



# Jax Air News

## TOUCHING BASE

### Veteran's Stand Down

The city of Jacksonville is holding its annual Veterans Stand Down on Saturday from 9 a.m. to 3 p.m. at the Greater Agricultural Center and Fairgrounds. The Veterans Stand Down is open to all veterans and their families requiring assistance, especially those veterans who are either homeless or at risk of becoming homeless.

Numerous agencies will be on hand to assist in obtaining entitlements through the Veterans Administration, medical and dental exams, eye and hearing tests, employment opportunities, legal assistance and more.

For more information, call 630-3680.

### Medical Service Corps Anniversary Celebration

Tickets are on sale now for the annual Medical Service Corps (MSC) Anniversary Celebration to be held Saturday at the NAS Jacksonville Officer's Club. All current and former MSC officers and guests are invited to attend.

The guest speaker will be Capt. Richard Fletcher, most recently of NAVPERS.

Cost of tickets are \$30 for O1, O3 - \$30 and \$35 for O4 and above. Tickets may be purchased from Lt. j.g Spears - 542-9212.

The uniform will be dinner dress white jacket for O4 and above and dinner dress white or dinner dress white jacket for O3 and below. Civilian is black tie or formal business attire.

Cocktails begin at 6 p.m. with dinner at 7 p.m. The menu will include a choice of roast prime rib or Chicken Marsala.

Music and dancing will follow.

## VP-30 motivates new Sailors



Photo courtesy of VP-30

Capt. Brian Prindle, commanding officer of VP-30, answers questions about the fleet from members of Recruit Division 209. The squadron recently sponsored the division as it went through boot camp.

By Lt. Chris Rush  
VP-30 PAO

On July 11, Capt. Brian Prindle, commanding officer of VP-30, accompanied a group of his officers and Sailors to Recruit Training Center, Great Lakes, Ill., for the graduation of Recruit Division 209. This was the fourth and final event of VP-30's sponsorship of this boot camp class.

VP-30 is one of the many commands participating in a program to reach out to the Navy's newest members by sponsoring a new recruit division. This interaction between fleet Sailors and recruits is designed to help bridge the gap between Sailors in boot camp and those in the fleet.

Having taken part in several emotional events with this boot camp class, the volunteers from VP-30 became quite attached to the 60 members of Recruit Division 209 who made it all the way to graduation. From watching this class on their first day of boot camp to running side-by-side with them during their first physical readiness test to standing on the sidelines cheering for them through battle stations drills,

See VP-30, Page 10

## Physicals rodeo draws hundreds

By Loren Barnes  
Naval Hospital Jacksonville  
Public Affairs

More than 300 young patients were seen last Thursday during Naval Hospital Jacksonville's first School and Sports Physicals Rodeo.

The event, sponsored by the hospital's Family Practice and Pediatrics Departments, provided one-stop shopping for Naval Hospital-enrolled TRICARE beneficiaries to get their children either a school physical or a pre-participation sports physical as required by Jacksonville-area school systems.

Most of the parents said the one-stop, one-day services provided at the Rodeo were both convenient and cost saving. Such exams



Photos by Loren Barnes

Navy wife Jovita Hocks picks up brochures at the Wellness Center information booth as Wellness Center Department Head Lt. Cmdr. Tina Key provides information.

would run about \$40 per child if done by a provider in the civilian sector.

"This is great!" said Michelle Carter, as her daughters, Kami, 16, and Karlyne, 15, were weighed

by HM3 Zaymus Crawford, at the beginning of the exam process. "We've just moved into the area and we had to get the kids registered for school. This makes it so much easier. It's more

convenient, especially when you're transferring. I was surprised they took us. We didn't even have TRICARE established yet or a pri-

See RODEO, Page 10

## Watch your speed on base



Photo by JO2(SCW) Eric Clay

Recently, the NAS Jacksonville Police Department's placed the "Smart Cart" around the base to educate drivers of the strictly enforced speed limits aboard the base. NAS Jax, being located in the state of Florida, has adopted all state traffic rules and regulation.

## VP-5 crew performs dramatic rescue

By Lt. j.g. Nathan Rocklein  
VP-5 PAO

Recently, Combat Air Crew (CAC) 10 of VP-5 located a vessel in distress while conducting a counter-narcotic patrol in the Eastern Pacific Ocean.

The foundering 65-foot vessel was dead in the water and appeared to be quite old and not seaworthy. Using the highly sophisticated surveillance equipment on their P-3C Orion Maritime Patrol Aircraft, the aircrew estimated that there were 50 to 60 people on board the vessel.

As the P-3C made multiple passes, the ship's passengers and crew frantically waved their arms and clothing in an attempt to get the attention of the crew. CAC-10 radioed in the position of the vessel to the Tactical Support Center and to a nearby warship, USS Hayler (DD-997). CAC-10 called in USS Hayler, who was conducting counter-narcotic duties in the area, to investigate the situation.

USS Hayler dispatched several small boats to board the failing vessel. Upon further investigation, Hayler's crew determined that the small ship was out of fuel and many of the 75 passengers on board were suffering from a variety of ailments. As the CAC-10 departed station, Hayler's crew continued to transfer passengers from the ailing boat for medical care and eventual safe return to port.

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## Weekend Weather

-  **FRIDAY 74/91**  
ISOLATED THUNDER
-  **SATURDAY 74/92**  
ISOLATE THUNDER
-  **SUNDAY 73/92**  
ISOLATED THUNDER

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

# FFSC NEWS

## August is Life Skills Education Month at FFSC

From FFSC

The NAS Jax Fleet and Family Support Center (FFSC) sponsors numerous life skills educational programs to foster good interpersonal relationships and enhance

productivity through classes designed to promote optimal emotional and physical health.

Course topics include: assertiveness, child development, communication skills, conflict resolution, effective parenting, marriage enrichment, stress management and much more.

These classes are available at no cost to all service members, including activated Reservists, retirees and their families.

These services are your

benefits, earned by your military service.

Comparable services in the private sector would cost hundreds of dollars.

The FFSC is committed to supporting single Sailors, married Sailors and their families.

## FFSC offers educational and support programs

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

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

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

The following workshops are available in August:

- Aug. 1, 9-11 a.m. - Marketing Yourself (for military spouses)
- Aug. 4-8, 8 a.m. - 4 p.m. - Command Financial Specialist Training
- Aug. 5, 9-11 a.m. - What about the Kids?

Aug. 6, 11 a.m. - 1:30 p.m. - Budget for Baby Workshop

Aug. 11-14, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (separation)

Aug. 11-15, 6-10 p.m. - Basic Ombudsman Training

Aug. 12, 8 a.m. - noon - Smooth Move Workshop

Aug. 13, 9 a.m. - noon - How to have a healthy relationship

Aug. 14, 9-11 a.m. - Money Management

Aug. 15, 9-11 a.m. - Written Marketing Tools (for spouses)

Aug. 19, 8 a.m. - 4 p.m. - Stress Management Workshop

Aug. 19, 9-10 a.m. - Sponsor Training Workshop

Aug. 20, 8-11 a.m. - Anger Control Workshop

Aug. 20, 9-11:30 a.m. - What a Difference a Dad Makes

Aug. 20, 6-8 p.m. - Budget for Baby Workshop

Aug. 21, 9 a.m. - noon - Florida Family Law Information Seminar

Aug. 25-28, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retirement)

Aug. 26, 9-11 a.m. - Debt Management

Aug. 26 & Sept. 2, 1-5 p.m. - Assertive Communication Training

Aug. 27, 9-11 a.m. - Checkbook Management

Aug. 28, 9:30 a.m. - noon - Child Support Information Workshop

Aug. 28, 1:30-3 p.m. Volunteer Service Council

Aug. 28, 6:30-8 p.m. - Military Spouse 101 Resource Fair

Aug. 28, 6:30-9 p.m. - Ombudsman Assembly

Aug. 29, 9-11 a.m. - Career Exploration (for spouses)

## ON THE HOMEFRONT

### No time is the right time for military spouses

By Sarah Smiley  
Special Contributor

I asked my friend when she and her husband plan to start a family. "That's up to God and the Navy," she responded, "and not necessarily in that order."

For military families, planning life's events is like one giant Rubik's Cube: just as soon as you get a row of colors lined up, you turn the cube and everything moves out of whack.

Weddings, pregnancy, childbirth, and anniversaries all take a backseat to the family calendar covered with squadron homecoming and departure dates.

While most brides worry about the caterer delivering the cake on time or the flowers staying fresh until the ceremony, many military fiancées spend their engagement wondering if the groom will make it to the big day or not.

My own wedding was

planned in the middle of my husband's journey through flight school. "You picked a bad time to get married," I remember one flight instructor telling us.

But in the military, I wondered, is there ever a good time. If it weren't flight school, it would be a detachment, or an evaluation or weekend duty.

There was no good time either for the oral surgery I had done after we were married. My husband had a flight and couldn't drive me to the hospital, so I went alone, had the surgery, and drove myself back home (and picked up our brand new VCR and installed it...all before my husband finished his flight).

Both my pregnancies were timing disasters as well. First, I felt rushed to go into labor (before my husband left on detachment), and then I felt rushed to recover and get back on my feet (before my husband left for cruise).

And as any new mother

knows, postpartum is the time when any woman is least understanding about her husband's duties and his commitment to the military.

Recently, potty training my son has also fallen into this category of things that seem to have to wait until the timing is right for the military. At first I didn't want to train him because his dad was leaving for deployment.

Six months later, my son was still in diapers, but training didn't seem convenient then because "his daddy is coming home and he'll just regress again." Then there were detachments, selling the house, and his daddy's new orders, all of which made potty training impossible and untimely.

So now, as my son nears three years old, he still wears diapers and has no plans to sit on the potty, despite the Blue's Clues underpants and Superman Underos I bought for him. And I unwittingly oblige

to his determination for pull-ups when I see the calendar and another date circled in red: "daddy to the boat."

At some point, I tell myself, I need to get my life back and ignore the circled dates on the refrigerator. But as a military spouse, I'd have to be knocked unconscious not to recognize the ways the Navy molds and shapes my daily life. It is inescapable.

So what's that old saying? "If you can't beat 'em, join 'em!"

Well, I'm not planning on enlisting myself, but it is time my son sits on the potty and I quit waiting for the perfect military timing.

I need to stop hoping everything falls into place because it seldom does and I refuse to buy size 6T diapers. It's time that I forge ahead and make plans despite the calendar. It's time I stop waiting for someone else's schedule.

Now if only I could find the right time to stop my waiting...

## HEY, MONEYMAN!

Hey, MoneyMan!

I got married just before I joined the Navy and now my wife wants to move back home. We are always having money problems and now she wants a divorce. I can barely pay my regular bills and I can't afford a lawyer. Any suggestions?

MoneyMan Sez:

Unfortunately, a lot of young military families face this problem. Many folks have difficulty adjusting to changes in their environment and you have

had a number of big ones all at once. You joined the military, got married and moved to a new location.

My first recommendation is to visit your Fleet and Family Support Center and speak with the family counselors. You may also want to visit the chaplain's office.

Next go to the Navy Legal Service Office.

Although they may not represent you in court, there are a lot of things they can do for you in preparation for a divorce, if necessary.

Of course, many divorces

are expensive so you will want to look at your bills and separate "needs" from "wants." Now is not a good time to make any major purchases or spend money you don't have.

If your wife decides to return to her home state, you may want to check with

the Navy and Marine Corps Relief Society and ask them about a "welcome home." Sometimes they can help if you can not afford to maintain a household at your duty station.

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



## Sunday Services

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

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

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



## Meet A Sailor...

SK1(SW) BARRY BENNETT

Job title/command:  
LPO, NAS Jax Supply

Hometown: Homosassa Springs, Fla.

Family Life: Married with four children.

Past Duty Stations: NSA Naples, Italy, Naval Submarine Support Facility, Groton, Ct.

Career Plans: To make chief.

Most Interesting Experience: Pulling into Sevromrsk, Russia.

Words of Wisdom: Don't wait for tomorrow what you can do now.



## Meet A Civilian...

JERRY SYREK

Job title/command:  
Field Training Officer,  
NAS Jax Base Police

Hometown: Greenville, Mich.

Family Life: Single

Past Duty Stations: Newport, R.I.

Career Plans: To work on the reinstatement of the police bike unit.

Most Interesting Experience: Receiving a well-deserved pay raise from my department.

Words of Wisdom: You have the right to remain silent, don't waive this right.

## Rabies alert issued

From the NAS Jacksonville Veterinary Treatment Facility

As of July 23, Duval County is under a rabies alert which is in effect until Oct. 23. A rabid cat was found on Collins Road near the Ortega River. The alert affects the following areas of southwest Duval County and northern Clay County:

- Bordered on the north by Townsend Road at Blanding Blvd.
  - Bordered on the south by Bartlett Boulevard at Debarry Drive in Clay County.
  - Bordered on the east by Roosevelt Boulevard at Collins Road.
  - Bordered on the west by I-295 at Collins Road.
- NAS Jax will also be affected by the rabies alert. Stray animals within Duval County should be reported to the city's Animal Care and Control Division at 630-2489. Animal bites should be reported to Rabies Control at 630-3260. Within Clay County, stray animals and animal bites should be reported to Animal Control at 269-6342.

If you have any questions, you may contact the NAS Jax Veterinary Treatment Facility at 542-3786.

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By Dorothy P. Harris  
Special Contributor

Now that you are retired from the military, and feel confident about your future, are you sure you know about all of the benefits you are entitled to as a veteran, or the spouse of a veteran?

If not, mark your calendar for Sept. 13, because the Retired Activities Office at NAS Jacksonville is holding their 32nd annual Retired Activities Seminar at the River Cove Catering and Conference Center from 9 a.m. to 3:30 p.m.

This event is open and free to all military retirees and their spouses from all branches of service. Military personnel close to retirement and their spouses are welcome also.

The Retired Activities officers and counselors will present information concerning legislative updates, the Survivor's Benefit Plan, Tricare for Life and the Long Term Care Insurance Program. There will be numerous booths set up to obtain further information, including BuPers, DFAS, the Navy Exchange, Naval Hospital Jax, Commissary, MWR, PSD (retired desk), a VA representative, Legal and many more.

For more information, contact the ROA at 542-2766, Ext. 126, or email raojax@nasjax.navy.mil.

# NAS Jacksonville leads in innovation

By Tim Sheppard  
NAS Jax Business Manager

Naval Air Station Jacksonville is undergoing a significant effort to be a "change leader" as we push forward into these times of austere budget cuts and increase in mission scope. NAS Commanding Officer Capt. Mark S. Boensel has charted a course to help guide NAS in a new exciting and invigorating direction.

The need for innovation and an energetic course is required to guide the station through significant change coming our way. While budget reductions and some personnel cuts are possible, mission requirements of NAS are increasing.

NAS Jacksonville has picked up the Training Resource Strategy (TRS) and Joint Task Force Exercises (JTFX) missions that previously were performed at Naval Station Roosevelt Roads.

TRS and JTFX are major milestone exercises that Carriers and Carrier Battle Groups must successfully complete as they work up to deployment. Just these two mission requirements will increase transient Orange Air assets operating out of NAS three to five times a year, on top of continuing missions.

VP-10 P-3s will soon arrive from NAS Brunswick, Maine, bringing more P-3 aircraft and some 220 new squadron members to our station.

The CNO's new Fleet Response Plan (FRP) will have far-reaching impacts indeed. The new deployment plan, in a nutshell, will mean more squadrons

are at home at any one time and are likely to deploy all together rather than rotating as is currently done. Most shore stations, including NAS Jacksonville, are designed to accommodate about 70 percent of squadrons at home with the rest deployed at any given time. Having every one home at the same time will stress our infrastructure as never before.

The necessity to find ways to continue to provide outstanding service to all our customers while undergoing these significant changes is daunting.

But it is one we accept with confidence that NAS Jacksonville Team Members can accomplish. The people of NAS Jacksonville are change leaders - not followers.

We have charted a course for NAS to provide even greater service to our customers. Our mission statement reads "We Enable Naval Aviation Warfighter Readiness" which summarizes why we are here.

But that is not good enough; our vision of being recognized by the warfighter as the world's finest Naval Air Station is easy to understand by all, but cannot be accomplished simply by working harder.

It requires significant changes in the methods we use to accomplish our mission. We have developed a dual approach as a blueprint for reaching our vision, strategic alignment and strategic/business planning.

Strategic alignment is our way of looking at how people, strategy, processes, and customer service are all linked. The idea is to make sure that all of these critical

## Civilian Captain's Call held



Photo by Miriam S. Gallet

Capt. Mark S. Boensel, NAS Jacksonville commanding officer, held a Captain's Call for all civilian personnel last Thursday at the base theater. The purpose of this event was to inform civilians on current events and future plans, including Chief of Naval Operation's top five priorities and Commander, Navy Region Southeast's strategic business plan initiatives, and how NAS Jax is going to support those initiatives. Boensel explained to those in attendance the impact that picking up the Training Resource Strategy and Joint Task Force Exercise missions that previously were performed at Naval Station Roosevelt Roads have on NAS Jax. He also explained why it is imperative that NAS Jax changes the way it does business. Also discussed during the call were the new guidelines for civilian performance appraisals. NAS Jax mission statement and newly revised vision statement support the regional plan 100 percent. The NAS Jax mission is: "We Enable Naval Aviation Warfighter Readiness." The NAS Jax revised vision is: "Recognized by the Warfighters as the World's Finest Naval Air Station."

elements in our organization are linked to provide all hands a clear, unified focus, to accomplish our "mission." Through strategic alignment, everyone knows how their roles and actions contribute to reaching NAS goals and objectives and achieving our vision.

Vertical alignment is about being able to rapidly deploy a business strategy that is manifested in the actions of people at work.

When vertical alignment is reached, every one in the command understands our organization-wide goals and their individual roles in achieving them. We will accomplish this by making sure that all work done is in support of our strategic goals, which in turn support the mission and vision.

The way our job descriptions are written, and the way we get rewarded needs to directly show support of the command's goals and objectives. Additionally, we must all understand how and why each person is so vitally important in getting things done.

Horizontal alignment ensures that all the work processes we do meet or exceed customer requirements. Because these processes usually involve more than one functional area or department, we call this horizontal alignment.

To do this we will identify the work processes that are core to accomplishing our mission and vision, and weed out those processes that don't add value. We need to be sure that each of

us understands how the work we do creates value and is a vital link in the chain to giving the customer what they require, and how that in turn supports the mission and vision.

To support accomplishing this vertical alignment, we are engaging in a systematic business process improvement program. The skipper has chartered a process improvement committee of senior military and civilians that will be responsible for making this happen.

We are training our people as business process engineers to work with process owners in mapping the tasks and processes of core business. Once mapped, the team will look for ways to improve the effectiveness and efficiency

of these processes.

Our strategic and business plans are critical to leading change. The station Strategic Business Plan is the roadmap that provides the means of reaching our organization's vision.

We have developed four over-arching goals to map that process and help focus energy and resources to those areas important to helping us reach the vision.

Our goals are measurable and are directly linked to the vision. Each goal has a "goalkeeper" that is responsible to the CO. These goals will be explained in my next article.

**Editor's note: This is the first of a series of monthly articles concerning the NAS Jax Strategic Business Plan.**

# NAS Jax hosts Naval Sea Cadet training

By Ryan Adrick  
Staff Writer

For the past two weeks NAS Jacksonville has hosted various training opportunities for the Naval Sea Cadet Corps (NSCC) and Navy League Cadet Corps (NLCC). The training consisted of cadets from throughout the nation that had the desire to learn more about naval aviation and various other base operations.



Photos by Ryan Adrick

Naval Sea Cadet Jamie Knowles sits in an SH-60F helicopter, getting the feel for the controls in preparation for her flight simulator training the following day.

"It has been a lot of work but seeing the cadets have fun has been a great reward," explained Lt. June Tillet, the commander of the NAS Jax NSCC unit and commander for the two-week training exercise.

The League Cadets are boys and girls who are between the ages of 11 but not yet 14, who are interested in the sea and ships, and also the sea going branches of the military, such as the Navy and Coast Guard.

These younger cadets had

the opportunity to spend one week aboard the base to see many different facets of naval operations. The cadets spent time at the Boat House, Disease Vector Ecology and Control Center, Air Operations, Galley, and AIMD, learning how each department operates and contributes to NAS Jax and the Navy.

The Sea Cadets are boys and girls that are between the ages of 13 and 17 who

want to learn about the Navy, Marine Corps, Coast Guard and Merchant Marines.

"Sea Cadets has helped me stay straight and be motivated," Cadet Jason Goodman said. The cadets spent the entire two weeks aboard NAS Jax learning about various air operations.

The Sea Cadets had the chance to visit and tour AIMD, HS-15, HS-5, VR-58, VP-30 and learn about aviation survival training.

Their visit to AIMD allowed the cadets to observe jet engine maintenance and to receive hands on training working on jet engines.

The cadets visit to the VR-58 Sun Seekers allowed them to fly on one of the Navy's new C-40A Clipper aircraft. They had the opportunity to fly to Texas and Oceana, Va.

The HS-15 "Red Lions" and HS-5 "Night Dippers" introduced the cadets to the helicopter community. HS-15 Public Affairs Officer Lt. j.g. Jon Rauhen explained his role, "I'm trying to expose them to every part



Naval Sea Cadet Nick Logodice examines the engine and rotor assembly of a SH-60F to see how a helicopter operates.



AM1 Jim Mottor (right) explains why re-treading aircraft tires is an important maintenance procedure to Naval Sea Cadet Jason Goodman.

of our squadrons operations."

The cadets learned about engine maintenance and the HS community's role in naval operations, and many other duties in the squadron. Their tour with the helicopter squadrons

also included a trip to the flight simulator training facility, where the cadets were able to practice flying in a simulator.

VP-30 also hosted the Sea Cadets for an afternoon giving them a tour of their squadron and explaining

basic patrol squadron duties.

Cadet Nick Logodice commented how this is just the first step for him before he joins the military, "I want a job that I look forward to going to," he said.

## 2002 Regional Shareholder's Report released

Commander, Navy Region Southeast recently released the 2002 Regional Shareholder's Report showing a \$7.83 billion economic impact of the Navy-Marine Corps team in Northeast Florida and Southeast Georgia.

The \$330 million increase over last year's report is the result of slight growth in personnel numbers, the annual pay raise for military and civilian employees, as well as nearly \$100 million more spent for goods and services purchased on the local economy.

The report is available at [www.cnrse.navy.mil](http://www.cnrse.navy.mil). Click on "Command Info," then "Regional Shareholders Report," and then "1996-Present." In the "Region" section click on "Fleet Concentration Area" and then on "2002."

## USO offers Jaguar's tickets

The USO has tickets for each of the Jacksonville Jaguar's home games including the two pre-season games for active duty military members and one guest.

Ticket distribution will be handled by the USO. Tickets are \$6 with a maximum of two tickets per single active duty member and four for married active duty. Tickets go on sale two Monday's before each home game.

Uniforms are not required, however all active duty members and their families must show military I.D. at the USO Gate at Alltel Stadium. Command ball caps are authorized and encouraged.

Tickets for the first pre-season game against the Miami Dolphins on Aug. 15 go on sale Monday. For more information, call 542-3048.

# Navy pilot returns home to hero's welcome

By Jessica Shifflett  
Special Contributor

About six months ago, an American flag arrived aboard USS Theodore Roosevelt, a United States naval carrier stationed in the Middle East. Tucked in a large package stuffed with letters and cards full of good wishes from Beckley, N.C. Rotary Club members and others in the area, the flag was sent to Navy Lt. Charles Pugh, son of Beckley Mayor Emmett Pugh.

It came with a simple request, issued by Rotary President Gene Harvey to Pugh: Bring the flag safely home to Beckley, please.

While the Roosevelt cruised the Mediterranean Sea during Operation Iraqi Freedom, the Stars and Stripes flew high. On July 18, an S-3B Viking fighter jet zoomed into view above Raleigh County Memorial Airport, turned on its wing when it was center of the crowd and zipped out of sight again.

Moments later, as a celebratory crowd cheered from the ground, the aircraft circled back into view, swiveling once again on its wing before it landed. When Pugh stepped from the cockpit of his plane to a hometown hero's welcome, he had an American flag. "Just being back home, there's nothing like it," Pugh told the crowd. "I remember my dad used to bring me up here and show me the planes. I've come full circle," he added. The Rotarians hosted a reception for Pugh at the airport, where many of the pilot's family, friends and neighbors gathered to welcome him home.

Beckley Rotary Club secretary Susan Landis was on hand to accept the safely returned flag. "I'm just delighted because I've known Charlie since he was small enough to do cannonballs off the diving board at the pool," Landis said. Excusing himself from reporters, Pugh hugged his father and kissed his mother, Carol Pugh, then turned to greet other members of his family, including sister,

Julie Morton and her husband, Chad of Columbia, S.C., and brother, Michael Pugh. "It's wonderful," Carol Pugh said. "We're so proud of him."

Mayor Pugh hadn't seen his son since May 2002. "It's nice to have him back in Beckley," the mayor said. "He grew up here, was educated here. The reception kind of shows how much we appreciate what he's done for our country. We're just glad to have him home."

Pugh - who now lives in Jacksonville, told reporters he was eager to see his wife, Bridgette and new baby, Sara Elizabeth, who had left Jacksonville a week earlier to visit family in Beckley. Sara, who was born June 17, enjoyed the festivities from a shady spot with her aunt, Julie. Pugh signed autographs for children who lined the walkway to receive him, waving American flags.

He inspired career aspirations in 5-year-old Austin Wood. "I want to be a pilot," he announced after witnessing Pugh's "awesome" landing.

The lieutenant's landing also sparked comment from his younger brother, a student at Marshall University.

"He got a good parking space," Michael observed.

Two of Pugh's friends, Lt. John Gallucci of Jacksonville and Lt. Jim Keen of Chattanooga, Tenn., flew shotgun from Jacksonville to visit Beckley.

While Pugh greeted family and friends, the two men gave insight into the American position in Iraq. "I think it's a really tense situation, and we're definitely doing the right thing," Keen said. He expressed strong support for President Bush in case of military action in North Korea or Liberia. "Whatever the president thinks is best, he's the commander-in-chief," he added.

Gallucci, whose younger brother is still in Iraq, added the situation in the liberated country remains tense. "In many ways now, it's almost a more dangerous situation," he said. "You don't know who your friends are."



Photo by Miriam S. Gallet

Capt. Mark Boensel, NAS Jax commanding officer, presents Sharon Cruz with the Civilian of Quarter award for the second quarter. Cruz works in the stock control office of the NAS Jax Supply Department.

## Cruz recognized as Civilian of Quarter

By JO3(SW/AW) Rebecca Schall  
Special Contributor

Sharon Cruz, customer service representative at the stock control office at NAS Jacksonville, was recently recognized for her hard work and efforts by receiving the Civilian of the Quarter award for the second quarter of calendar year 2003.

"She's super woman," said Stephen Silver, stock control division officer. "She's very enthusiastic in every aspect and that enthusiasm spills over to the rest of the members in this office."

Silver said it was not only Cruz's enthusiasm that won her the award, she also put together a Standard Operating Procedure (SOP) for the Defense Reutilization Marketing Office (DRMO).

"DRMO is a sort of recycling system that takes supplies that one command

may no longer need and sends them to other commands that have use for them," noted John Gernand of Naval Air Systems Command. "This DRMO SOP is the first step in administering a process to get practice ranges the hardware needed from alternative resources in support of the fleet training."

The process will be forwarded to several Department of Defense activities throughout the United States including the Chief of Naval Operations and commander carrier groups.

Cruz's fellow co-workers also feel she does an outstanding job and possesses a positive outlook, even when things get difficult.

"She is always positive towards her job, fellow employees and customers. She deserves to be recognized," several co-workers added.



# ★ Honor Support Team ★



AM3 John Irwin stands proudly as he practices lowering the Navy flag.



Members of the NAS Jax Honor Support Team display the colors at a recent retirement ceremony. *Photo by Kaylee LaRocque*

## Training for perfection

By JO2(SCW) Eric Clay  
Assistant Editor

They're seen at various changes of command, retirements, special ceremonies and at funerals. But many people don't realize how much time and hard work it takes the 28 members of the NAS Jacksonville Honor Support Team (HST) to perform to perfection every time they are called for an event.

"We train every day, making sure all our members are on the mark, representing the base and the Navy with honor," explained HST Assistant Coordinator AO2 Michael Tune.

Being in sync with one other is very important for a performance. "The hardest part of our ceremonies is the 21-gun salute, because if one person is off the mark, the result would sound like popcorn popping," added Tune.

The group has performed at many prestigious events such as the Pepsi 400, an annual NASCAR Winston Cup Series event held at the Daytona International Raceway and numerous Jacksonville Jaguars games.

"These events are fun for us because these are our biggest audiences," said Tune.

The HST doesn't just perform aboard NAS Jax and within the local area; they have traveled hours to perform for the people who request them. "We can drive



Members of the Honor Support Team fold the national ensign as the rifle team pretends to perform the 21-gun salute.



The Honor Support Team practices for several hours a week ensuring that when it is time to perform, it is to perfection.



DNSN Jannique Hazell folds the national ensign as if it would be presented to a family.

# ★ Honor Support Team ★



DNSN Jannique Hazell (left) and IT3 Lindy Avery clean their rifles prior to a performance.

Photos by JO2(SCW) Eric Clay



Members of the Rifle Team practice their handling skills.



AO2 Michael Tune, assistant coordinator of the Honor Support Team, instructs members of the Rifle Team in the proper techniques of holding their rifles.



IT3 Lindy Avery, assistant administrator of the Honor Support Team, simulates the presentation of the national ensign to a family member.

## HST: Ceremonial squad trains for absolute perfection

From Page 6

for hours to arrive at a ceremony, the drives can be boring, but when you see the look on the families faces at a funeral and know how much they appreciate your performance, it makes the trip more than worth making," commented Tune.

One of the most significant events that HST performs at is a military funeral. A military funeral is the ultimate tribute and a sad but honored ceremony performed by the NAS Jacksonville Ceremonial Guard and Honor Support Team throughout the Southeast Region. It is a wide jurisdiction that demands a heavy commitment from NAS Sailors.

During such solemn ceremonies, they carry a powerful message: "This flag is presented on behalf of a grateful nation as an expression of appreciation for the honorable and faithful service exploits and experiences of the generations before them rendered by your loved one."

Spoken when presenting the United States flag to a family member of a deceased service member, retiree or

veteran. These words come near the conclusion of what most service members consider the most revered ceremony conducted by the armed services — the military funeral.

While men make up the majority of the HST, several women are also part of the team.

"A lot of the families don't expect to see females performing a 21-gun salute or even being a part of the HST. When we perform at some of the funerals, many of the deceased service members never even served with females," stated IT3 Lindy Avery, administrator for the HST. "I take a lot of pride in being part of the HST, especially knowing that we make an impression on family members."

Working HST/ Ceremonial Guard also gives Sailors a chance to meet and work with Sailors who they normally wouldn't encounter daily.

The NAS Jax HST is a 90-day temporary additional duty billet that service members can either volunteer or be selected for. If you are interested in becoming a member of HST/ ceremonial guard, talk with your supervisor about volunteering or call 542-3338.

# VS-30 Sailors seek higher educations

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

A college education opens many doors to opportunities that would have been otherwise unattainable without one.

Many Sailors join the Navy for the educational benefits that the Montgomery G.I. Bill offers. In addition to the G.I. Bill, there are many other ways for Sailors to obtain the credits they need to obtain a degree.

It is even possible for an individual who is deployed to complete all of the academic requirements to obtain a bachelor's degree, all without having ever set foot on the institution's campus.

For many Sailors in VS-30, obtaining college credits while on active duty is a reality. Recently, Bob Wooten, Pete Baker, and Dana Argo, counselors from NAS Jacksonville's Navy College Office took appointments with VS-30 Sailors of every rank and paygrade to provide them with the path to certification and high educational degrees.

In a squadron with a reputation for excellence, more than 200 VS-30 Sailors have visited the educational counselors to discuss and plan their education.

"During my enlistment I want to obtain my bachelor's degree so that I can go right into a master's in physical fitness or nutrition at the University of Arizona and maximize my G.I. Bill benefits," said AN April Gooderham.

"Since entering the Navy in 2000, I used the Navy's Tuition Assistance (TA) benefits to complete the remaining 72 hours I needed for my Bachelor of Science in Professional Aeronautics," said AD2 Slavco Strezoski.

The Navy provides every



Photo courtesy of VS-30

Dana Argo, Lt. Jason Crain, Pete Baker and Bob Wooten counsel VS-30 officers and Sailors on higher education.

Sailor with \$3,000 of tuition per year or 12 semester hours per year at \$250 per hour. This is in addition to PACE classes that can be taken for only the cost of books and CLEP tests which give college credit based upon current knowledge.

"The amount of money that can be saved on a traditional education by using the Navy's educational benefits is eye opening," said AD2 Jason Delpriore, a VS-30 Sailor who will be attending Embry Riddle Aeronautical University as a civilian in the fall.

There are many tangible reasons for a Sailor to obtain a college education according to the Center for Naval Analyses. In a study to determine if obtaining an education had any relation to promotion, the center studied enlisted promotions to E5 within five years of their initial enlistment.

The study found that 31 percent of Sailors without college were promoted, 43 percent of Sailors with at least 15 credit hours were promoted, while 66 percent of the Sailors with 60 semester hours or an asso-

ciate's degree were promoted.

Demotion rates were shown to decrease with an increase in education. The study also examined the retention rates of Sailors by the end of their first enlistment. It found that 31 percent of Sailors without any college reenlisted, 43 percent of Sailors with 30 semester hours reenlisted, while 55 percent of Sailors with 60 semester hours reenlisted.

"Higher education always brings with it a sense of responsibility and accomplishment that people do not want to lose by acting foolish," VS-30's Command Master Chief Mitchell Lounsberry said. Lounsberry recently received his Bachelor of Science in Workforce Education and Development and plans on using his degree to teach high school history when he retires from the Navy.

After having the Navy College Office counselors at VS-30 for 10 days, each Sailor had the opportunity to discuss their plans for education and more than 70 signed up for certification and college courses.

# MWR employee honored for training employees

By Kaylee LaRocque  
Staff Writer

NAS Jax MWR Aquatics Director Julie Caudill was recently presented a Silver Star award. No, it is not a military medal, but the award is quite significant because it was presented for something that is extremely important to MWR – customer service.

Caudill is a facilitator for MWR's Star Service Program which trains MWR employees on how to be a better customer service representative.

Caudill was given this award after facilitating two classes in a 12-month period, scoring an 8.0 or higher on the class evaluations of her communication skills and completing the Star Service Manager's training.

"I really enjoy facilitating this program. I get to meet people from all the different MWR departments and learn what everyone does within these departments. It gets me out of my own area for awhile and I learn something new about customer service every time I teach the class," she explained, enthusiastically.

Caudill began working at NAS Jax as the aquatics director in August 1999, coordinating the swimming programs at both the indoor and outdoor pools. She attended her first Star Service training in the summer of 1999.

"As I was sitting in the class, I remember watching the facilitator and thinking how much fun it would be to do this. So when I found out they would be training facilitators for the program here, I jumped at the chance to participate," said Caudill.

The facilitator training began with two days of going through the basic Star Service Program again. Another two days were spent going over the course again, section by section, breaking it down to objectives of what the facilitators wanted their students to come up with.

"This class is not about me standing up there telling MWR employees how to be good customer service representatives. It gives the participants scenarios and they have to come up with customer service ideas and recommendations. It's designed to use common sense," she continued.



Photo by Kaylee LaRocque

Aquatics Director Julie Caudill oversees the swimming lessons at the NAS Jax outdoor pool. In addition to her everyday job, Caudill volunteers as an MWR Star Service Training facilitator.

The class is broken up into teams and based on a point system. The participants earn points for completing the projects. The team with the most points at the end of the class wins a prize. "It's really fun," Caudill said.

Currently, there are three Star Service facilitators at NAS Jax. "We have a lot of support from MWR. These classes are a high priority here. We want to make sure the Sailors are getting the customer service they deserve. Everyone who works at MWR is required to attend this training. We've trained most of the people currently working here, but will continue to offer the training bi-monthly for all the new employees," added Caudill.

In the future, Caudill would like to go for the gold, but quickly added that is not her goal for facilitating this training.

"I learn something new about customer service every time I teach this class. It reinforces the things that we encourage everyone to use – such as specific words and tones when talking with customers. By facilitating this class, I'm forced to lead by example. It gives me the practice I need to stay on top of my own customer service skills," she concluded.

For more information on MWR's Star Service Program, call 542-2930.

# Auto Port gets upgrades

By Ryan Adrick  
Staff Writer

The NAS Jacksonville Navy Exchange Auto Service Center (ASC) is currently updating their services to provide a better quality of life for active duty personnel aboard the base and better serve the retired military community in the Jacksonville area.

The ASC has been making significant upgrades in the recent months to many of their standard services that they have offered in the past. Many of these new upgrades will allow the auto mechanics to work on a broader variety of vehicles.

The newest edition to the ASC is the largest alignment automobile lift that is available on the market. This lift will allow for larger vehicles such as sport utility vehicles (SUVs) and larger trucks to be serviced and aligned. "If it can fit through the shop's garage door we can align it," explained ASC Service Manager Colin O'Rourke.

Additional improvements to the ASC services also include the ability to refurbish rotors on vehicles with fixed rotors using an on car brake lathe. This will allow for Honda's and other cars with fixed rotors to be serviced.

Another improvement to the ASC is that they are now capable of changing car rims up to 24 inches in diameter. "This allows us to work with more high end wheel rims," said O'Rourke.

In addition to auto servicing the ASC also offers many accessories and installation for numerous cars, trucks, vans, SUVs, and even boats. The "Car Stereo Station" will install all items, including components purchased off base.



Walt Misora, a window tinting expert at the NEX Jax Autoport, removes air bubbles and double checks his work after window tinting a car.

Electronic items such as, TV's, DVD players, car alarms, sunroofs, cruise control, sound systems, and fog lights can be purchased and installed at the "Car Stereo Station". The "Car Stereo Station" also provides boat electronic installations, including fish finders, boat radios, and more.

These services are no longer contracted to a civilian company and are now handled by the ASC.

The ASC also has a window-tinting center that can tint any vehicle's windows. "We can tint any vehicle all to Florida legal specifications," O'Rourke added.

Many of these items are featured in weekly and monthly manager specials offered to the military.



Auto mechanic Ricky King changes the oil on a sedan during a routine 3,000 mile check up.

Photos by Ryan Adrick



NEX Jax Autoport mechanic Joe Mumgo, uses a highly accurate computer balancing machine to balance tires.

## Embry Riddle offers classes on base

From the Navy College Office

The following classes are being offered for the Embry Riddle Aeronautical University fall semester at NAS Jax. The term runs from Aug. 4 through Oct. 4.

Course	Title	Day	Time	Bldg
AMNT 280	Power Plant Theory	M	4:30 p.m.	NAMTra Rm. 119
AMNT 281	Aircraft Propulsion Systems	TH	4:30 p.m.	NAMTra Rm. 119
ASCI 405	Aviation Law	T	5 p.m.	Fla. Real Estate
ECON 210	Microeconomics	W	5 p.m.	Fla. Real Estate
ENGL 221	Technical Report Writing	M	5 p.m.	Admin Building 1
MATH 211	Elementary Statistics	TH	5 p.m.	Fla. Real Estate
MGMT 312	Managerial Accounting	M	5 p.m.	Computer Lab
FTY 320	Human Factors in Aviation	W	5 p.m.	Fla. Real Estate
MGMT 201	Principles of Management	M	5 p.m.	J.I.A.
MGMT 335	International Business	W	5 p.m.	J.I.A.

The following are graduate courses:

ASCI 608	Aviation/Aero Accident Investigation	W	5 p.m.	Fla. Real Estate
MGMT 607	Human Resource Dev.	T	5 p.m.	Computer Lab

For more information, call 779-0246.



SK2 Tahra Baker with her daughter, Tamija, look over some of the dental information provided by DT2 Donald Jacobs of Naval Hospital Jacksonville Dental. Photos by Loren Barnes

## RODEO: First 'School and Sports Physicals Rodeo' brings hundreds

From Page 1

mary care provider. And we're not from this base. My husband, ICCS Anthony Carter is stationed at Naval Station Mayport with Fleet Technical Support Center - Atlantic (FTSCLANT)."

Sharon Perez was equally pleased. In fact, she said she has generally been impressed with the service at Naval Hospital Jacksonville. Perez, who is married to U.S. Army Specialist Javier Perez, single-handedly, moved her children here only four weeks ago from Fort Bragg, N.C. Her husband is in Afghanistan.

The family relocated to Jacksonville in preparation for when her husband leaves the service in 2005.

Perez said, "We've only been here four weeks and during that time I've visited the hospital three times. I've been very pleased with each experience. The service here has been wonderful. They're very organized."

In addition to the physicals, the families were offered a wide range of preventive medicine information courtesy of the Wellness Center, the Dental Department and Nutrition Management.

Family Practice Department Head Cmdr. Dwayne Clark said, "The Rodeo was a huge success. It provided a good service to our patients and allowed additional education for our residents." Clark said Family Practice and Pediatrics look forward to hosting this event annually.

If you didn't make this year's Rodeo, school and sports physicals can still be scheduled by calling Central Appointments at 542-4677.



Patients check in at the Family Practice Clinic's desk for the School and Sports Physicals Rodeo.



Six-year-old twins Natalie and Stephanie Perez have their vital signs taken by Abby Dozier, LPN, as they check in for the School and Sports Physicals Rodeo in Naval Hospital Jacksonville's Family Practice Clinic.

## Naval Hospital offers grief support

Naval Hospital Jacksonville will offer a Grief Reconciliation Group for persons who have recently lost a loved one. A seven-session course will begin in August.

The day and time will be determined by the group participants. This group is designed to assist with emotional and spiritual healing.

If you have lost a loved one and would like to participate or need more information, please call Chaplain Beede at 542-7531.

## VP-30: Squadron sponsors new division in boot camp

From Page 1

it is no surprise that the volunteers from VP-30 developed a sense of ownership and pride in this class.

During the graduation, each member of VP-30 stood smiling from ear to ear as though it was their own son or daughter up there. AT1(AW) Lowell Cornatzer, a volunteer from the beginning of the program, said, "We are really the only ones these recruits feel comfortable asking question to in this demanding environment...it has been a really rewarding experience."

The sponsorship program was recently developed by the Navy to motivate new Sailors and provide them a source of information on their careers from the fleet. It also is a way for the fleet to help shape the future of the Navy and to stay in touch with the ever-changing aspects of each

new generation.

AE2(AW) Shawn Diggs, who has attended every significant event for this class, said "This is a great program for these new Sailors . . . I wish I had had this when I was going through boot camp."

Hopefully with the cooperation of squadrons, ships and other commands throughout the Navy, more new Sailors will experience the camaraderie felt by Recruit Division 209 early on in their careers.

Although participation throughout the fleet to this sponsorship program has been an overwhelming success, many recruit divisions still go through boot camp without a sponsor. Any squadron or command interested in becoming a recruit division sponsor can contact VP-30's Educational Service Officer Lt. Aaron Dimmock at 542-3144.





Photo by Miriam S. Gallet

NAS Jacksonville Commissary kicks off the fourth annual Produce Merchandising Contest with a special tent sale in front of the Commissary.

## ‘Color Your Way to Health’ at the NAS Jax Commissary

By Miriam Gallet  
Editor

NAS Jacksonville Commissary officially kicked-off the Fourth Annual Produce Merchandising Contest with a tent sale last Friday. The theme of this year’s contest is “Color Your Way to Health.”

Commissary patrons are increasingly aware that eating a balanced diet, consisting mainly of fresh fruits and vegetables, contributes to good health and perhaps even longevity.

The NAS Jax Commissary supports the dietary

needs of its patrons with over 100 types of fruits and vegetables in stock. “When our patrons are looking for a well-stocked produce department, with a large variety of fresh fruits and vegetables, they can count on us,” proudly remarked NAS Jacksonville Commissary Director Larry Bentley.

A good nutritional way of enjoying fresh fruits and vegetables, and one that can be a very invigorating beverage is by juicing them. More and more athletes and health conscientious consumers are turning to juicing as a way of

getting their daily servings of fruits and vegetables.

As part of the merchandising contest theme, and as a way of educating Sailors and their families on the benefits of eating fruits and vegetables regularly, the NAS Jacksonville Hospital Wellness Center staff was on hand passing out freshly made juices or “smoothies” to commissary patrons.

When buying fresh fruits and vegetables commissary patrons are encouraged to choose the best available by following these simple tips. When choosing vegetables, you should ensure

## Navy Exchange provides big savings to families



Photo by JO3(SW/AW) Rebecca Schall

Michelle French, a military spouse, goes over her daughter’s list as she gets a head start on back-to-school shopping at the NAS Jax Navy Exchange (NEX). The NEX also has available a list of supplies needed by several local schools.

they are crisp. Avoid those that are limp and wilting, discolored or damaged.

Leaf vegetables such as lettuce, parsley and cilantro need careful inspection. Don’t choose anything that shows any sign of damage or decay. Spots and blemishes are the first sign that a fruit or

vegetable is past its peak.

Lorna Bouender, a military spouse and regular customer at the commissary, appreciates the variety and freshness of the fruits and vegetables available at the commissary. “I enjoy shopping here because everything is very fresh and cheap,” said

Bouender. “Look at the corn. It smells like it was just picked.”

Remember, the most nutritious way to eat fresh fruits and vegetables is raw. However, light steaming of vegetables or even baking them, softens them without depleting many of their nutrients.

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A public notice of discontinuance

# MWR NOTES

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

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

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The inaugural season of Carnival's Miracle sets sail from Jacksonville beginning in March 2004. Special group costs include round trip bus transportation from NAS Jacksonville to the port, cruise fare and all port fees and taxes. Seats are booking quickly, so sign up today.

The following are upcoming I.T.T. trips:

Aug. 9 - St. Simons Island. Enjoy a guided trolley tour, see the lighthouse and museum, and go shopping. The cost is \$33.50 for adults and \$23 for children under 11.

Aug. 24 - Sterling Casino Cruise. Set sail for five hours of gambling on the largest casino ship in Florida. A full day of fun for only \$12.50. We leave at 7 a.m. and return by 7:30 p.m. No one under 21 is allowed. You must sign up by Aug. 18.

Aug. 30 - Cedar Key. Discover the natural beauty of Cedar Key on a guided boat tour of the islands. Visit the Cedar Key State Museum, and learn all about the local history. Transportation, boat tour, and museum are all included for only \$26.75 for adults or \$19 for children 11 and under.

I.T.T. also has Bear in the Big Blue House Tickets. Tickets are on sale until Aug. 4, for the Aug. 8-10 shows at the Times Union Center.

Tickets for "Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one-night admission and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

## Fitness Source repairs

The men's showers in the Fitness Source will be closed for repairs Aug. 4-8. For more information, call 542-3518.

## NAS Jax Golf Club happenings

A golf and lunch special is being offered for \$19 weekdays after noon and weekends and holidays after 3 p.m. This special ends Aug. 31.

Players are entitled to 18-holes, cart, green fees and one lunch menu item. For more details stop in the Pro Shop or call 542-3249.

## Bingo Palace

The Bingo renovation project is under way. The Bingo Hall, located in The Zone, will be closed for business now through late August for major renovations. All other activities housed in The Zone are unaffected and open for business. This includes the Budweiser Brew House, CPO Club, Yesterday's Café, and The Zone Delivery Service.

## Aquatics Department taking reservations

The outdoor pool is now open for the summer season. The hours are 11 a.m. - 6 p.m. daily.

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

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

An adult fitness swim program is offered for novice to advanced

swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Monday, Wednesday, and Friday from 4:30-5:30 p.m. until Sept. 1. A new workout schedule will begin in September.

## Scuba class to begin in August

Information and schedules for the next Scuba class are available at the base gym and outdoor pool. The session is scheduled to run Aug. 5 - Sept. 7. Classroom instruction will be held Tuesday and Thursday from 6:30 - 9:30 p.m. at Orange Park High School. Pool training will be held Saturday and Sunday 8 a.m. to noon at the NAS Jax indoor pool. Please contact Julie Caudill for more information at 542-3239.

## The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

## Veterinary Treatment Facility

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

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

New clinic services have been added to accommodate our patrons. The VTF will have an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon. This clinic will be for vaccinations only. For more information and to make appointments, call 542-3786.

## Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

## Auto Skills Center

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

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

## O'Club happenings

Beginning tomorrow at the River Cove Officer's Club, a monthly all hands reef and beef dinner buffet will be offered starting at 6:30 p.m. The cost for the buffet is \$17 per person. Reservations are encouraged. Please call 542-3041.

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is available for command functions and special events all other days.

## Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Join us for our Wednesday Karaoke and Dance Party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

Saturday - Parasailing Trip. The price of \$35 includes transportation and lunch.

Aug. 7 - 9-Ball Tournament for active duty members. The winner receives a \$25 gift certificate to the Navy Exchange.

Aug. 11 - Learn to golf at the NAS Jax Golf Club. Cost is \$7.50 and includes club rental.

Aug. 13 - Newcomers BBQ.

For more information, call 542-1335.

## NAS Freedom Lanes offers great deals

This summer enjoy some bowling fun. Each weekday this month through August, patrons can enjoy three games of bowling (including shoes) or two games, shoes and a hotdog and small drink for only \$6 from 11 a.m. to 4 p.m.

Active-duty Sailors take advantage of free bowling on Wednesdays from open to close. Call the center for event schedules at 542-3493.

## Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

## School Age Care

The before & after school program begins Aug. 7. Sign-ups are now being accepted for the upcoming school year for the Youth Activities School Age Care Program. Before school care begins 6:15 a.m. and after school care ends at 6 p.m. School starts on Aug.7 for Duval County Schools. Limited space is available. For more information, call 778-9772.

## Free movies offered

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

Tomorrow, 7 p.m. - Identity (R)

Saturday, 5 p.m. - Agent Cody Banks (PG)

Saturday, 7 p.m. - The Core (R)

Aug. 8, 7 p.m. - Malibu's Most Wanted (PG-13)

Visit MWR online at [www.nasjax.navy.mil](http://www.nasjax.navy.mil) and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at [mwrmtg@nasjax.navy.mil](mailto:mwrmtg@nasjax.navy.mil).

# COMMUNITY CALENDAR

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

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

The Navy Wives Club's DID No. 300 meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226.

MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 ([debbiejkg@yahoo.com](mailto:debbiejkg@yahoo.com)) or Kathi at 751-3400 ([katdj28@aol.com](mailto:katdj28@aol.com)).

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

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email [WashingtonHO@matcombc.usmc.mil](mailto:WashingtonHO@matcombc.usmc.mil).

The Retired Activities Office (RAO) is

offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club. Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop. For more information, call 542-2766, Ext. 126.

The VP/VPB-23 Veterans Association will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email [dklotz23@aol.com](mailto:dklotz23@aol.com).

VP-22 Korean War veterans will return to Jacksonville/ Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact is Jack Bailey at 757-340-5922 or email [charlies-son@msn.com](mailto:charlies-son@msn.com).

The annual VP-24 Reunion is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email [djhdestin@cox.net](mailto:djhdestin@cox.net).

VP-8 is holding a reunion Nov. 5-9 in Pensacola, Fla. For more information, call 733-5489 or email [bbperry2@att.net](mailto:bbperry2@att.net).

# Input needed to recognize outstanding people

From the USO

Clay County Chamber of Commerce, Inc. is again seeking to recognize their military person, spouse and reservist of the year and needs your help.

If you know of a resident of Clay County who is active duty, a spouse of an active duty person, or a reservist who is active in our community and deserves a pat on the back, let us know!

We would like to honor them as part of the Chamber's 26th Annual Military Appreciation Luncheon on Oct. 1.

Please stop by the Clay County Chamber located at 1734 Kingsley Avenue or call 264-2651. Ext.1 for a list of the criteria and a nomination form.

Nomination forms are also available at Greater Jacksonville USO at NAS Jax, and on the

Commander, Navy Region Southeast Website at [www.cnrsenavy.mil](http://www.cnrsenavy.mil)

under Command Info, and on the Clay County Chamber's Website at

[www.claychamber.org](http://www.claychamber.org).

The deadline for applications is Sept. 10.

# JAX SPORTS NEWS

## Sports officials and scorekeepers needed

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

## Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time

must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

### Southeast Regional qualifying times

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

For more information about any of the sports articles, call 542-2930/3239. Visit the MWR website at [www.nasjax.navy.mil](http://www.nasjax.navy.mil)

## STANDINGS

### Sand Volleyball Final Standings

Team	Wins	Losses
ASTC	12	1
VR-58	9	4
VS-31	8	6
NMCR	7	6
PSD Sanddogs	4	9



Members of the Air Operations 2003 Intramural Softball Team proudly pose with their championship trophies.



Members of VP-30's soccer team were recently awarded a trophy as the NAS Jax 2003 Soccer Champs.



Members of the NAMTra 2003 Greybeard Softball Team recently won the championship for the season and placed third in the Open League Softball Championships.

## JAX TALES

BY MIKE JONES

[WWW.RICKYS TOUR.COM](http://WWW.RICKYS TOUR.COM)



## Jax Air News

Recycle This Paper! Help Keep Our Base Clean!



The Beanie Boys proudly display their trophy after winning the 2003 Men's Open League Softball Championship.