessive sodium found in convenience foods, processed meats and table salt increases high blood pressure. Everyone can benefit by reducing dietary sodium.

### Increasing Dietary Fiber

The fiber in oat bran has been found to lower blood cholesterol levels in men with either normal or elevated cholesterol counts. The fiber in whole-grain and bran products has been helpful in reducing constipation and increasing the transit time of the stool. This may be helpful in the reduction of the incidence of colon cancer.

### Your Healthy Diet

A diet that is lower in fat and sodium and high in dietary fiber can be both healthy and tasty. Learn about healthy food choices, take a "heart-healthy cooking" class, and enlist the help of your family. If you do not prepare your own meals at home, ask your spouse to help in healthy food selection and preparation.

## Midway Dinner tickets available

The Battle of Midway commemoration dinner is set for June 1 at the Radisson Riverwalk Hotel on Jacksonville's southbank.

WW II Navy dive bomber pilot Richard "Dick" Best will be the guest of honor. About 30 additional survivors of the Battle of Midway will also attend. Plans include an historical program and displays, music by the Navy Band Southeast, a superb meal and dancing. Cocktails begin at 6:30 p.m., dinner at 7:30 p.m.

Active duty ticket prices are: E-6 and below, \$15; E-7 to O-4, \$30; and O5 and above, including civilians and retirees, \$40, no cost for veterans of the Battle of Midway and their spouses.

Contact NAS Jacksonville, Office of the Command Master Chief, YN2(AW) Dave Scholz at 542-2934/4545; NS Mayport, Lt. Tony Boyter at 270-7354 Ext. 113, or Lt. Tim Norton at 270-6581; and NSB Kings Bay, Lt. Suzette Maffett at (912) 673-2617 or CWO3 Andrew Pickens at (912) 673-2001 Ext. 4643.

## FREE CONCERT



### The Brass Quintet

Navy Band



Southeast's

### Brass Variety Group

In concert on **May 5th** at **2:00 pm**  
**Orange Park Town Hall Bandshell**  
 (corner of Kingsley and Park Ave.)

For more info, call NBSE at 542-5611 or visit

[www.comnavregse.navy.mil/navband](http://www.comnavregse.navy.mil/navband)

## COMMUNITY CALENDAR

**The NAS Jacksonville Fleet and Family Support Center** offers numerous workshops for military members and their families. Programs include Life Skill Education, Deployment Support, Parenting, Children and Adolescent-Teens, The Navy Family Ombudsman, Family Advocacy Prevention, Transition Assistance, Financial Education and Spouse Employment Assistance Career Development Resource. For a full listing of upcoming classes, dates and times, call the FFSC at 542-2766.

**The Navy Wives Club of America, NWCA Jax #86**, meets the first Wednesday of every month at 7:30 p.m. Meetings are held in Bldg. 612 on Jason Street, NAS Jax. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. to 1 p.m. For information call 772-0242 or President Barbara Howard at 471-1444.

**The 9th Annual World of Nations Celebration** is 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.

**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 2, 2001. The point of contact is Ed Carr, (702) 255-3977, or on the web, edcar1899@msn.com.

**The Wellness Center** presents "Quit Smoking Through Hypnosis" with Cmdr. Richard Hrezo, certified in hypnosis, at the Wellness Center (Bldg. 867) on May 8, 11:30 a.m. to 1 p.m. Registration is required for this event which is open to all hands. Call 542-5292 ext. 18.

**The Wellness Center** presents "Developing Your Peak Performance" by Michael Ryan, head athletic trainer/physical therapist for the Jacksonville Jaguars May 9, 9 to 10 a.m. in the Base Theatre aboard NAS Jax. All hands are encouraged to attend.

**USO Night at the Zoo** will be May 12, from 6 to 8:30 p.m. The event is open to all active duty military and family. Tickets are \$1 for ages 4 and up.

**Clay County's 13th annual Concert on the Green** is May 27, at Magnolia Point Golf and Country Club. For information call 269-1046.

# Fleet Hospital Jacksonville is 'ready'

By HM3 Erica M. Rodriguez



(Above) Security personnel HM3 James Benefield, MAC Thomas Moltimore, HM1 Derrick Epps stand watch at the gate entrance to prevent the "terrorist" from entering the camp.

(Below) HN Lesely Prasad, Lt. Cmdr. James Hough, HM3 Monica Hertzog practice their sterile field in the Fleet Hospital Operating Room.



Fleet Hospital Jacksonville Sailors have their seabags packed and ready for deployment as the "ready fleet hospital" on standby for the next 12 months.

Fleet Hospital Jacksonville is one of ten deployable Navy medical units trained to provide medical care in the field and assist with military efforts worldwide. The unit consists of 978 doctors, nurses, corpsman, support staff and Seabees from two local battalions. Not only do the Sailors have their regular peacetime responsibilities at Naval Hospital Jacksonville, one of the hospital's branch medical clinics or a Seabee battalion, they are also members of the Fleet Hospital as a collateral duty.

Each of the ten fleet hospitals must complete extensive training and pass a strenuous evaluation before becoming the unit on standby. Fleet Hospital Operations and Training Command (FHOTC) at Camp Pendleton, Calif., is the site where the training and Operational Readiness Exercises (ORE) are held.

According to HMC Dana Shropshire, plans and operations department head at Naval Hospital Jacksonville, training as a fleet hospital is a never-ending evolution that takes plenty of effort and lots of work. "While we are on standby for the next year, at least 85 percent of our fleet hospital staff must be ready to deploy immediately, if needed. Although Sailors may be put on limited duty or even transfer to another duty station, we still have to be ready to go — so training is a constant evolution. We immediately replace those who leave and make sure the new members receive the training needed to perform as part of the team.

Fleet hospital teams must be capable of operating in a variety of climates and fleet hospital supplies are pre-positioned in various locations around the world.

Because of the possibility of being called to duty practically anywhere and at any given time, a significant component of the training is learning to construct and operate a fully functional hospital in a field environment.

With the help of Seabees, a medical/surgical hospital is built from the ground up and must be operational within a few days. The structures are a series of complex tents and containers called Tent, Extendable, Modular, Personnel (TEMPER) and International Standard Organization (ISO) containers. Unlike your average camping tent, the TEMPER's are sophisticated, high-tech structures with insulated floors, electricity, heat and air conditioning.

Each unit is set up and transformed into a mini hospital that includes an intensive care unit (ICU), medical ward, dental clinic, and communications and administrative spaces that can support medical efforts

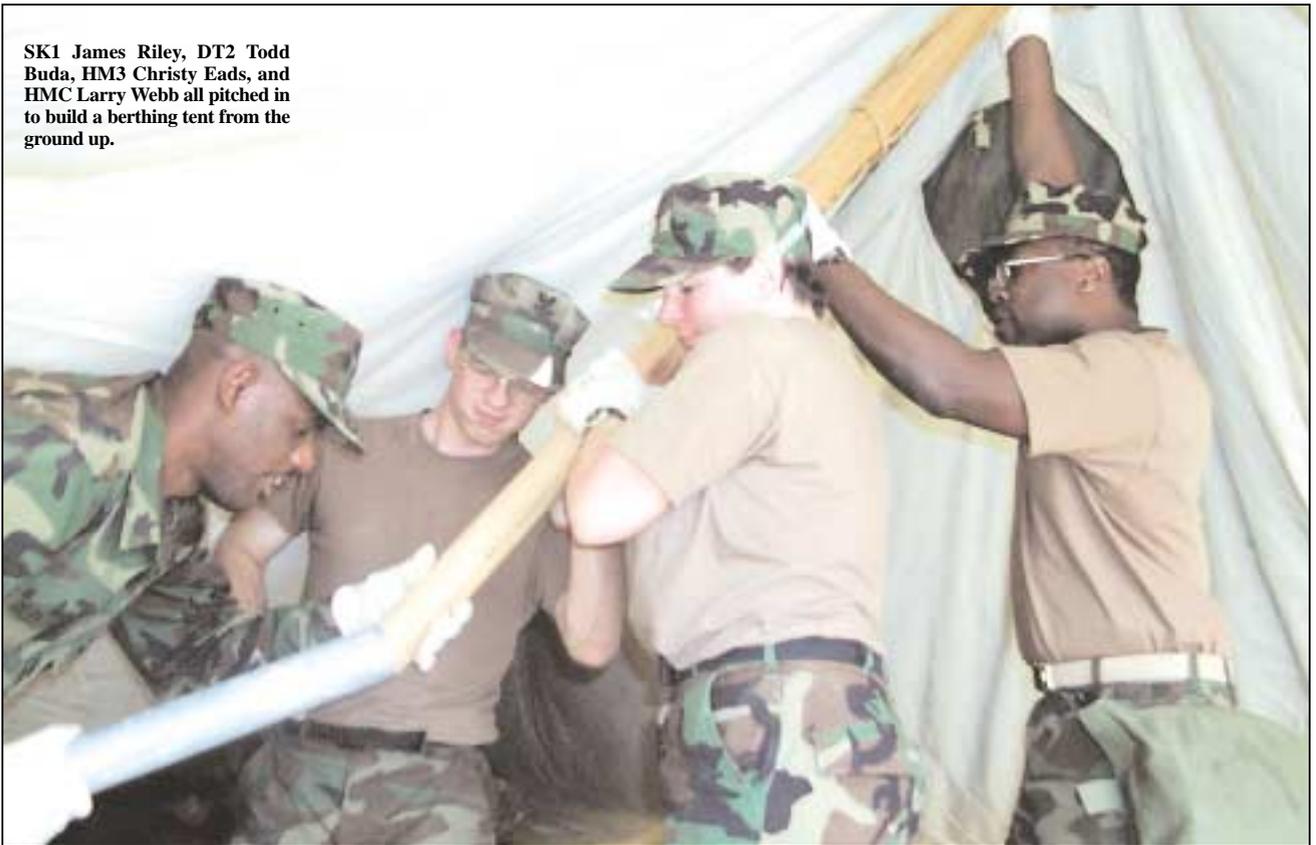
around the globe. Moreover, ISO's can be expanded and connected to the TEMPER's, to serve as additional clinical areas such as laboratory, x-ray, operating rooms and medical supply.

More than 230 Fleet Hospital Jacksonville staff successfully completed the ORE training late last year, which included building the hospital structure, and drills that simulated a real wartime situation.

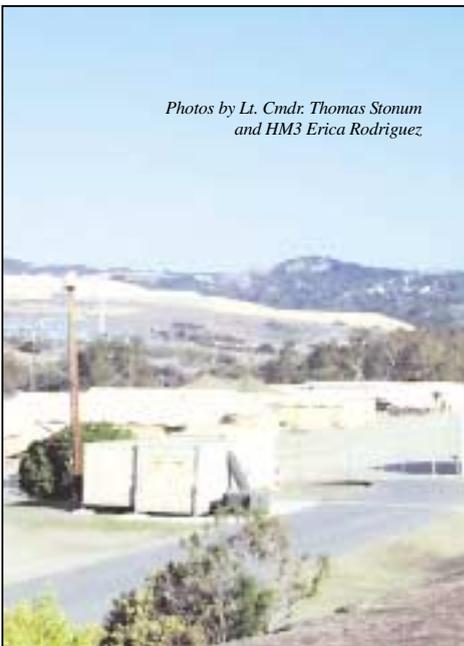
HM3 Lisa Whitney, a corpsman from occupational health at Branch Medical Clinic Jacksonville worked on the ICU ward during the ORE. "I learned a lot during the training and I can see its benefit," Whitney commented. "It allowed us to experience a small taste of what could become reality if we're ever deployed."

During the year, if the unit is deployed, reservists assume the duties of the deployed personnel at the hospital and supporting clinics, to prevent a decrease in healthcare services for Jacksonville area patients.

**SK1 James Riley, DT2 Todd Buda, HM3 Christy Eads, and HMC Larry Webb all pitched in to build a berthing tent from the ground up.**



*Photos by Lt. Cmdr. Thomas Stonum and HM3 Erica Rodriguez*



View of Fleet Hospital Jacksonville set up at Camp Pendleton, Calif.



**Lt. Christy Sierra practices donning her Mission Orientated Personal Protection (MOPP) gear used for chemical and biological warfare protection.**

# Naval Hospital Jax offers a variety of prenatal classes

By Alisa Davis, RN  
Naval Hospital Jacksonville

Naval Hospital Jacksonville offers the following classes for expecting parents delivering in the Jacksonville area.

**Ship Shape Moms** is a low impact aerobics class designed for pregnant women. In addition to aerobics, there are stretching and relaxation exercises. A registered nurse is always present at these classes to monitor clients and answer pregnancy related questions. The class is offered every Monday, Wednesday and Friday except for holidays.

**First Trimester class or New OB Orientation:** Subjects covered include Anatomy and Physiology of Early Pregnancy, Prenatal Tests, Nutrition and WIC, Healthy Lifestyles, Exercise During Pregnancy and Community Resources. This class is offered twice a month.

**Second Trimester Class:** Topics covered in this class include Anatomy and Physiology of the 2nd Trimester, Fetal Development, Healthy Lifestyles, Common Discomforts of Early Pregnancy, How To Find Appropriate Day

Care, and Role Changes in the Family. This class is offered once a month.

**Baby Boot Camp I:** This class focuses on the newborn. Topics covered include Your New Baby, Baby Care Basics, Home Safety and Injury Prevention, and a review of Infant CPR techniques. Students attending this class who are enrolled in WIC and reside in Duval County will receive a voucher for a car seat that may be purchased for \$12 vice \$80 retail. This class is offered once a month.

**Third Trimester Class:** Topics covered in this class include Preadmission Paperwork, Labor and Delivery, Anesthesia Options, Policy and Procedures of Naval Hospital Jacksonville, and a tour of Labor and Delivery and the Maternal Infant Unit when available. This class is offered three times per month.

**Breastfeeding:** Everything you ever needed to know to get breastfeeding off to a smooth start. Covers Positioning and Latch, Common Breastfeeding Challenges, Returning to Work and use of the Milky Way Pumping Stations. This class is offered once per month.

**Prepared Child Birth Class:** Everything the first time parents need to know about labor and delivery. This course is taught in the evenings and covers a variety of topics including Breathing and Relaxation Exercises, Positioning for Labor and Delivery, Anesthesia Options, What to Pack, When to Go to the Hospital, and Cesarean Sections. This class is four weeks and is two hours each session. A new class begins every four weeks. A tour of Labor and Delivery and Maternal Infant Unit is provided. Students taking this class do not need to take the Third Trimester Class. Students should register early as class size is limited.

**Baby Boot Camp II:** This interactive course is offered once per month and includes Infant Massage (You provide the baby — we'll provide the massage oil), Stress Management for New Parents, Infant Development and Infant Nutrition.

To schedule classes please contact Central Appointments at 542-4677. To schedule Prepared Childbirth Class, please contact Alisa Davis, RN at 542-7428.



Photo by HMS Erica Rodriguez.

Naval Hospital Jacksonville works hard to be "family friendly" and if smiles are an indicator, this is a happy family. Alexandra (Allie) Battleson, one of more than 1100 babies born at Naval Hospital Jacksonville last year, came back to the Family Practice Clinic for her one-year

well baby check. Allie smooches her dad, ET3 William Battleson stationed at Naval Computer and Telecommunications Station Jacksonville. Mom, ET3 Deborah Battleson is stationed at NAS Jacksonville's Transient Personnel Unit.

## MWR NOTES

### Liberty Events

Coming over Memorial Day Weekend, May 25-28: Key West trip. Look for details in this column or call Jaimie at 542-3491 or email her at dbuddock@nasjax.navy.mil.

**8-Ball Tourney and Subs - Wednesday, May 2**

Free subs and free tournament sign-up at 6 p.m. and play at 7 p.m. First place receives \$30.

**Sun Splash Barracks Bash - Wednesday, May 9**

3:30-7:30 p.m. between barracks 822 and 846. Free dinner, DJ, giveaways, inflatable pedestal joust and bungee run. Trips open to active duty and guests 18 and over, tournaments open to active duty only.

**Paintball Trip - Saturday, May 12**

A fee of \$15 covers round trip transportation, gun, ammunition and safety equipment. Compete against Sailors from NavSta Mayport and NSB Kingsbay.

**May Birthday Celebration - Thursday, May 17**

Come celebrate your May birthday with cake, presents and a pinata. The party begins at 7 p.m.

**Deep Sea Fishing Trip - Saturday, May 19**

Go deep sea fishing aboard the K-2.

The cost is \$40 for active duty and \$50 for guests. Space is limited. Deadline for sign-up is Wednesday, May 16.

For more information on Liberty Events call 542-3491/1335.

### Free Movies

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

Saturday, April 21 at 5 p.m. - *Meet the Parents* (PG-13)

Saturday, April 21 at 7 p.m. - *Final Destination* (R)

Saturday, April 27 at 7 p.m. - *Exorcist 2000* (R)

### Mulberry Cove Marina

Free Boat Safety Inspections will be held at the Mulberry Cove Marina May 19 from 10 a.m. - 4 p.m. conducted by the Coast Guard Auxiliary. Make sure your boat is safe before boating season begins. Boaters who pass will receive a coupon for 10 percent off any safety item purchases at West Marine.

For more information on the Marina

call 542-3260.

### River Cove Officers' Club

Come join us to celebrate mother's at a Mother's Day Brunch to be held at the River Cove Officers' Club May 13 from 11 a.m.-2 p.m. All hands are invited to attend. Cost is \$12.95/person, \$6.50/children 4-12 and free for ages 3 and under. Reservations are required. Please call for more information or to make reservations.

For information on the River Cove Officers' Club call 542-3041.

### Child Development Center

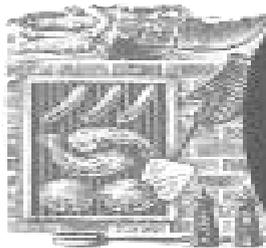
The Child Development Center announces that May 11 is Provider Appreciation Day. Let your child's provider know that they are appreciated by you. For more information call 542-5381.

### Mulligan's

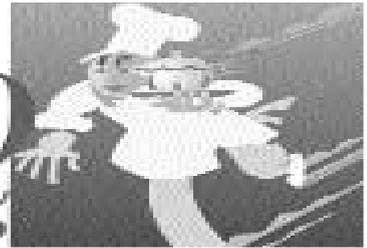
Cinco de Mayo Party will be held Friday, May 4 at Mulligan's with festivities kicking off at 4 p.m. Enjoy games, prizes, beverage specials, music and more. Come dressed for the occasion and win a prize! Call 542-2936 for more information.

### Yesterday's Café

Take a step back in time at Yesterday's Cafe with tunes on the jukebox and handmade milkshakes. The Café is located in The Zone on the corner of Jason Street and Saratoga Avenue.



# 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 \$1.50*  
*Brunch/Lunch \$3*  
*Dinner \$3*

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*  
 Corned beef hash  
 Home fried potatoes  
 Boiled eggs  
 Grits  
 Grilled ham slices  
 Waffles  
 Omelets and eggs to order

*Lunch - Fiesta Special*  
 Mexican chicken  
 Mixed vegetables  
 O'Brien potatoes  
 Beef hash  
 Beef fajitas  
 Refried beans  
 Mexican rice  
 Beef noodle soup  
 Blueberry crisp

*Dinner*  
 Swiss steak w/brown gravy  
 Rice pilaf  
 Whole kernel corn  
 Fresh pork ham  
 Egg noodles  
 Green peas w/mushrooms  
 Tomato rice soup

**Friday**  
*Breakfast*  
 Minced beef w/toast  
 Hashed brown potatoes  
 Oatmeal  
 Boiled eggs  
 Grilled sausage links  
 Pancakes  
 Omelets and eggs to order

*Lunch*  
 Parmesan fish  
 Lyonnaise potatoes  
 Steamed asparagus  
 Corn chowder  
 Ginger pot roast  
 Steamed rice  
 Lima beans  
 Peanut butter cookies

*Dinner*  
 Salisbury steak  
 Rice pilaf  
 Green beans  
 Chicken chow mein  
 Scaloped potatoes  
 Stewed tomatoes  
 Chicken noodle soup

**Saturday**  
*Breakfast*  
 Baked sausage links  
 Hashed brown potatoes  
 French toast  
 Omelets and eggs to order  
 Corned beef hash  
 Grits

Boiled eggs

*Brunch*  
 Baked sausage links  
 French fries  
 Mixed vegetables  
 Chili macaroni  
 Coleslaw  
 Old fashioned soup  
 Eggs to order

*Dinner*  
 Barbecue beef cubes  
 Steamed noodles  
 Steamed carrots  
 Chicken mushroom soup  
 Grilled ham steaks  
 Parsley boiled potatoes  
 Southern style green beans  
 Pineapple sauce  
 Coleslaw

**Sunday**  
*Breakfast*  
 Oven fried bacon  
 Cottage fried potatoes  
 Pancakes  
 Eggs and omelets to order  
 Grilled ham slices  
 Oatmeal

*Brunch*  
 Eggs to order  
 French fried onion rings  
 Mulligatawny soup  
 Steak and Cheese Subs  
 Steamed broccoli

*Dinner*  
 Roast Pork Loin  
 Duchess potatoes  
 Green peas  
 Baked chicken w/rice  
 Buttered egg noodles  
 Savory summer squash  
 Beef noodle soup

**Monday**  
*Breakfast*  
 McMuffin sandwiches  
 Hash brown potatoes  
 Grits  
 Omelets and eggs to order  
 Creamed beef w/biscuits  
 French toast puffs  
 Boiled eggs

*Lunch*  
 Baked tuna and noodles  
 Franconia potatoes  
 Harvard beets  
 Vegetable soup  
 Salisbury steak  
 Tossed green rice  
 Glazed carrots  
 Brown gravy

*Dinner*  
 Liver w/onions  
 Rice pilaf  
 Steamed succotash  
 Zesty bean soup  
 Creole chicken  
 Baked potatoes  
 Steamed broccoli  
 Brown gravy

**Tuesday**  
*Breakfast*  
 Cottage fried potatoes  
 Texas hash  
 Rolled oats  
 Grilled bacon  
 Boiled eggs  
 Pancakes  
 Eggs and omelets to order

*Lunch*  
 Braised pork chops  
 Buttered noodles  
 Green beans Parisienne  
 Mushroom gravy  
 Swedish meatballs

Steamed rice  
 Corn O'Brien  
 Beef barley soup

*Dinner*  
 Oven fried fish  
 Lyonnaise rice  
 Vegetable supreme soup  
 Macaroni/cheese  
 Cantonese ribs  
 Steamed carrots  
 Herbed broccoli

**Wednesday**  
*Breakfast*  
 Home fried potatoes  
 Farina  
 Boiled eggs  
 Eggs and omelets to order  
 Grilled ham slices  
 Blueberry pancakes  
 Grilled bacon

*Lunch*  
 Stuffed fish fillets  
 Steamed broccoli  
 Minestrone soup  
 Spaghetti noodles  
 Spaghetti w/meat sauce  
 Club spinach  
 Garlic bread  
 Orange rice

*Dinner*  
 Szechwan chicken  
 Pork fried rice  
 Vegetable stir fry  
 Brown gravy  
 Stuffed peppers  
 Simmered egg noodles  
 Beef tomato soup  
 Southern fried okra

## Florida motorcycle regulations change

As of April 1, everyone under the age of 21 is required to complete a motorcycle safety course prior to receiving a motorcycle endorsement. The Division no longer offers the option of taking the motorcycle written test, eyesight test and then issuing a motorcycle temporary permit with "No Riders" to customers under age 21.

These customers must now complete the motorcycle course, present the cer-

tificate to the local driver license office. They will then have a replacement license issued adding the "Motorcycle Also" or "Motorcycle Only" endorsement, including any required fees.

Customers age 21 and over may still opt to take the course for waiver provisions or take the motorcycle written test and eye test, get the temporary permit with "No Riders" and take the skill test for endorsement.

Customers wishing to enroll in the motorcycle course should hold at least a Class "E" learner license to show their proficiency in traffic law and vision prior to enrolling. The NAS Jacksonville Motorcycle Safety Course is a certified Motorcycle Safety Foundation (MSF) course, and does meet the requirement set by DMV. For enrollment information contact the NAS Jax Safety Office at 542-3082.

# 19th Annual Bass Tournament a 'reel' success

By **Marty Wagner**  
Mulberry Cove Marina

April 14 was an exciting day with 79 boaters from the civilian and military community taking off in two waves for a day of bass fishing from NAS Jacksonville's Mulberry Cove Marina.

The anglers left at safe light and returned with their catches about 3 p.m.

All eyes turned to the weigh station at the base of the Marina's F-pier. Darin Blythe, Marina team member measured the fish aided by Mark Tharp of the FWC and Petty Officer Perry Wilson of the Beaches Bass Busters.

Master Chief Phil Mauffray, command master chief of Navy Region Southeast and NAS Jacksonville Command Master Chief Chuck Lawson kept the tallies straight and determined the winners.

Brett Bollinger caught a 6 pound, 12 ounce, large mouth bass and won the Big Bass Pot of \$760.

First prize went to Frank Streeter and Ben Williams who caught the maximum number of fish, seven, for a total weight of 23 pounds, 3 ounces and won \$1,150 for their efforts.

All the anglers and volunteers enjoyed lunch while Dave Carpenter, Marina manager, drew boat numbers to determine the winners of numerous door prizes donated by a variety of tournament sponsors.

If you missed this awesome event, make plans now to be involved in the 20th Annual Bass Tournament, either as a participant or volunteer.

**Anglers return after a great day of bass fishing on the St. Johns River.**

Whether you fish or work the tournament it promises to be a fun-filled day. Morale Welfare and Recreation thanks

all the participants and volunteers that made the 19th Annual Bass Tournament a huge success.



Photos by Jaimie Buddock, MWR Liberty Coordinator

**Bryan Hudgins and Brett Bollinger took third place in the tournament. The two also captured the Big Bass pot of \$760.**



## Learn to sail at the Marina

By **Marty Wagner**  
Mulberry Cove Marina

Have you ever wanted to learn to sail?

Sailing lessons are available through the Mulberry Cove Marina and Jax Navy Yacht Club on base under the watchful eye of a certified sailing instructor.

Basic Sailing Keelboat Classes are scheduled Fridays from 6 to 7:30 p.m., Saturday and Sunday from 8 a.m. to 4 p.m. Classes begin May 4.

Basic Sailing Centerboard Classes are scheduled Tuesdays and Thursdays from 4 to 7:30 p.m starting May 15. Call the Marina for other possible dates.

You may sign up for the classes at the Marina at the cost of \$65 for the Basic Dinghy Sailing Centerboard or \$45 for the Keelboat Class. Individuals wishing to take the Keelboat Class must already be qualified at the basic level and have their credentials entered into the Sail Logbook at the Marina. Upon successful completion of the basic class, participants will be awarded the Navy "Skipper B" designation.

There are a variety of sailboats available for you to rent once you've completed classes, including: 19 foot Flying Scotts, Flying Juniors and Lasers. Anyone who successfully completes the basic sailing class is eligible to rent any of these boats. The Marina also has a Hunter 24-foot keelboat that can be rented following a check ride with Marina Sail Specialist, Darin Blythe.

Call the Marina today at 542-3260 to sign up for sailing classes.

## JAX SPORTS

### Sports officials and scorekeepers needed

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

### Women's varsity softball coach needed

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

### Women's softball

### players wanted

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

### Ultimate Frisbee League forming

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

### Intramural Skeet League forming

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

gym to get the required paperwork to join the league.

### 3 on 3 Sand Volleyball League meeting scheduled for May 11

The league is open to all NAS Jax active duty personnel and is a Captain's Cup event. The meeting will be held at the Gymnasium on May 11 at 10:30 a.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

### Intramural Golf League meeting scheduled for May 16

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

### Spring Fling Singles Tennis Tournament is April 30

The NAS Jax Athletic Department

will be conducting a free tennis tournament at the Birmingham Tennis Courts for all authorized gym patrons April 30, 4 p.m. There will be a men's and women's division. Awards will be given for first, second and third place. Call NAS Jax Athletics to sign up before the April 25 deadline.

### Summer Basketball League meeting scheduled for May 18

The league is open to all NAS Jax active duty personnel. The meeting will be held at the Gymnasium on May 18 at 10:30 a.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

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

## STANDINGS



### Intramural Soccer League

Team	Wins	Ties	Losses	Points
VP-30 Students	10	1	0	21
HS-15	9	0	1	18
NavHosp	8	1	2	17
VP-30 O's	6	0	4	12
VS-30	5	0	5	10
VP-45	3	0	6	6

### NADep Basketball

Team	Wins	Losses
Prowlers	5	2
Tomcats	5	2
X-Factor	4	4
Engine World	3	4
Navigators	1	6