

JAX AIR NEWS

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NAS Jacksonville, Fla.

February 8, 2001



Photo by PH2 Susan Cornell

Commander in Chief, U.S. Atlantic Fleet Adm. Robert J. Natter answers service members' questions during an all-hands call at VP-30 Feb. 6.

Commander in Chief, U.S. Atlantic Fleet visits Jacksonville area bases

By JO2 Mike Jones
Assistant Editor

Commander in Chief, U.S. Atlantic Fleet Adm. Robert J. Natter visited Naval Air Station Jacksonville, Naval Station Mayport and Naval Submarine Base, Kings Bay, Ga. to meet with Navy personnel and tour the bases.

During his visit to NAS Jacksonville, Natter held an all-hands call in Patrol Squadron (VP) 30's auditorium, where he said he was impressed with the work being performed by the Sailors here. "My message to them is that we still have a heck of a good Navy, the best Navy in the world. I don't think anybody who's sane would argue with that statement," he said. "Secondly, we've got a real challenge on retention. Things are looking upbeat although the challenge is a daily one. I remind the leadership here and up at Kings Bay that it's 'one Sailor at a time, one junior officer at a time,' and that we've got to go out and convince them this is a good Navy to stay in."

In response to a question regarding further pay increases, Natter emphasized to his audience that the Navy strives to ensure that Sailors' wages are competitive, but reminded all-hands that the success of the Navy's mission supercedes

personal financial status.

Another question dealt with the current Physical Readiness Test standards. "I received an outstanding in two areas, and an average in the third area, leaving me with an overall medium," commented Natter. "I definitely think the PT program and regulations are designed to keep Sailors in the best shape possible, but I agree that it shouldn't be demoralizing to a Sailor's mind as well."

"We also need some help in force levels," Natter said. "Hopefully, the new administration, after given some time to take a look at what the strategy for our military is - the kind of force presence required of our Navy and Marine Corps overseas, will lay out some improvements on our funding for both capital investment and in maintenance of our bases, ships and aircraft."

"Let me just say this is a wonderful area to be in the Navy. There is no secret in the Navy that we've got our highest retention in these major three areas: Kings Bay, Mayport and Jacksonville. It's quite obvious to me why that is: The great support of the community here, the weather's not bad and this is a great place to be stationed, go to sea and into the air in support of our nation."

Natter departed NAS Jacksonville Feb. 6 to return to Norfolk, Va.

Largest increase in Housing Allowance in 20 years is beneficial to Florida Sailors

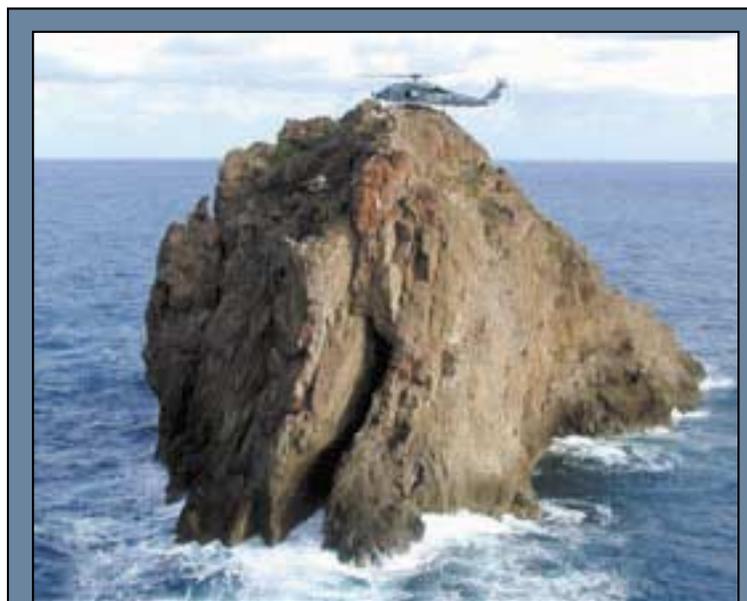
By JO3 Jackey Bratt
Staff writer

The Department of Defense recently announced the 2001 Basic Allowance for Housing (BAH) rates, giving service members one of the largest increases ever. The new rates are part of the DoD initiative to eliminate service member's out-of-pocket expenses by 2005 and incorporate a number of major changes to the BAH program. In total, the planned increase in housing allowance funds for fiscal year 2001 above the fiscal year 2000 amount is more than \$700 million.

Approximately 748,000 military personnel draw the tax-free, basic allowance for housing, which varies by location, paygrade and dependant status. Those stationed overseas receive different housing allowance pay. In general, petty officers and junior noncommissioned officers in the E-5 paygrade receive the largest percentage increase.

In Jacksonville Fla., E-5s with dependents get a 20 percent increase from \$659 to \$791 a month. Local Sailors, particularly those with families, say they appreciate the increase.

See BAH, page 4



Balance is everything — "Dusty 617" and Helicopter Anti-submarine Squadron (HS) 7 helicopter performs a pinnacle landing on a rock off the coast of Tunisia. The "Dusty Dogs" are currently deployed aboard the USS Harry S. Truman and have been completing training exercises in Tunisia and Kuwait. For more see page 7.

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Meet a Sailor... AT2 (AW) (NAC) Laurie R. Ipar



Job title/command: Avionics Division, Aircraft Intermediate Maintenance Department (AIMD) NAS, Jacksonville

Hometown: Istanbul, Turkey

Past Duty Stations: AIMD Pax River, Md., Patrol Squadron (VP) 49, Antisubmarine Warfare Operational Center (ASWOC) Cecil Field, Jacksonville, and Sea Control Squadron (VS) 22 NAS Jacksonville.

Hobbies: Scuba diving and photography.

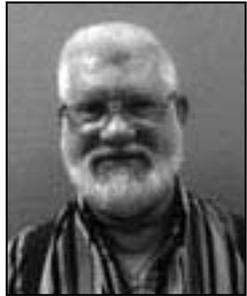
Family Life: "My Italian greyhounds are my kids. All four of them."

Career Plans: To retire in July and get into real estate.

Most interesting experience: "My first manatee encounter in Crystal River."

Words of Wisdom: "Treat people the way you would like to be treated. Treat everyone with respect. Communicate and everything will fall in place."

Meet a Civilian... Ron Mallett



Job title/command: Transportation Assistant/Inspector, NAS Jax FISC Personal Property

Hometown: Worcester Mass.

Past Duty Stations: Navy Instructor Officer Candidate School, Newport, R.I., USS Forrestal (CVA-59), Naval Station Panama Canal Zone, USS Stoddard (DD-566,) USS Yosemite

Hobbies: Fishing and hunting

Family Life: Widower

Career Plans: To retire after 50 years with the federal government in 2002.

Most interesting experience: "Serving aboard the admiral's barge in Panama and traveling all around South America."

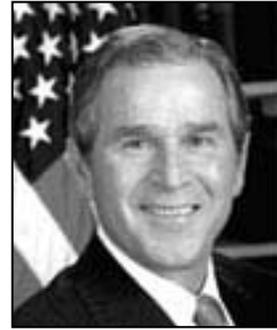
Words of Wisdom: "Work hard, respect others."

President's message to the Armed Forces of the United States

To the Armed Forces of the United States and the men and women whose work supports them:

Your service in the cause of freedom is both noble and extraordinary. Because of you, America is strong and the flame of freedom burns brighter than at any time in history.

Your country can never repay you for the sacri-



**President
George W. Bush**

fices and hardships you endure. But we are grateful for the liberties we enjoy every day because of your service. As your commander-in-chief, I will always support you and your families so that this great nation continues to have the greatest Armed Forces in the history of the world.

Thank you.
Signed,
George W. Bush.

Treat your Valentine to a night out...

The Third Annual Valentine's Vow Renewal Dinner and Dance is planned for Friday, Feb. 16 beginning at 6 p.m. at the All Saints' Chapel. Vow Renewal, continued at the O' club for dinner and dancing. Singles are also invited to attend. Dinner will cost \$25 per couple and \$12.50 each. The specialty buffet will be prepared consisting of the following delicious menu, reef and beef, steamed shrimp, baked fish, seafood casserole, roast beef, boneless/skinless chicken breast, garden veggie, rice or potatoes, rolls and garden salad with house dressing, tea, and coffee.

If you are interested in attending register at the Chapel by dropping off your check for the correct amount made payable to the Officer's Club. Registration will close at 9 a.m., Feb. 12. Treat yourself and your spouse, or boy/girlfriend to a romantic evening. Dress is semi-formal (civilian). Please call the Chapel at 542-3051 for more information.



It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Feb. 24 through 27. A Marriage Enrichment Retreat is set Feb. 9 through 11. For more information, or to register, call CREDO at 270-6958.

CREDO

JAX AIR NEWS

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Fleet Market submission is noon Monday. Questions or comments can be directed to the editor. The *Jax Air News* can be

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BLACK HISTORY MONTH Luncheon speaker Carroll boasts extensive Navy ties

The NAS Jacksonville's Multi-Cultural Awareness Committee along with the Human Resources Office will be hosting the station's annual luncheon in commemoration of African-American/Black History Month on Feb. 22, at the Officer's Club from 10:30 a.m. to 1 p.m.

The guest speaker for the ceremony is retired Navy lieutenant commander and former congressional candidate Jennifer Carroll. Carroll was born in Trinidad, West Indies and came to the United States at the age of eight. She attended and graduated from Uniondale High School, Uniondale, N.Y. in 1977 and holds a Bachelor's Degree in Political Science from the University of New Mexico. Carroll enlisted in the U.S. Navy in 1979 and excelled as an Aviation Machinist's Mate (Jet Mechanic) and TA-4J Plane Captain. Soon after, she was selected to participate in the Enlisted Commissioning Program and after completing 16 weeks of Officer Candidate School in New Port, R.I., she was commissioned an Ensign in 1985.

As a naval officer, she tackled even more demanding jobs such as a Naval Recruiter for Minority Programs, Assistant Material Control (Finance), Quality Assurance, Assistant Aircraft Maintenance, Ground Support Equipment and Avionics Division Officers with ease. Carroll is a one-time aide to retired Rear Adm. Kevin Delaney, who at the time was the Commander of the Navy's Southeast Region. Carroll received numerous personal awards and decorations during her 20-year military career.

Since her arrival to Jacksonville in 1986, she has been actively involved in the community. She served as a volunteer for Navy Involved in Kids Education and Saturday Scholars. She is a YMCA Black Achiever Program Leader and Co-Chairperson. She instructs Sunday school at Grace Episcopal Church, is a Board Member of The American Heart Association, The Exchange Club Family Center & Children's Haven, Clay County Behavioral Center, and is a past Board Member of Volunteer Jacksonville. She the Charter President of the first Orange Park Rotaract Club, and a graduate of Project Blue Print Class of '97 and Lead-

ership Jacksonville Class of '97.

Carroll is a lifetime member of the NAACP and the recipient of the 1998 First Coast African American Women Award. She was the 1996 Clay County Chamber of Commerce Military Person of the Year and the 1996 YMCA Black Achievers Award recipient. She is also listed in the 1997 International Who's Who of Professional Management. Carroll is a Board Member of the Gateway Girl Scout Council, Inc. and is a member of Alpha Kappa Alpha Sorority Inc., the Mayors Commission on the Status of Women, the Orange Park Rotary, the Clay County Chamber of Commerce Government Affairs Committee, Clay County Chamber of Commerce, Jacksonville Community Council Inc., Clay County Republican Executive Committee, Federated Republican Women of Clay and is an associate member of Federated Republican Women of Duval.

Carroll and her husband Nolan have three children, Nolan II, Nyckie, and Necho all residing in Jacksonville.

As a black Republican, Carroll garnered unusual attention in her run at office. J.C. Watts, R-Okla., is the only black GOP member of Congress, a fact that the party has sought to change. Carroll was one of several GOP candidates who addressed the Republican National Convention in Philadelphia last summer. Jennifer Carroll is promilitary and is rumored to have been offered a position on both the president's and vice presidents staff.

In addition to remarks from Carroll, there will also be a poetry reading by Bridgette "Soul Flower" Hogan a talented singer, actress, writer and poet. Musical entertainment will be provided by the Raines High School Gospel Choir, and solo's by PN1 Dana Short (HS-3) and PN2 Mable Jones (Personnel Support Detachment Jax), plus the announcement of the Trivia Contest Winners and a wonderful display of African-American Art.

Tickets are now on sale for \$10. For ticket information contact AMCS Raymond Penn (542-3451), Delvory Hall (542-2802) or TM1 Orlando Smith (542-3012). The deadline for purchasing tickets is Tuesday, Feb. 20.



How well do you know African-American/Black History facts?

Here's the African-American/Black History trivia quiz. Enter and test your knowledge! All entries must be received no later than Tuesday, Feb. 20 and should be placed in the marked box at the main entrance to the Navy Exchange. Only one entry per person will be accepted. Prizes will be awarded to the top three entrants having the most correct answers during the African-American/Black History Month Luncheon on Thursday, Feb. 22. In the event of a tie, a drawing will be held to determine the winners. Multi-Cultural Awareness Committee members and their families are not eligible to compete. Answer will be printed in the Feb. 22 edition of "Jax Air News". For more information, contact AMCS Raymond Penn (542-3451/52) or TM1 Orlando Smith (542-3011/12)

1. Name the former Naval Air Station Jacksonville Naval Officer that was the Republican Candidate for the 3rd Congressional District of North Florida?
2. What year did John Lee become the U.S. Navy's first black commissioned officer?
3. The Republican Party organized to oppose slavery in what year?
4. Who was the first black admitted to the U.S. Naval Academy? What year?
5. What sorority was founded on the campus of Howard University in 1913?
6. When was the Congressional Black Caucus organized? (year and date)
7. Who was the first African-American nominated for an academy award for best actress of the year?
8. Name the first African-American to graduate from Westpoint in the 20th century.
9. Name the first African-American Naval Master Diver?
10. Who was the first black aviator in the U.S. Navy and the first black naval officer to lose his life in combat? During what War?
11. What city did David Dinkins

become the first African-American Mayor? What year?

12. Who is the all-time winningest coach in the NBA history?

13. Who was sworn in as the first African-American Congressman of Ohio?

14. In 1971 Samuel L Gravelly Jr. was the first black to do what in the U.S. Navy's?

15. Name the first African-American to serve as Secretary of State for the United States?

16. Name the African-American poet who, on March 26, 1953 was subpoenaed to testify before the McCarthy Committee on his radical past?

17. Which amendment allowed Thomas Peterson to become the first black to vote in the U.S. after its ratification?

18. Name the first black woman to win the Pulitzer Prize and for what work?

19. What was the name of the poem that Maya Angelou recited at former president Clinton inauguration?

20. Who was the black female anti-slavery activist that was allowed to meet with President Abraham Lincoln on October 29, 1864 just for moral support?

21. Name the Arctic explorer, whose long-term partnership with Robert E. Peary allowed them to discover the North Pole in 1909?

22. Name the African-American who established "Negro History Week" which is now called Black History Month in the United States?

23. Who did President G.W. Bush recently appoint to serve as the next chairman of the Federal Communications Commission?

24. Name the creator African-American comic strips Boondocks?

25. On March 13, 1984 this former member of the Harlem Globetrotter became the first African-American Mayor of what city?

Jacksonville Naval Air Station Association seeks new members

The Jacksonville Naval Air Station Association (Jax NASA) continues to fight the good fight on behalf of civilian personnel employed onboard Naval Air Station Jacksonville.

Jax NASA is a Chamber of Commerce style organization that works on behalf of civilian employees and provide a voice in Washington, DC to the members of Congress, the Department of Defense (DoD) and Navy officials. According to Adams Association representatives, as part of the Jacksonville Chamber of Commerce, attend the Chamber's annual Washington trip to provide input on behalf of its membership and the Navy community. Jax NASA works to move, change or influence legislation that could have an impact n its membership.

Adams says that Jax NASA works closely with civic leaders, the Mayor's

office, the Chamber of Commerce, universities and other organizations to keep Jacksonville a Navy town.

Jax NASA is currently conducting its annual membership drive, which will continue through the month of April. Adams said that as a member of Jax NASA, you will have the opportunity to take an active role and have a strong voice in shaping the decisions that affect your job. Members are also eligible to enroll in a comprehensive dental insurance program which Adams said is very successful with current members. Jax NASA members are also offered access to legal assistance through a local law firm and discounts from area businesses. The total dues for one-year membership in Jax NASA is \$10. For more information on Jax NASA and its membership drive, log on to the Jax NASA website at www.jaxnasa.org.

BAH: Sailors appreciate pay increase

Continued from page 1

"My wife and I are receiving a significant increase in BAH," said YN2 Antonio Gray, attached to Commander, Navy Region Southeast, at NAS Jacksonville. YN2 Gray's wife, YN2 Tricosa Gray is attached to the USS Roosevelt (DDG-80) home ported at Naval Station Mayport, Fla.

"Before the new BAH rates were implemented, my wife and I were receiving a total of \$1,149 for our housing allowance, and now we are receiving

\$1,400 which is an increase roughly of \$350," YN2 Gray said. "I understand that there have been many promises to increase pay and allowances for military, I think the new increase is a great start," he said.

An important part of this year's BAH process was an improvement in the measurement of local housing costs. DoD asked the services and local military housing offices to actively participate in the data collection process to ensure our personnel can live in quality neighborhoods. Additionally, improve-

ments were made in how utility costs are estimated.

Under the new policy, service members living off base will never again see a decline in their monthly housing allowance rates even if the rental costs decline. And, although BAH rates do not cover the full cost of rent and utilities, the 2001 rates are expected to cover 85 percent.

The increased BAH rates can mean a dramatic improvement in where a Navy family is able to live.

"My husband and I are now able to

move into a nicer community with the money from the newly implemented BAH rates" said YN3 Constandena Picklesimer, who is attached to NAS Jacksonville's Administration Department.

Picklesimer said that she and her husband HM3 George Picklesimer, attached to Naval Hospital Jacksonville, appreciate the way the Navy takes care of their family's housing costs. She said, "The Navy has a good system in place for married members." Already, one of the spouses, who claims dependents, is eligible for full BAH. The other spouse receives partial BAH. With the new BAH process both members' BAH will increase significantly.

She said the new rates will definitely boost morale for our Sailors. In the past, Sailors have said they had to either settle for a less than adequate living environment due to their BAH rates or had to take funds out of their pockets to be able to live in decent apartments out in town.

"I definitely feel that raising the BAH rates is a positive start to promises made in the past concerning pay increases," she said. "We are protecting our country and should be able to afford a safe environment to raise our children," she concluded.

Out-of-pocket expense, the portion of the typical member's housing cost that the member is not compensated for, has been reduced from 18.8 percent last year to no more than 15 percent this year. The 2001 rates represent the first in a series of steps to bring the average member's out-of-pocket expense to zero by 2005 as then Secretary of Defense William S. Cohen announced last January.

2001 Jacksonville Basic Allowance For Housing (BAH)

The basic allowance for housing pay (shown below without dependants), paid monthly, increases by an average of 11 percent in 2001.	E-1: \$549	E-9: \$796	O-3E: \$801
	E-2: \$549	W-1: \$696	O-1: \$653
	E-3: \$549	W-2: \$793	O-2: \$768
	E-4: \$549	W-3: \$796	O-3: \$797
	E-5: \$619	W-4: \$803	O-4: \$855
	E-6: \$663	W-5: \$872	O-5: \$898
	E-7: \$727	O-1E: \$791	O-6: \$919
	E-8: \$793	O-2E: \$795	O-7: \$984

Hey, Money Man!



Hey, MoneyMan!

I am married to an E-7 and we have two children, ages 12 and 14. We recently separated and I am having trouble keeping up with the bills. He is living in an apartment and says he cannot afford to send me any money. Is there someplace I can go for help? My rent is due and I am afraid we are going to get kicked out of our house.

MoneyMan Sez:

First of all, make an appointment at your Navy/Marine Corps Relief Society (NMCRS) office. They may be able to help. Of course, maintaining one household is tough enough for active duty personnel. Maintaining two is almost impossible. Do you work outside the home? Are you responsible for all of your bills? When family members separate, expenses almost always go up. If possible, you should try to work with your husband to find a mutually agreeable arrangement, which provide continuous and adequate support for you and your children. In the absence of a court order or a mutual agreement for support, the Navy provides a support guideline in Article 6210120 of the Navy Military Personnel Manual. You may want to contact the Navy Legal Service Office at 542-3485 for additional information.

Hey MoneyMan!

Last week we got our Visa bill and it said, "As one of our best customers you are entitled to take a pay-

ment holiday - no payment due this month." They also sent some checks and said I could use them "same as cash." Do all credit card companies do this for their best customers? I feel this is a great Christmas bonus!

MoneyMan Sez:

This is just another credit card marketing scheme. Many credit card companies offer this "deal" to all of their customers, but normally it is no deal at all. You will still pay interest on the unpaid balance and if you use those "same as cash" checks the interest rate you pay will likely be higher than if you had simply used your card. The credit card company is hoping you will increase your spending during this time of year, run up your balance and pay only the minimum monthly payment on future bills. In the end, the credit card company wins and you lose. Paying cash - real cash - is still the best way to go!

Hey MoneyMan!

I just bought a 45-inch TV on sale for \$1,899. The retail price was over \$2,500. I also got a great deal with no down payment and no monthly payments for a year. Is there something I am missing?

MoneyMan Sez:

If you can not afford to pay cash now, do you think you will be able to pay cash in 12 months? Are you planning to save \$160 per month so you have the cash when needed? If not, what happens after one year? What is the interest rate they are going to charge? Does the interest accumulate during the first year? Most retail stores charge between 18 and 24 percent annual interest rates. At these rates, the first year interest will be around \$500 added to the purchase price. Then you will begin making payments starting at around \$60 to \$70 per month. If you make only the minimum monthly payment, your total cost for the TV will be around \$11,000 and it will take you over 30 years to pay the balance off in full. High price to pay for something that will last only a few years!

More questions? Call hey, Moneyman! at 778-0353.

CV-TSC selects Senior, Junior Sailors of the Year

By **FC1(SW) Anthony Glossenger**
CV-TSC Ashore PAO

ET1(SW) Allan Chasalow and AW2(AW) Todd Knutson were recently selected as Carrier Tactical Support Center (CV-TSC) Ashore Senior and Junior Sailors of the Year. Chasalow has been the LPO of the Maintenance Department since May of last year. Knutson is an instructor for the Mobile Training Team.

Chasalow, chosen as Senior Sailor of the Year, can be described as an outstanding leader with meticulous managerial and organizational skills. He oversaw the maintenance department in the de-installation and disposition of the Fast Time Analyzer System. Using only command personnel, he saved the Navy \$20,000 and 160 man hours. Additionally, he supervised the inventory and disposition of \$100,000 of equipment spares and miscellaneous parts for outdated and removed systems.

Displaying superb initiative, Chasalow established the CV-TSC Ashore Video Teleconference (VTC) Program. He spent in excess of 60 man-hours installing, troubleshooting and upgrading the system hardware and software. His efforts have allowed various local commands to conduct meetings with



ET1(SW) Allan Chasalow

other commands throughout the country. The program has also improved the morale of deployed squadrons by allowing the squadron members the opportunity to see and talk to their family members.

Serving as the Facilities Officer, he has worked closely with NAS Jacksonville facilities manager in designing building upgrades and the installation of the SIPRNET, NIPRNET, and the Local Area Network. He also maintains



AW2(AW) Todd Knutson

and corrects all building and workspace deficiencies.

Knutson, chosen as the Junior Sailor of the Year, demonstrated outstanding

initiative, professionalism and organizational skills. He spent many hours building and testing more than 200 S-3B mission tape cartridges. These are used by the aircrews to record mission data used for mission de-briefs. Knutson developed a program for tracking and maintaining these cartridges, which dramatically increased the operational reliability of the Fleet S-3B aircraft.

Serving as the command's Classified Material Custodian, he has flawlessly maintained all of the commands classified material. A recent inspection by Commander, Sea Control Wing Atlantic of the program resulted in zero discrepancies.

Due to the hard work and dedication of Chasalow and Knutson, Carrier Tactical Support Center Ashore stands ready to provide maximum support to the Viking community ashore at NAS Jacksonville, as well as the aircraft carriers on both coasts. BZ to ET1 Chasalow and AW2 Knutson.

Paid preparers can now speak for taxpayer to IRS

From the Taxpayer Advocate Service
North Florida Office Jacksonville

• more than a dozen first notices

A new Checkbox on 1040 tax forms allows taxpayers to let their paid preparer speak to the IRS on their behalf for tax year 2000 returns. The checkbox authorizes the IRS to discuss many basic processing issues with the individual paid preparer, including:

- math errors
- information on the return
- refund /payment information

There is no checkbox for Amended U.S. Individual Income Tax Return Form 1040X and Telefile returns. The checkbox designation does not allow the paid preparer to discuss the taxpayer's account on matters involving underreported notices, examinations or collection activities.

Next year, the IRS will expand the checkbox initiative to include designees such as family members and friends.

Desert training keeps 'Dusty Dogs' combat ready

By Lt.j.g. Dom Pastorin
HS-7 PAO

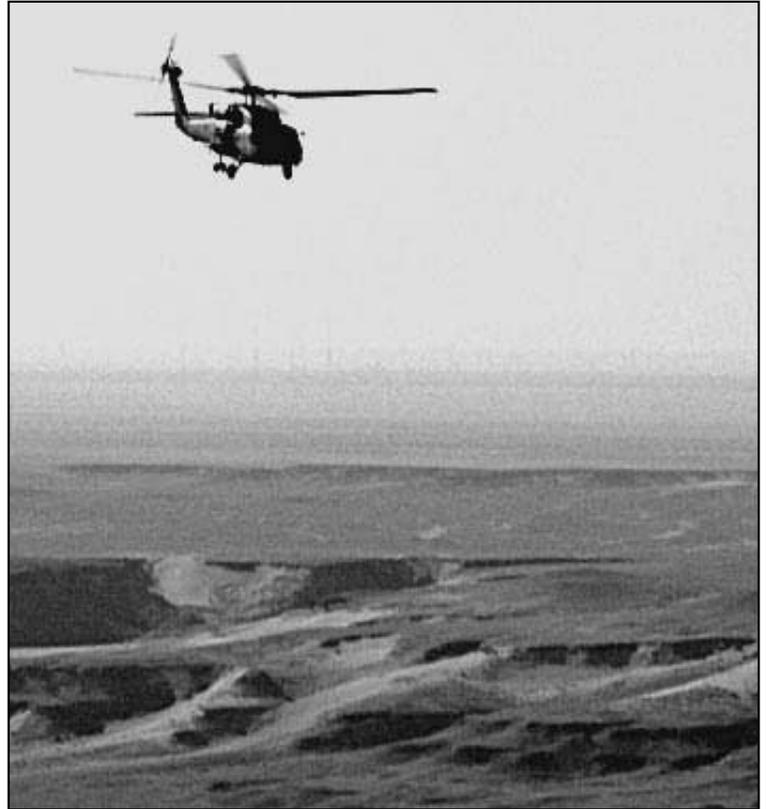
The "Dusty Dogs" of Helicopter Anti-submarine Squadron (HS) 7 recently completed two detachments off the USS Harry S. Truman (CVN-75), one in Bizerte, Tunisia, and the other in Camp Doha, Kuwait, in order to maintain squadron Combat Search and Rescue (CSAR) readiness. The detachments allowed the "Dusty Dogs" to train with their counterparts in the Tunisian Air Force and the U.S. Army.

The first detachment, which took place from Dec. 12 to 17, allowed the "Dustys" a few days off the Truman in Tunisia. According to Lt. Paul Fermo, one of the pilots on the detachment, the training was very worthwhile. "Operating in Tunisia was an experience to remember," Fermo said. "The countryside we operated in was beautiful as were the beaches." In operating, the "Dusty Dogs" sharpened their proficiency at CSAR, in particular flying low-level routes, tactical landings, and night vision goggle (NVG) low level flying. Cmdr. Kevin M. Kenney, executive officer of HS-7, was the Officer in Charge of the HS-7 detachment and received kudos from Vice Adm. Daniel J. Johnson, Commander Sixth Fleet, for his exceptional leadership during the

time in Tunisia.

The second detachment was recently completed in Camp Doha, Kuwait. During the 10-day detachment, the "Dusty Dogs" continued to sharpen their CSAR proficiency as well as work with the Navy SEALs and Army Special Operations (SPECOPS) personnel. In working with the SEALs, the "Dusty Dogs" participated in such activities as flying with snipers onboard (SniperEx) and Parachute Operations (ParaDrops) from 10,000 feet. The Dustys also shared the experience of living in Kuwait with their U.S. Army counterparts stationed at Camp Doha. Ironically, the Apache Unit currently at Camp Doha is Task Force 111 (AH-64 Apache's), out of Jacksonville's very own Craig Field. AWCS (AW/NAC) John Hatfield, the senior naval aircrewman during the detachment, thoroughly enjoyed the time spent in Kuwait. "Training with the Navy SEALs and learning about the Kuwaiti environment from our Army counterparts was thrilling," AWCS Hatfield expressed. "Although at times we had to deal with unusual weather conditions, the training that was completed was worthwhile."

To learn more about the exploits of the Dusty Dogs during their six-month deployment cycle, you can go to their website at <http://www.navy.mil/homepages/hs7>



"Dusty 611" over Kuwait.

FEBRUARY WEATHER FACTS

The Naval Atlantic Meteorology and Oceanography Facility at NAS Jacksonville provides the following weather facts for February:

- The probability of snow in Jacksonville during the month of February is 12 percent.
- Record low temperature in February is 22F - 1996.
- The average temperatures and precipitation for February are:
Maximum Temperature = 68F
Minimum Temperature = 48F
Rainfall = 3.10 inches
- 2001 Fire Season Forecast
 - Rainfall for the last four months totals 4.23 Inches, or 6.17 inches below normal - a 59 percent deficit.
 - December through January freeze

increased fire risk due to "Drying Effect."

- Latest Climatic Prediction Center Outlook predicts drought-like conditions will persist through March 2001.



'Topcats' Sailors receive awards for their hard work and dedication

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

Sea Control Squadron (VS) 31 held Quarters on Jan. 11 in Hangar 1000. Good Conduct Awards were presented to five



Cmdr. James Gregorski, VS-31 commanding officer, presents AT1 John Carter the Navy and Marine Corps Achievement Medal.

"Topcats." The award for faithful, zealous and obedient naval service was presented for the first time to AMS2 Martin Cardenas, AZ3 Carlos Carbajal, AZ3 Gerald Minotto, and AZAN Megan Henry. AK2 Christopher Musick was recognized



VS-31's skipper congratulates YN3 Nathaniel Root after presenting him with a Navy and Marine Corps Achievement Medal.

with his second Good Conduct Award.

Cmdr. James Gregorski presented the Navy and Marine Corps Achievement Medal to AT1 John Carter for his superior performance while serving as avionics supervisor from March 1996 to March 2001. Carter's display of superior technical expertise and leadership improved the command's operational effectiveness and resulted in 100 percent target detection and interrogation during undersea warfare operations. Carter's hard work and diligence has directly contributed to the command's 30-year class "A" mishap-free flying milestone.

The skipper also presented the Navy and Marine Corps Achievement Medal to AD2 Clinton Fleig and YN3 Nathaniel Root. Fleig was recognized for his superior performance as power plants technician from Oct. 1996 to Jan. 2001. Fleig's efforts provided unprecedented levels of aircraft

availability aiding in the squadron's receipt of two Battle "E" awards, two Chief of Naval Operations Safety "S" awards and the continuation of more than 120,500 hours of Class "A" mishap-free flying. YN3 Nathaniel Root was recognized for his superior performance while serving as administrative clerk and operations yeoman from November 1997 to February 2001. Root reorganized and streamlined the command awards program and expeditiously processed more than 100 awards while creating a database for future tracking and improved efficiency.

Quarters concluded with Gregorski announcing AME3 Sean Adams as the Plane Captain of the Quarter and AT2 Paul Shore as "Topcat" of the month. The Airframes Division won bragging rights as the "Topcat" Workcenter of the Quarter. Congratulations to these dedicated and hard working Sailors.

'Maulers' give praise during safety stand-down

By Lt. Shannon Corkill
VS-32 PAO

Sea Control Squadron (VS) 32 held its quarterly safety stand-down on Dec. 7. To kick off the stand down, 10 "Maulers" were recognized by Cmdr. Ron Carlson, "Maulers" commanding officer, as they received several awards.

Letters of Appreciation from Carrier Air Wing One were presented to ATAN Rocky Caldwell, ADAN Joseph Steward, and AN John McAlexander recognizing their hard work in Puerto Rico. They were key in enabling Carrier Air Wing One to achieve a 100 percent Orange Air mission sortie completion rate along with a 98 percent unit level training sortie completion rate while completing more than 255 mishap-free flight hours.

Carlson presented Letters of Commendations. AE2 Christopher J. Gentile's letter lauded his superior performance between Oct. 1999 and 2000. His hard work, enthusiasm, and dedication were instrumental in compiling a 95 percent FLIR availability rate and 85 percent radar availability rate despite a zero on-hand asset allowance while deployed aboard USS John F. Kennedy (CV-67.) AO2 Anthony J. Murgrage was recognized for displaying initiative which enabled VS-32 to maintain high weapons system availability throughout a variety of demanding fleet operations. His leadership as a weapons loading team leader resulted in the safe loading and expenditure of 1.2 million pounds of live and inert air-to-ground ordnance.

AT3 Michael Daffan was awarded the



AN John McAlexander receives a Letter of Appreciation.



AO3 Thomas Cain displays his Jr. "Mauler" of the Month award (November).

Junior "Mauler" of the Month (August) by Carlson. The award recognized his outstanding and tireless work as the Night Shift Supervisor during the CVW-1 Orange Air Detachment to Puerto Rico. While there, Daffan troubleshooted and repaired a downing transponder thus enabling the aircraft to meet mission taskings. AMSAN Yusmani Bitorsosa



PR1(AW) Theresa Baskin receives a Navy Commendation Medal.



Cmdr. Ron Carlson awards AMSAN Yusmani Bitorsosa Jr. "Mauler" of the Month (October).

was named Junior "Mauler" of the Month (October) for his stellar performance while assigned to the 1st Lieutenant Division as a geedunk operator. He was directly responsible for operating the store, maintaining stock, placing orders, and creating a value meal which all contributed to lower costs while

increasing morale for his shipmates.

AO3 Thomas Cain received Junior "Mauler" of the Month (November). He was directly responsible for the aircraft preparation and loading of a AGM-65F Maverick missile. The missile successfully launched from Aircraft 702, resulting in a direct hit. Cain also served flawlessly as work center Leading Petty Officer (LPO) from November 8 to 20 and coordinated Weapons Team Loading and Release Control training for 13 personnel in preparation for the upcoming Conventional Weapons Technical Proficiency Inspection (CWTPPI).

Carlson also presented Navy and Marine Corps Achievement Medals (NAM) and Navy and Marine Corps Commendation Medals. AE1 (AW) Christopher Dilly received a NAM for his professional achievement as the Electrician/Instrumental Branch Leading Petty Officer. Dilly greatly enhanced the work center's productivity and personnel qualifications. Another NAM was pinned on AE2 (AW) Louis M. Poretti for his service as the Grounds Safety Petty Officer. Poretti demonstrated strong organizational skills and a diligent work ethic while serving in the Safety Office. He managed the squadron Navy Occupational Safety and Health program (NAVOSH), industrial hygiene, dental readiness, and flight deck physical program, while single-handedly creating and managing a standardized, squadron-wide inspection and tracking program for cranial and float-coat availability and operability.

See VS-32, page 9

'Checkmates:' Making the grade

By Brian McIntosh
VS-22 PAO

The Sea Control Squadron (VS) 22 "Checkmates" have made their mark once again. Advancements within the ranks of the "Vidars" stretched far and wide this last period with 11 airmen promoting to third class petty officer, ten putting on second class, and two picked up first class. The outstanding scores on their advancement exams, in addition to superior job performance ensured their being selected for promotion. On Dec. 16, 2000, during a squadron quarters ceremony held in the foc'sle of USS Harry S. Truman, the following personnel were frocked to

their present paygrade:
AZ1(AW) Danny R. Patterson
AT1 Edward D. Pfoser
AT2 Michael E. Brown
AZ2 Robert E. Brown
AT2 Justin B. Drew
AO2 Jonathan A. Ford
YN2 Tamiko L. Golf
AME2 Jonathan M. Puckett
IS2 Clint R. Roy
AMS2 Jeffrey C. Taylor
AD2 Javier E. Torres
AD2 Buenaventura P. Zafiro
AT3 Lester R. Bain
AT3 David W. Creighton
AO3 Daniel Delgado
AZ3 Robert S. Ellendorf
MS3 Jessica R. Johnson

AMS3 Jeremy M. Kirby
PR3 Waman S. Mills
AK3 Ernest F. Scott
AZ3 Linda B. Stovall
AD3 Alex C. Underwood
AT3 Joshua D. Willoughby

In addition to the number of frockees produced this promotion cycle, the officers in the Wardroom had some impressive accomplishments of their own. Six Lieutenants completed the ACTC requirements to be Mission Commanders in the S-3B Viking. This designation represents years of training and required research into tactics, weaponeering and planning for these accomplished officers. The new "Vidar" mission commanders are:

Lt. Matthew Long
Lt. Eric Olson
Lt. Brent Blackmer
Lt. Mike O'Hara
Lt. Chris Landry
Lt. David Simmons

The highlight of quarters was a surprise spot-promotion for MS3 Mark Saunders via the Command Advancement Program. Wondering if he was in trouble for something when he was ordered front and center at the head of the formation, the soon to be MS2 was flabbergasted when he received all the responsibility, respect and increase in pay that accompanies advancement to Petty Officer Second Class.



VS-22's newest first class petty officers.



The "Checkmates" new second class petty officers.



VS-22's newly frocked third class petty officers.

VS-32: Sailors recognized

Continued from page 8

processed by 52 percent reducing AIMD's backlog by 50 percent.

Lt. Cmdr. Seth Hudgins. He received the Navy Commendation Medal for his stellar service as the Safety Officer at Training Squadrons (VT) 23 and 7 from February 1999 to July 2000. His dedication resulted in ten command safety and NATOPS programs being revised and incorporating Operational Risk Management as routine procedure. His

actions ensured the safe execution of more than 4,000 sorties and 800 mishap-free flight hours resulting in the production of more than 75 student naval aviators. Due to his hard efforts, the squadron received the 1999 Chief of Naval Air Training (CNATRA) Chief of Naval Operations (CNO) Safety Award.

The hard work and dedication to professionalism are the corner stones of VS-32. The "Maulers" are truly appreciated for all the hard and tireless efforts they put forth each and every day.



The "Vidars" add six new Mission Commanders



A "Nightdippers" helicopter taxis on an antisubmarine warfare mission.

'Nightdippers drop torpedoes in the Bahamas

By Lt. Rick Dietrich
PAO HS-5

While another cold front moved through Jacksonville during the week of Jan. 16-19, the HS-5 "Nightdippers" headed south to the warm waters of the Caribbean where the Atlantic Underwater Test and Evaluation Center (AUTEC) at Andros Island is located. Helicopter Antisubmarine Squadron (HS) 5 sent a detachment of three helicopters and a contingent of maintenance personnel to gain experience locating, tracking, and firing torpedoes for the Anti-Submarine Warfare (ASW) mission.

In AUTEC, HS-5's detachment flew more than 30 hours and 15 ASW sorties, of which 14 were dual helicopter operations. During these missions, aircrews detected and tracked a MK 30 Mobile Target. Once the crews tracked and localized the target, a firing solution was established, and the crews dropped their torpedoes employing various attack techniques. In total, the "Nightdippers" successfully delivered 12 out of 12 exercise torpedoes on the submerged target.

While the aircrews obtained the much-needed torpedo firing qualifications, it was the "Nightdipper" ordnancemen and load teams who truly shined during the four-day detachment. The teams loaded 12 REXTORPs of which every one worked as advertised. The 100 percent success rate was a direct reflection of the technical competence, hard work, and achievement of the "Nightdippers" fine ordnancemen. The "Nightdipper" ordnancemen and load teams were led by AOC Benicia O'Neal and AO1 Joey Strange, assisting them was HS-5's Sailor of the Year, AO1 Richard Rowe, who in addition to his regular duties as Quality Assurance Petty Officer, helped oversee and conduct on-the-job training with the load teams.

Even though the weather was warm and the beach close, the load teams and maintainers put in long hours to make the detachment a big success, meeting all the squadron's goals. Upon their return to NAS Jacksonville on Friday, Jan. 19, the "Nightdippers" came back better prepared to execute one of their primary missions.



"Nightdippers" AO1s Joey Strange and Richard Rowe, AMS2 Jaime Aveytia, and AE3 Wendell Harger start the upload.



AO1 Strange conducts last minute checks on an exercise torpedo as AO1 Richard Rowe, AOC Benicia O'Neal, and Lt. Mark Newkirk look on.



AO1 Rowe watches a load team, including AD3 Paul Eastwood, AO1 Joey Strange, AO3 Brent Thompson, AMS2 Jaime Aveytia, AE3 Wendell Harger and AW2 Klamm Ballard, attach a Mk 46 REXTORP to the helicopter.

NAVY NEWS

Navy completes successful Theater-wide Missile Defense test

WASHINGTON (NNS) — The U.S. Navy moved another step closer last week to developing a Navy Theater Wide (NTW) capability with a successful flight test of the newly developed Standard Missile-3 (SM-3).

The Aegis cruiser USS Lake Erie (CG 70) conducted the Aegis Light Exo-Atmospheric Projectile (LEAP) Intercept Flight Test Round (FTR-1A) mission in the mid-Pacific using the Pacific Missile Range Facility, Kauai, Hawaii. Equipped with Aegis LEAP Intercept (ALI) computer programs and hardware, Lake Erie launched an SM-3 missile demonstrating third stage airframe stability and control through nominal kinetic warhead fourth stage separation.

The SM-3 is the Navy's new exo-atmospheric missile developed to counter theater ballistic missile (TBM) threats outside the atmosphere.

The primary mission of the Navy Theater Wide Ballistic Missile Defense system is to provide defense in depth from the threat of TBM attack for U.S. and allied forces overseas, including vital areas, critical military assets, population centers and large geographic regions.

Assistant Chief of Naval Operations (ACNO) for Missile Defense, Rear Adm. Rodney P. Rempt, deemed the FTR-1A test "a major positive event" in the ALI program. "It's time to deliver what we've promised on the test range," Rempt said. "The engineering data we'll derive from this test will definitely move us along the SM-3 path to intercept."

The FTR-1A mission flew a guided trajectory within the range safety boundaries. The test was strictly an evaluation of SM-3 airframe stability and control through nominal warhead separation. A

target was launched to verify launch procedures for future firings; to verify Aegis Weapon System fire control data and tracking performance; and to collect engineering data from the missile, including the kinetic warhead infrared seeker, all in preparation for follow-on flight missions. Program engineers will analyze the data and incorporate changes based on their findings, as required.

Last week's test was the third in a planned series of nine test flights. The ALI Project's ground test program has already conducted significant testing of elements of the SM-3 missile. The ALI project, a part of the Navy Theater Wide Ballistic Missile Defense program, builds upon the well-proven SM-2 missile family and the Aegis Weapon System, including its vertical launch capability.

In conjunction with the Area TBMD Program, the SM-2 Block IVA missile maintains the capabilities of earlier variants of the SM-2 missile while adding a capability against short to medium range TBMs. Both Aegis and other variants of the SM-2 missile are currently at sea in more than 50 Aegis cruisers and destroyers, with more than 25 ships in the production/planning pipeline.

The Ballistic Missile Defense Organization is the sponsor of the Navy Theater Wide capability. The Navy's ACNO (Missile Defense) is the Navy lead on requirements and related matters. The program executive officer for Theater Surface Combatants manages the development of the NTW Program.

Raytheon Missile Systems, Tucson, Ariz., is the prime contractor for the development and production of the SM-3 missile. Lockheed Martin Naval Electronic and Surveillance systems manufactures the Aegis Weapon System

installed on board Aegis cruisers and destroyers and is also the prime contractor for the Vertical Launch System.

Say goodbye to chad, DoD tests Internet voting

WASHINGTON (NNS) — There'll be no more chads — hanging, pregnant or dimpled — if a test program using the Internet is expanded. The Voting Over the Internet pilot project was conducted during the 2000 election cycle.

The Federal Voting Assistance Program sponsored the test in association with state and county governments. In the test, volunteer service members from around the world voted using the World Wide Web. "The effort grew out of our voter survey following the 1996 elections," said Polli Brunelli, director of the Federal Voting Assistance Program.

The cycle saw eligible service members being allowed to register and, in some cases, vote by faxing their voting materials to their home counties. The fax program proved very successful, she said. "In the survey, some people asked when they would be able to vote via the Internet," Brunelli said. "We started researching it immediately."

But "Vote by Internet" is easier to say than to pull off. Ballots must be secret. They must be secure and protected from tampering. There must be a way for them to mirror the requirements of paper ballots — including signatures. Brunelli's office built on initiatives already afoot within the Department of Defense (DoD). "At the time we started looking at this project, DoD was developing the Public Key Infrastructure," she said. PKI allows for secure transmission by use of digital signatures. Voting officials used this to mimic the steps required of the paper ballots.

Voting program officials also had to get their state and county partners to buy into the program. "They were most enthusiastic about the idea," Brunelli said. "(County and state officials) were a part of this from the very beginning." Coun-

ties in South Carolina, Texas, Utah and Florida participated in the 2000 program. Officials were looking for about 50 eligible voters from each site to participate. "This was a proof-of-concept demonstration," Brunelli said. "We weren't set up for mass voting. This was simply to demonstrate that this could work."

Officials set up the system and had third-party testers go through the process. The testers passed the system, and state and county officials accepted the results. Voters came from all five armed services. "This system would be great for our seagoing personnel," Brunelli said. Participants received directions on how to download the necessary software and how to get their digital signatures via the DoD Public Key Infrastructure.

Voters could send in their electronic ballots any time after the ballots were made available. The first vote came from a Marine on Oct. 12, 2000, and went to Weber County, Utah. "I was in Okaloosa County, Fla., on Election Night," Brunelli said. "The Internet ballots came in and were printed out. It worked flawlessly."

She said a quick after-action review indicates the system worked well. There was no tampering and the ballots remained secret. Comments from the participants showed they were satisfied with the process, with one voter calling it a "snap." Brunelli said her office would work with state, county and federal officials during the next election cycle if voting by Internet receives the OK. She said some changes would have to be made. "We would have to adapt the program to comply with the Americans With Disabilities Act, and we could modify the program so there would be no need for counties to print out the ballots," she said. "The ballots could go straight to tabulation."

Brunelli said the Federal Voting Assistance Program will prepare a report about their Voting Over the Internet pilot project and it should be available in March or early April.

Jax Tales

By Mike Jones - mikejones43@hotmail.com



Some Patriot's Point residents may experience short-term power outages in upcoming weeks

By Loren Barnes

Editor

NAS Jacksonville residents living in the Patriot's Point Housing area might notice some construction activity going on in their area over the next few weeks. Public Works Center Jacksonville has begun converting the housing units in the area from an overhead power line system to a new underground system.

Lewis Sprague, Electrical Engineer with PWC Utilities, said the conversion may cause some short-term inconvenience to residents as the work is completed, including short-term power outages for some homes. Sprague said PWC regrets any inconvenience the work may cause but the new lines have been needed for sometime and will greatly benefit the area's power needs in the future.

Sprague said the existing overhead lines are more than 25 years old and have reached their expected life. He said another problem is that the trees in the area need to be trimmed away from the lines but because many are "big old historic oaks," such trim-

ming isn't possible. "Without such trimming we experience nuisance outages from dead limbs falling onto the overhead lines," he said. "Also moss and animals get into the overhead lines and cause outages. We have experienced 22 outages on the overhead in housing in the past three years; 16 caused by limbs, animals or lightning strikes. This project will eliminate these types of outages."

Starting the week of Feb. 12, the contractor will start converting housing units from the overhead system to the new underground system. During the conversion, power to some homes may be shut off for short periods. Any power shut down will be done during the daylight hours between 8:30 a.m. and 4:30 p.m. Sprague said and should not last for more than a few hours. The primary contractor doing the work, J&L Electric of Daytona, and base Housing will notify the units prior to turning off the power.

The conversion project was awarded in May of 2000 for \$1.1 million. Completion is expected in the March 2001 time frame.



C&C Powerlines crewmen dig trenches to lay new underground power lines at a Patriot's Point residence.

NADep Jacksonville:

One of the first in the world to earn ISO certification

By **Kelly Hinchey**

NADep Jacksonville Public Affairs

On Friday, Dec. 15, 2000, the Naval Aviation Depot (NADEP) in Jacksonville, Fla., became one of the first facilities in the world to merit certification under the newest hallmark for ISO 9000; the 2000 standard released that same morning. The NADep's Avionics Production and Materials Engineering Divisions were the first two areas bonded with this latest quality stamp. Then, within days of that accomplishment, the Depot's Process Manufacturing successfully completed their registration audit. Now, with two divisions endorsed, one awaiting official approval and the Structural Components Division not far behind, Process Manufacturing, the facility is close to halfway through certifying all ten of their business units under ISO 9000.

In 1998, when NADep began pursuing ISO 9000 certification, their goal was to transition their management philosophy to a recognized standard. At that time, the 94 standard was the most current. But, NADep knew that a new standard, which included customer satisfaction and internal communications, was in process. This was the cutting edge of business accreditation and the facility realized that to remain a leader in the defense maintenance repair and overhaul business that was where they needed to be. So, from day one, the Depot's management team and internal auditors focused on attaining certification under the 2000 standard.

The ISO 9000 standard provides a structure for NADEP to organize their management systems around and a lot more visibility for their processes. It also fits with the MRP II philosophy that the facility is using. However, it's on the shop floor where the real impact is made. During the documenting phase, the artisans focus in on their process, making improvements and standardizing procedures so that they perform the tasks the same way each time. This documentation helps the support staff improve their focus on the artisans. That's where the real closure is - at the artisan level. And, it is all focused on the quality of the product, the processes

and customer satisfaction.

The NADep's journey for ISO certification has generated several changes. The Depot reorganized their production units to include the key support staff in the production team. This key support staff encompasses quality assurance personnel, production controllers, material specialists and the process/production engineering staff. The facility implemented a new continuous improvement program that provides structure to corrective and preventive action processes. That program also ensures changes are implemented to eliminate root causes permanently. The process that marries work orders with their associated drawings/schematics now has quality controls, which ensure that artisans receive the most current data available at the time they receive their task.

The Depot also improved their customer feedback processes. While, they still use the same methods, the facility has changed the way they handle that feedback and who sees it. Under the 2000 standard, the NADep has a much more comprehensive and integrated way of channeling the feedback from their customers up through the highest levels of Depot management and the ability to take action to identify the cause and eliminate potential problems from occurring. Now, the facility can review all of their customer feedback/comments for each process at the same time and all the feedback related reports are funneled through the same process.

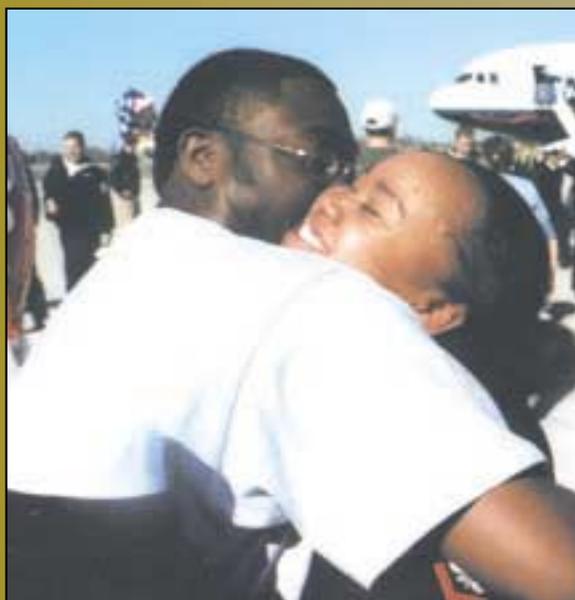
NADep Jacksonville is very cost conscience because their customers are the Fleet. The United States taxpayer funds the Fleet. So, the Depot doesn't make a profit. But, they do make sure their costs are right on target and that their products are returned to the fleet as cost effectively as possible and in a timely manner with the best quality. That's their motivation with ISO certification, to make sure that it's done right the first time and to improve their ability to focus on what matters. And, what matters to Pacesetters at NADEP Jax is that when the pilot and crew climb into an airplane repaired at the Depot, they know that at NADep Jax quality comes first.

VP-45 returns t

at last
HOME



VP-45's AD2 Jerry Jordan is met by his family during one of the squadron's homecomings Jan. 30.



VP-45's AK3 Twanna Spencer is met by husband, Michael, during the squadron's homecoming Feb. 6.

By Lt. j.g. Chris Artis

VP-45 Assistant PAO

After more than 700 operational missions, 3750 mishap-free flight hours, and six long months away from home, the "Pelicans" of Patrol Squadron (VP) 45 have pulled chocks in Sigonella, Italy and returned home to Naval Air Station Jacksonville. The first planes arrived to a hero's welcome Jan. 26 and the final aircraft will arrive Feb. 8 with the "Pelican's" Commanding Officer Cmdr. Dennis Sinnett.

As the men and women of VP-45 reunite with the loved ones they left behind in August, they leave in their wake a history of mission accomplishment and community involvement in Sigonella and the Mediterranean theater. The legacy left behind by the mighty "Pelicans" will be missed by all those impacted by their dedicated service.

VP-45 kissed their loved ones goodbye and left all things familiar in August. They arrived in Sigonella with a goal: achieve unparalleled success and mission accomplishment in the Mediterranean theater and contribute to the local Italian community in anyway and at any given time. The realization of that goal is reflected on just some of the many accomplishments of the command.

While deployed, the squadron flew non-stop, around-the-clock Armed Surface Combat Air Patrol Missions (ARMSUCAP) over the Adriatic Sea. The squadron was the first to perform such a mission in the history of the P-3 "Orion" and did so without a single gap in air coverage. The squadron flew a total of 75 ARMSUCAP missions, providing critical air surveillance and reconnaissance intelligence information, ensuring safe passage through the Mediterranean for the USS George Washington Battle Group.

The "Pelicans" also made their mark by saving the lives of 12 Moroccan sailors stranded on a severely damaged vessel in the Mediterranean Sea. A combat aircrew on a routine anti-submarine warfare exercise spotted an unidentified vessel and flew in to investigate. On closer examination, it was clear to the aircrew that the vessel and her crew were in trouble and needed assistance. The aircrew coordinated a rescue effort with the USS Briscoe that resulted in each sailor making it home to safety.

When the mighty "Pelicans" were not flying into the VP history books, they were making the lives of the children of the Pecorino Orphanage and Stephen Decatur School a little brighter. VP-45 worked closely with these kids by organizing various activities, acting as chaperones, and providing mentorship. VP-45 even worked diligently with Commander Fleet Air Mediterranean to raise enough money to provide each child of the Pecorino Orphanage with a gift for Christmas. All in all, VP-45 strived to make a difference in the children's lives by providing them with the role models, attention, and compassion that they may not have had otherwise.

VP-45's deployment to Sigonella, Italy was one of great successes. However, the squadron could not have achieved all that it did without the loving support of the many "Pelican" friends and families. The strength of any successful command lies in the flexibility, patience, and tireless efforts of those loved ones left behind. The "Pelican" family has just such character and camaraderie among its members that enabled those deployed to focus on the mission at hand.

The men and women of VP-45 are proud to have made such a positive impact in the Mediterranean. The squadron worked hard during the last six months to contribute to the Sigonella community while simultaneously endeavoring to accomplish every single mission with unprecedented success. As the "Pelicans" of VP-45 arrive home in Jacksonville this week, they can reflect and be proud of the contributions they've made these last six months. They leave behind marks of accomplishment that will no doubt continue to impact the Mediterranean theater for years to come. Welcome home VP-45! *Pelican Pride!*



VP-45's Lt. Robert Dinunzio is met by wife, Pamela, during one of the squadron's homecomings Jan. 30.



VP-45's Lt. David Golden gets a hug from daughter, Diamond, during one of the squadron's homecomings Jan. 30.

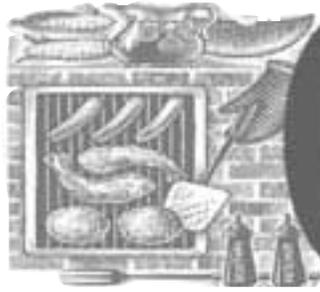


VP-45's AE1(AW) Fred Sharron is met by wife, Cindy, and son, Charlie, during the squadron's homecoming to NAS Jacksonville Feb. 6.



Photos by JO2 Mike Jones

VP-45 Sailors greet their loved ones during the squadron's homecoming Feb. 6.



What's Cookin'?



AT THE GALLEY

Meal hours

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

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

Meal costs

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

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

Thursday

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

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

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

Friday

Breakfast
 Oven fried bacon
 Lyonnaise potatoes
 Rolled oats
 Corned beef hash

Apple fritters
 Assorted omelets

Lunch
 Herbed baked fish
 Rice pilaf
 Quick onion soup
 Brussel sprouts
 Chili macaroni



Scalloped potatoes
 Succotash
 New England clam chowder

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

Saturday

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

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

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

Sunday

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

Brunch
 Hamburgers
 Oven fried bacon
 Grits

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

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

Monday

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

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

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

Tuesday

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

Lunch
 Baked fresh ham
 Brown gravy
 Rice pilaf

Peas and carrots
 Tomato rice soup
 Cajun meatloaf
 Macaroni and cheese
 Sweet potatoes
 Mulligatawny soup

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

Wednesday

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

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

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



MWR NOTES

Information, Tickets, and Tours

Florida Resident's Specials for February - The Disney Two Day Special Ticket is available until April 6. The Two Day Ticket is \$80 for adults and \$66 for children. This ticket allows you to visit one day at the Animal Kingdom, and the second day at any one of the four Disney parks of your choice (Magic Kingdom, Epcot, MGM, or Animal Kingdom). The tickets have an April 6, 2001 expiration date.

The SeaWorld Fun Pass is being offered now through April 11 - You can purchase a one day ticket at the ITT office and, for an additional \$10, you can upgrade your ticket at the park. The fun pass allows you a year-long admission into SeaWorld with black out date restrictions.

Mardi Gras at Universal Studios - Be part of the madness this year at one of Florida's largest Mardi Gras parties inside Universal Studios. The event starts Feb. 16 and lasts through March 17. Here's the entertainment line-up:

Saturday, Feb. 17 - Patty LaBelle

Saturday, Feb. 24 - The Village People

Saturday, March 3 - Luis Fonsi

Friday, March 9 - Bond

Saturday, March 10 - The B-52s

Saturday, March 17 - Blues Traveler

Mardi Gras at Pleasure Island - Pleasure Island is serving up some Cajun Fun for Mardi Gras Feb. 23-27. There will be two nightly parades, as well as live Zydeco and Dixieland Bands. Stop by ITT to pick up your tickets.

NAS Jax Base Auditorium Movie Schedule - February

Take advantage of the free movies offered at the base theater located at the corner of Jason St. and Saratoga Blvd. There are no concessions but food and drinks may be carried in with the exception of alcoholic beverages. No children under the age of 18 allowed without adult supervision. For more information call 542-3577, or look on the web at www.nasjax.navy.mil/mwr.

Feb. 9, 7 p.m. - *Jurassic Park* (PG-13)

Feb. 10, 5 p.m. - *Star Wars: Episode One* (PG)

Feb. 10, 7 p.m. - *Deep Blue Sea* (R)

Feb. 16, 7 p.m. - *Rules of Engagement* (R)

Feb. 23, 7 p.m. - *Blade* (R)

Feb. 24, 5 p.m. - *Dr. Doolittle* (PG-13)

Feb. 24, 7 p.m. - *The Blair Witch Project* (PG-13)

Liberty Cove Rec Center

The Liberty Cove Recreation Center is now open in its new location. The center is located on the corner of Jason St. and Yorktown Ave. in Bldg. 816. The hours are 11 a.m. - midnight, Sunday - Thurs, 11 a.m. - 2 a.m. on Friday and 10 a.m. - 2 a.m. on Saturday. Call 542 3491 for more

activities schedule or information.

Wednesday, Feb. 14 - Valentine's Day - Stop by the Recreation Center and send a virtual card to your loved one. While you are there, don't forget to pick up your own Valentine's Day Care Package from Liberty Cove Rec. Center!

Wednesday, Feb. 21 - Movie Trip - active duty only. The van leaves for Orange Park AMC at 6:45 p.m. See a movie for free. Sign up the day of the trip.

Saturday, Feb. 24 - Island of Adventure Trip - \$35 fee includes round trip transportation and park entrance. Van leaves Liberty Cove Rec Center at 7 p.m. and will return back here around 10 p.m. The minimum for this trip is five people, the maximum is 14.

Yellow Water Youth Center

Birthday Parties - Come celebrate your Birthday at the Youth Center. Our center can accommodate 75 of your favorite friends. The cost is \$25 for two hours or pick up a theme and let us plan your party for \$50 for two hours. Leave all the fun up to us. All you need is the cake!

Open Recreation is on Tuesdays and Thursdays from 6:15 p.m. - 8 p.m. Pre-registration is required by parents. The event is free and open to ages K-17.

Teen Night is Monday from 6 p.m. - 8 p.m. Surf the net and enjoy a variety of games and activities. Call 542-8247.

The Budweiser Brew House

The Brew House opens daily at 11 a.m. and will be NAS Jacksonville's football headquarters with NFL's Sunday ticket (this includes Monday Night Football). Enjoy lunch or dinner from a variety of menu items. Starting in February, The Brew House will be having Happy Hour Monday through Friday from 4 - 6 p.m. For more information call 542-3521. Other happenings at the Brew House:

Feb. 8 - Hockey Night: All drinks served with ice.

Feb. 9 - Mardi Gras Party with JB the DJ from 8 p.m. until midnight.

Feb. 14 - Valentine's Day Special: Bring a date and they eat for half price.

Feb. 16 - Social Hour from 4 - 6 p.m., enjoy beverage specials and munchies.

Feb. 23 - Happy Birthday Tootsie Roll, enjoy beverage specials and JB the DJ will be cranking out the tunes from 8 p.m. until midnight.

Feb. 28 - Family Night Before Pay-Day: Kids eat for half price.

CPO Lounge

Live entertainment is offered every Friday. Social Hours are every Wednesday and Friday with free munchies and beverage specials. For information, call 542-3461.

Feb 9 - Sonya

Feb 16 - Don Lloyd

Feb 23 - Reggie

Mulligans

Mulligans is featuring its Fat Tuesday Party on Tuesday, Feb 27. Come dressed in costume and you may be crowned the King or Queen of Mardi Gras, Mulligan's style! Enjoy food and beverage specials starting at 4 p.m. For more information call 542-2936.

Spring Marathon Bingo

Marathon Bingo is offered on Saturday, March 10, 2001. Tickets are on sale now, \$225 in advance, \$230 at the door. The fee includes reef and beef dinner,

one card for every game, Dauber, and all you can drink coffee and tea. For more information call 542-2209.

19th Annual Bass Tournament

The annual Bass Tournament at the Marina is Saturday, April 14, 2001. The Tournament is open to all! There is a \$60 boat entry fee prior to April 1. The fee goes to \$75 for the boat entry fee after April 1. Pick up forms at Mulberry Cove Marina or call 542-3260 for details.

Visit MWR online at www.nasjax.navy.mil/mwr or call the Marketing Office for general information at 542-3577.

Mail Entry Form to :
Fitness Source, Box 14, Bldg. 867 Enterprise Avenue
NAS Jacksonville, FL 32212-5000
Make checks payable to: MWR
Info: (904) 542-3518

NEX SHOE FAIR 8:00AM - 11:00

REGISTRATION

Pre-Registration. Use attached entry form and mail to: MWR, NAVY RUN, Box 14, Bldg. 584, NAS Jacksonville, FL 32212-5000, or take your entry in person to the Fitness Source (Bldg. 867) on Enterprise Ave, or the Base Gym (Bldg. 614) located on Gillis Street, NAS Jacksonville. **Pre-Registration** will also take place at the Holiday Inn on Route 17 in Orange Park on Friday, April 6, 2001 from 11:30am to 6:30pm.

EVENT DAY REGISTRATION

Registration will take place in the Navy Exchange parking lot the day of the race, Saturday, April 7, 2001 from 6:00am -7:45am. The race starts at 8:00am with awards ceremony following the race in the Navy Exchange parking lot.

PACKET PICK-UP

Packets and T-Shirts may be picked up at the Holiday Inn Route 17 in Orange Park during Pre-Registration Hours.

Packets may also be picked up on race day at the registration area. Make sure to mark on the entry form the size shirt you desire.

ENTRY FEE

Free to all active duty military prior to April 7th . The cost is \$15.00 all others and \$20.00 day of race for anyone registering. Make all checks payable to MWR.

AGE GROUPS

10 & Under	11-14	15-19
20-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70 -74	75 & above

AWARDS

10K. Top 3 Male & Female; Top Masters and Grand Masters, plus (3) males and females in each age group.

Wheelchair Category.

5K. Top 10 male & female, no age group.

Military Team Category. Top (3) teams. Maximum of (5) Members per team. Only the first (4) finishers will count in the team scoring. Team members must be from the same command/organization. Team Captains must check-in at registration table before start of race.



Results will be on the internet @ www.coolrunning.com

23rd ANNUAL NAVY 10K RUN/5K WALK

FIRST NAME					LAST NAME				
AGE	SEX	SHIRT SIZE	10K RUN	5K WALK	10K WHEELCHAIR				
STREET ADDRESS (INCLUDING APT. NUMBER)									
CITY					STATE	ZIP CODE			
TELEPHONE NUMBER					MILITARY TEAM				

I hereby release the U.S. Government, U.S. Navy, and any run sponsors and officials from any and all damages or injuries incurred during or arising out of participating in the Navy Run, April 7, 2001 and further state that I am physically fit and trained to participate in this event. I understand that Base regulations PROHIBIT running with HEADSETS ON. Wheeled vehicles excluding racing wheelchairs are not recommended.

MAKE CHECK PAYABLE TO MWR

Signature of Applicant / Date

Signature of Parent or Guardian (If under 18 YRS) Date

COMMUNITY CALENDAR

The Tailor Shop on NAS Jax will be relocating to Bldg. 554 as of Feb. 12. They will be closed for moving today and tomorrow, Feb 8 and 9.

The Ladies Auxiliary of the Fleet Reserve Association Unit 126 will hold its regular monthly meeting today, Feb. 8, at the Fleet Reserve Hall, 7673 Blanding Blvd. at 10 a.m. Dottie Patterson, at travel specialist with the American Express Travel Company, will be the guest speaker. Her topic will be "The Eight Bridges of Jacksonville." All members are encouraged to attend and bring a guest. Refreshments will be served.

The Ladies Auxiliary VFA Post 1988 is sponsoring a Valentine Din-

ner and Dance tomorrow evening, Feb. 9. The Post is located on Highway 17 in Green Cove Springs. Dinner will include Rib Eye Steak, salad, baked potato, garlic bread and dessert for an \$8 donation. It will be served from 5 to 8 p.m. The event will feature music and dancing. Call 284-0775 for information.

The 4th Annual San Marco Art Festival is Feb. 24 and 25. The event located at the San Marco Shopping Center features work of more than 150 painters, sculptors, jewelers, potters, photographers as well as live music and food. Show times are 10 a.m. to 5 p.m. both days and admission is free. Call 954-472-3755 for additional infor-

mation or access the web at www.ArtFestival.com.

The ninth annual Florida Forum benefiting the Wolfson Children's Hospital is upon us. Send for your Valentine Florida Forum tickets, there are only two speakers left: Tom Clancy the Author & Originator of the "Techno-Thriller" on Feb. 15 and Tom Brokaw on March 31. The Women's Board, sponsors of the Forum, is offering a one-time opportunity to this region's military personnel to purchase single tickets to these lectures. Normally, the tickets are only sold as a series of three. The single tickets being offered are available for \$40 - each General Admission seat. Order them by telephone (VISA or MasterCard) at 202-2886. Mention that you are buying the ticket(s) as military personnel. All the lectures will be held at the historic Florida Theatre at 7 p.m. Limited tickets are available.

The Non Commissioned Officers Association (NCOA) will host a Job Fair on Friday, Feb. 16, in Jacksonville. It is scheduled for 9 a.m. to 3 p.m. at the Jacksonville Marriott, 4670 Salisbury Rd. The event is one of 14 the Association is sponsoring this year to help separating and retiring military personnel find civilian jobs. The Job Fair is free to military personnel of all ranks who have decided to leave active service. Separated and retired veterans are invited to attend, as are family members of military service members.

The First Coast Black Nurses Association will meet Feb. 12, 6 p.m., at the St. Vincent's Medical Center, Seton Hall - Room 156 A&B, located at 1800 Barrs Street. Point of contact is Lisa Martin 308-3200 or Dorothy Banks, 542-7748.

You're invited to join the Chapter FL1-X motor cycle club at their regular Friday night get together at the Dairy Queen on Kingsley Ave. in Orange Park at 7 p.m. The club is made up of active duty and retired military members who share a love of bike riding making new friends. Don't be shy, come and have some fun. If you have questions, call JoAnn Dilling at 778-2821 or 291-3354.

The City of Jacksonville invites Jacksonville multi-cultural groups and organizations to participate in the 9th Annual World of Nations Cele-

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

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

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

The Alzheimer's Association Golf Tournament set for March 9. The Alzheimer's Association and American Express Financial Advisors present the Friedman and Reuschle Benefit Golf Tournament on Friday, March 9, at 11 a.m. Windsor Park Golf Club. This 4-man scramble is limited to 144 players at a cost of \$100 per player (individuals are welcome). Early bird foursomes (by Feb. 23) are \$350. Registration information is available by calling 398-5193.

February is American Heart Month Understanding Cardiovascular Disease

Cardiovascular disease isn't an actual disease in itself. Rather, it refers to a wide range of disorders affecting not only the heart (cardio), but the blood vessels (vascular) as well. Since the heart and blood vessels work as one "system," disorders of the heart or of the blood vessels can affect your overall cardiovascular health. The following information can help you understand how the healthy cardiovascular system works, what can go wrong when cardiovascular disease is present, and guidelines to prevent heart disease.

How Your Heart Works

Your heart is a muscle that pumps oxygen-rich blood throughout your body. It is divided into two upper chambers (atria) and two lower chambers (ventricles); the left chambers are separated from the right chambers by a wall of tissue. Blood passes from the atria through valves ("flaps" that allow blood to flow in one direction only) into the ventricles. The right side of your heart supplies blood to your lungs; the left side to the rest of your body.

What Blood Vessels Do

Blood vessels carry blood throughout the body. There are three kinds of blood vessels: arteries carry oxygen-rich blood away from the heart; veins carry deoxygenated blood from the body back to the heart; and capillaries are extremely small blood vessels that surround and nourish tissue cells. The heart and blood vessels together form the circulatory system.

Common Cardiovascular Disorders

Atherosclerosis is a build-up of fatty substances called plaques on the inner walls of blood vessels which can cause narrowing or blockages. These blockages can restrict or totally block blood flow and can cause heart attack (when blood flow to the heart stops) and stroke (when blood flow to the brain is affected).

Coronary Artery Disease (CAD) This term refers to atherosclerosis of the arteries that nourish the heart muscle. CAD is a major risk factor for heart attack since narrowed coronary arteries cannot provide adequate oxygen to the heart. Blood clots can also form on the fatty walls which can totally cut off blood supply (coronary

thrombosis).

High Blood Pressure (Hypertension)

Hypertension means that the pressure your blood exerts against the walls of the blood vessels is dangerously high. This excess pressure weakens artery walls and decreases their elasticity, forcing the heart to pump harder. Arteries can also break due to this excess force and can cause hemorrhage (excessive bleeding).

Peripheral Vascular Disease

This refers to a range of disorders that affect the blood vessels in the legs, feet, arms, or hands. Blood clots (thrombophlebitis, venous thrombosis), atherosclerosis and varicose veins are all varieties of PVD.

Preventing Heart Disease

• A person who wants to prevent heart disease should follow these guidelines:

- t Quit or don't start smoking.
- t Reduce the amount of fat in the diet, especially saturated fat, which is primarily found in animal foods.
- t Avoid vegetable fats, such as palm oil and coconut milk or oil, which are also saturated, as are hydrogenated fats.
- t Try to limit the percentage of daily calories from fat to no more than 30 percent of total calories.
- t Restrict the intake of cholesterol, also found in animal foods, including butter, egg yolks, whole-milk dairy products, meat, poultry and fish.
- t Eat a varied diet that emphasizes whole grains, vegetables, fruits and whole grain breads and pastas.
- t Cut down on salt and sugary foods.
- t Exercise regularly.
- t Maintain a healthy weight.
- t Learn to manage stress.
- t Watch your blood pressure.

A person's age, sex, family history, medical history, and other health and environmental factors can also affect the tendency to develop heart disease. The best way to start protecting against heart attack is to know your personal risk factors and to tailor your lifestyle changes to suit your particular medical needs.

For more information, please stop by the Wellness Center or contact us at 542-5292 ext.10.

Special Olympics volunteers needed at NAS Jacksonville

By Rick Crews

NAS Jacksonville Public Affairs

NAS Jacksonville is in need of volunteers to help with more than 600 Special Olympic athletes who are expected to participate in the Area Five Special Olympic Spring Games at the air station on Saturday, March 31. The Special Olympics athletes, from children to adults, will compete in a variety of events including running, throwing and the long jump.

About 800 volunteers are needed to be "Buddy" or "Event" volunteers.

Buddy volunteers pair up with their Special Olympics athlete and remain with him or her throughout the day. Buddy Volunteers are asked to arrive no later than 9 a.m. to accompany their athlete to the Opening Ceremony at 10 a.m.

Event volunteers are asked to report

by 8:30 a.m. They will help coordinate the athletic events or work in the Olympic Village, where other activities are available for the Special Olympic athletes who are in between events.

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

Buddy Volunteers - battlear@nas-jax.navy.mil (MMCS Battle, 542-3082)

Event Volunteers - dbonser@nas-jax.navy.mil (Bill Bosner, 542-2930/3239)

There is also a need for old trophies. Anyone who would like to donate old trophies for recycling may drop them off at the Station Gym on Gillis Street, Bldg. 614 (542-3239). Each athlete will receive a trophy!

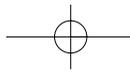
The overall coordinator is Lt. Ricardo Byrdson, gbyrdson@nas-jax.navy.mil, 542-2566.

The Wellness Center

Programs offered:

- Ship-Shape Weight Management
- Tobacco Cessation
- Health and Fitness Analysis
- Cholesterol Reduction
- Hypertension Reduction

Located in Building 867
(next to the Fitness Source)
on Enterprise Avenue at
NAS Jacksonville.



FEBRUARY VOLUNTEER OPPORTUNITIES

Greenscape of Jacksonville Urban Tree Rangers - Feb. 10

Join Greenscape of Jacksonville in beautifying Jacksonville. Urban Tree Rangers will be pruning trees near the Acosta Bridge that were planted several years ago by former Urban Tree Rangers. For more information contact Bonnie Hilton or Anna Dooley at 389-5757.

Duval County School Teacher's Supply Depot - Feb. 15 and March 15

Volunteers are needed to help organize and restock school materials. This is a great way to show support of community schools. The Depot's new location is in the John Gorrie Middle School on College Street in the Riverside area of downtown Jacksonville. Directions will be provided. If interested please leave a message for Christine Buckley, Depot

Coordinator, at 390-2960 to arrange for an available volunteer time slot.

The Alliance for World Class Education - 'Much Ado About Books' - Feb. 17

The Alliance for World Class Education is looking for Navy volunteers to participate in the second annual 'Much Ado About Books' event at the Prime Osborn Convention Center to benefit the Jacksonville Public Library Foundation. Volunteers will be needed during one or two-hour shifts from 9 a.m. to 5 p.m. to assist with various functions of the event including reading to children. For complete information, or to sign up for a shift, contact Leslie Kirkwood at 246-7075.

JaxPride Week 2001 Feb. 24 - March 3

Jacksonville Baptist Home for Children - Feb. 28 and March 3. The JaxPride Coalition is looking for volunteers to help out with a number of projects at the Jacksonville Baptist Home for Children on University Blvd. (near the Atlantic Blvd. intersection, behind Love Grove Elementary School). Two groups of volunteers are needed to paint split rail fencing; mow pasture land and assist with raking lawns and trimming shrubbery. Lunch, refreshments, mowing equipment, paint and tools will be provided. Shifts are available on Wednesdays, Feb. 28 from 8 a.m. to 3 p.m. and Saturday, March 3 from 8 a.m. to 5 p.m. To sign up please contact Dianne Parker, 542-2766, ext. 30 or Senior Chief Battle, 542-3082. NavSta Mayport, Cindie Badger, 270-6600, ext. 137.

City of Jacksonville Bob Hayes Invitational Track Meet Parade - March 16

Join the City of Jacksonville in their celebration of the annual Bob Hayes Invitational Track Meet by volunteering as a Parade Marshal. Volunteer Parade Marshals will help parade marchers line up in correct order and to begin their place in the parade on time. Volunteers are also needed at the parade's end to hand out box lunches and to guide visitors back to the Landing. Youth are welcome. Minimum age requirement is 16. For more information call Ms. Sue Bisesi or Ms. Robin Cenizal at (904) 630-1020.

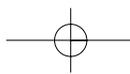
Duval and Clay County 6th Annual St. John's River Celebration - March 17

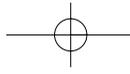
The St. Johns River Celebration will be held on Saturday, March 17th in Clay and Duval counties. Volunteers will be collecting litter at a variety of pre-selected sites scattered over the two counties. There will be site captains at each site to check in volunteers. Duval County volunteers will gather at noon at Metropolitan Park for a celebration where they will receive t-shirts, refreshments and enjoy some live entertainment. Clay County volunteers will gather at the Clay County Fairgrounds. This is a great opportunity to help clean up our river and to participate in the largest one-day waterway cleanup in Florida. This is a family friendly project - children are encouraged to volunteer with parental supervision.

Minimum age of unsupervised teens is 18 years. Contact Sue Bisesi or Robin Cenizal at (904) 630-1020. Clay County volunteers - call Tania Jolley at (904) 284-6374 or 269-6374.

Habitat for Humanity of Jacksonville - Throughout February and March

HabiJax, the local affiliate for Habitat for Humanity, recently completed their goal to build 200 homes in 2000 and has now started working on homes for 2001. Volunteers are needed to help with framing, roofing and installing vinyl siding on homes every Wednesday, Friday and Saturday during the next few months. No skill is necessary. Participants must be 16 years of age or older. For information call Diane Quick, HabiJax at 632-0949, ext. 240.





Volunteers needed for 28th Annual Players Championship Tournament

Volunteers are needed for the 28th Annual Players Championship that will be held in Ponte Vedra Beach from March 19-25.

All volunteers must serve in their personal capacity and must be on leave or regular liberty, not special liberty, in order to participate. The championship is not a charitable organization, and therefore the Navy cannot send personnel to serve during duty hours or award special liberty to volunteers.

Volunteers are needed for all committees, both non-paying and paying volunteers.

Non-paying volunteers are eligible to serve on any committee offered by the tournament as long as there is a vacancy. Additionally, those that sign up this year will be placed on the priority list for committees in subsequent years.

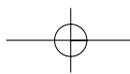
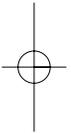
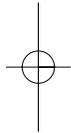
Non-paying volunteers will most likely be assigned to committees in the facilities division, such as course ecology, general parking, and course prep/construction. Each volunteer will receive a Player's Championship shirt

and a one-day pass to the tournament each volunteer shift worked.

Regular paying volunteers will be required to purchase a uniform consisting of a volunteer shirt (\$34), a windbreaker (\$44), and a volunteer badge (\$30), which is also a pass to the tournament for the entire week. Paying volunteers may choose committees from a list of committees not already filled by previously registered volunteers. Additionally, paying volunteers are entitled to participate in a volunteer golf tournament or to a free round of golf at the Tournament Players Championship, as well as a volunteer party on Saturday, March 17, at the University of Florida in Gainesville.

Committee assignment is accomplished on a first-come, first-serve basis. Take advantage of this unique opportunity to give back to the community that serves as our home, as well as being part of some of the best golf in the country.

For more information contact YN1 David Shultz, NAS Jacksonville at 542-4545.



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 and scorekeeping contact George Phillips at 387-2047.

Women's Basketball League forming

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

Men's and women's varsity Basketball, softball coaches needed

The NAS Jax Athletic Department is looking for experienced individuals who would be interested in coaching varsity basketball and softball teams. The varsity teams are comprised of the top NAS Jax active duty athletes and represent NAS Jax in community, regional, and national level tournaments. Military and civilian personnel are eligible to coach the varsity teams. Interested personnel should contact Bill Bonser at the gym.

Men's and Women's Varsity Basketball and Softball Players

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

Intramural Soccer League forming

The Intramural Soccer League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The meeting was held and rosters are due by Feb. 16. The league is scheduled to begin Feb. 26. If you would like to join the League, stop by the gym to pick up a packet of the rules.

Softball meetings set for Feb. 15

The Intramural League is open to all

NAS Jax active duty personnel and is a Captain's Cup event. The Greybeard League is open to all NAS Jax active duty personnel 33 years of age and older and is a Captain's Cup event. The Women's League is open to active duty, dependents over 18, retirees, DoD and NAF civilian employees.

The meetings will be held at the conference room in "The Zone" at 11:30 a.m. - Intramural; noon - Greybeard; and Women - 12:30 p.m. The Open League is open to active duty, dependents over 18, retirees, DoD and NAF civilian employees. The meeting will be held at 4 p.m. at Mulligans. All interested personnel should attend the meeting to discuss the rules and to get the required paperwork to join the league.

Gymnasium, Indoor Pool will be closed Feb. 18-19

The base gymnasium and indoor pool will be closed Sunday, Feb. 18 and Monday, President's Day to replace leaking water and steam lines. The Fitness Source will be available these days from 9 a.m. - 3 p.m.

Ultimate Frisbee meeting Feb. 16

The NAS Jax Athletic Department would like to form a new Ultimate Frisbee League. The league is open to NAS Jax active duty only and the meeting will be held in the gymnasium at 8:30 a.m. All interested personnel should attend the meeting to discuss rules and format for the league.

Preseason Softball Tournament at McCaffrey Complex March 9-11

Time to knock off the rust and dust! Sign up for the preseason softball tournament to be played at the NAS Jax McCaffrey Softball Complex. This tournament is open to all active duty, dependents over 18, retirees, and DoD civilians. Varsity and All Star teams are not permitted. The entry fee is \$75 per team and the deadline is March 2. Teams will start with a one and one count and there will be a four run homerun limit. Team awards will be given for first, second and third, place and individual awards for first and second.

Intramural Volleyball Meeting is March 9

The Intramural Volleyball League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The meeting will be held at the conference room in "The Zone" at 11:30am. All interested personnel should attend the meeting to discuss the rules and to get

Jax Navy Men's Soccer Team ends season undefeated

By Bill Bonser

MWR Sports Coordinator

The Jax Navy Men's 30 and over Soccer Team, sponsored by MWR, recently completed an undefeated season in the Beaches Adult Soccer League. The league is played in the fall and spring on Sunday mornings at the Police Athletic League fields in Arlington.

In a highly competitive league, the Navy Jax team has been in the running for the league championship each of the past three seasons. The team is composed of players from numerous commands throughout the base and competed against civilian teams from all over the Jacksonville area.

The team is lead by goalie Lt. Rich Prest of VP-30 whose dominance was displayed while posting five

shutouts during league play. The offense was provided by numerous players including VP-30's Lt. Tim Bourdon, Lt. George Naumovski and AW1 Doug Cottis.

Controlling the midfield were Lt. Cmdr. John Robey and Lt. Cmdr. Jeff Bosehert of VP-16, Lt. Brad Dunham, Lt. Ray Bobbitt, Lt. Tony Dill of VP-30, and Lt. Cmdr. Dennis Sacha of NADep. The backline is anchored by Lt. Chris Nickels Lt. Tim Talbott, Lt. Jon Laubach, Lt. Rob Johnston and Lt. Cmdr. Jack Downey of VP-30. Also integral to the teams success were Lt. Ken Fisher of VP-30 and Alex Paez of NADep.

The team begins play this spring with high hopes for another successful season and great thanks to MWR for their continued support.



The 2001 Men's Soccer Team pictured above ended the season undefeated.

Sports: Action continues

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the required paperwork to join the league.

Sports events volunteers needed For Special Olympics March 31

The NAS Jax Athletic Department needs volunteers to assist with running the sports events. Volunteers must be at least 13 years of age. Sports volunteers will need to report to the Safety Building on Saturday, March 31 at 8:30 a.m. If you would like to volunteer, call the base gym to sign up.



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

REC STANDINGS

Intramural Basketball

Team	Wins	Losses
AIMD	13	1
VP-30 O'S	12	2
Supply	9	5
Air Ops	9	4
TPU	8	5
VP-16	8	8
VP-5	4	10
NavHosp	3	2
VS-30	3	2
HS-15	1	4
HS-75	1	9
Blount Island	0	5
HS-5	0	13

Greybeard Basketball

Team	Wins	Losses
NAMTra	4	0
2BN351	2	2
NCTS	2	2
CPRW-11	1	2
VS-30	1	2
FACSFACS	1	3



Reigning triumphant - Capt. Stephen Turcotte, NAS Jacksonville commanding officer presents Capt. Patrol Squadron (VP) 30 Commanding Officer Capt. Andy Andersen and VP-30's 2000 Captain's Cup winning team their trophy in a ceremony last Friday in the squadron's Conference Room.

NavSta Mayport hosting golf tournament Feb. 23

Naval Station Mayport, Fla. is hosting a golf tournament in celebration of its 79th birthday. The tournament will be held at Admiral Baker Field South Golf Course on Friday, Feb. 23. The tournament will begin at 11:30 a.m. The format is a four-man scramble. Trophies will be awarded for

first, second, and third place. The tournament is limited to 72 players. Cost of the tournament is \$30 for military and DoD employees. For civilians, the price is \$35. The cut off date for team sign up and payment is Friday, Feb. 16. For more information, contact YN1Miller at 556-2406.