

## NAS Jax Sailor to compete in Warrior Games

By Reggie Jarrett  
Editor Jax Air News

A Sailor stationed aboard Naval Air Station (NAS) Jacksonville will be one of about 265 service members and veterans to participate in the 2018 Department of Defense Warrior Games in Colorado Springs, Colorado.

CS2 Mario Ingram will compete in wheelchair basketball, seated volleyball, power lifting and track and field during the games, which be held at the Air Force Academy June 2-9.

The games are open to wounded, ill and injured service members from the U.S. military branches, as well as the United Kingdom and Australian Armed Forces.

Ingram, in the Navy for eight years, was diagnosed with Stage 2 Non-Hodgkin's Lymphoma in 2016. After surgery and a course of chemotherapy, the cancer is now in



Courtesy photos  
CS2 Mario Ingram participates in the seated volleyball competition at the 2017 Department of Defense Warrior Games in Chicago. Ingram and his team won a gold medal in the event.

remission.

Because of the illness, Ingram was eligible to participate in the Warrior Games. Although, when he was first approached about it, he wanted no part of it.

"I didn't want to be bothered

with anything," Ingram said.

Despite the reluctance, Ingram decided to compete in the games in 2017.

"I gave it a chance and I ended up liking it," he said.

Ingram played on the seated volleyball team, which won a



CS2 Mario Ingram (back row, center) and other participants of the Wounded Warrior Trials at Naval Station Mayport got to meet Jacksonville Jaguars mascot Jaxon de Ville and members of The Roar cheerleading team.

team gold medal. He also competed on the archery team, which won a bronze medal.

He hopes to repeat the success at this year's games, but it is the camaraderie with the athletes that has made the biggest impact on Ingram.

"I made friends for life," he said of his fellow athletes. "I love those guys. I can't wait to see them again."

He will see them in April when the team meets for train-

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Photo by Reggie Jarrett  
A section of a tail wing from a World War II-era Vought F4U Corsair fighter plane that was found aboard Naval Air Station Jacksonville is on display in the Stearman Building in Heritage Park.

## Wing section from crashed WWII-era plane found on base

By Reggie Jarrett  
Editor Jax Air News

Personnel from Naval Air Station (NAS) Jacksonville's Environmental Department and gunners mates from Navy Munitions Command (NMC) Atlantic Fleet Detachment Jacksonville went out looking for a gopher tortoise on base March 14, but found something entirely different.

They found part of a tail wing from a crashed World War II-era Vought F4U Corsair fighter plane.

Corsairs were stationed aboard NAS Jacksonville from 1943 to 1954 according to Ron Williamson, safety manager for NAS Jacksonville and unofficial base historian.

"Corsairs were used by 15 base squadrons," he said. "Fleet Readiness Center Southeast worked on 2,872 Corsairs over a ten-year period."

Williamson estimates that there have been as many as 100 plane

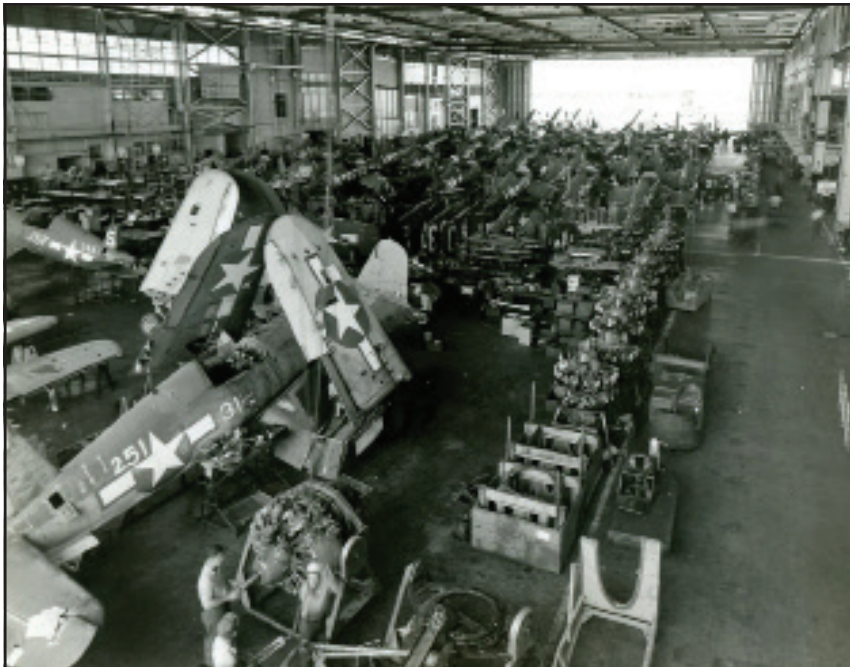


Photo courtesy Ron Williamson  
The assembly and repair fighter assembly line in building 101 aboard Naval Air Station Jacksonville works on Vaught F4U Corsair fighter planes in May 1944.

crashes on NAS Jacksonville over the years.

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Photo by Jeffrey Hamlin

Lt. Cmdr. Richard Buechel (center), Naval Facilities Engineering Command (NAVFAC) Southeast Facilities Engineering Acquisitions Division director, manned the Naval Facilities Engineering Command Southeast information booth at the Jacksonville District U.S. Army Corp of Engineers 2018 Engineering Career Day held Feb. 23 in Jacksonville, Fla. Here he speaks to several students about which engineering disciplines they were considering or what colleges they might be thinking of attending or if they were thinking about a military career.

## NAVFAC Southeast participates in Engineering Career Day

From NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast civilians and military personnel participated in the Jacksonville District U.S. Army Corps of Engineers (USACOE) 2018 Engineering Career Day Feb. 23.

The annual event introduces high school students to engineering as a career by presenting hands-on activities, providing interaction with engineers from the government, private industry, and several university representatives, as well as providing a road map on how to become an engineer.

"The teams are given a problem that incorporates math, science and engineering principles," said NAVFAC Southeast Chief Engineer Jack McCarthy. "They bring their completed projects to the Army Corps offices and compete with one another based on aesthetics, quality of construction, engineering soundness and esprit de corps. I have been honored to serve as a judge at this highly competitive competition for the last seven years."

More than 90 students from ten different public and private schools in northeast and central Florida attended the event. The daylong competition is co-sponsored by the Jacksonville District USACOE and the Society of American Engineers (SAME) and has been for 16 years. The event is one of the major events of Northeast Florida Engineers Week.

The event challenged student teams to compete in building and entering a take home project, com-

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# This Week in Navy History

**March 29**  
1954 - Carrier aircraft begin reconnaissance near Dien Bien Phu, Indochina.

1960 - Launch of first fully integrated Fleet Ballistic Missile from USS Observation Island (T-AGM-23).

1973 - Naval Advisory Group and Naval forces, Vietnam disestablished and last U.S. prisoners of war left Vietnam.

1975 - Evacuation of Da Nang by sea begun.

March 30  
1944 - First use of torpedo squadrons from carriers to drop aerial mines (Palau Harbor).

1972 - Easter Offensive begins in Vietnam.

**March 31**  
1854 - Commodore Matthew C. Perry and Japanese officials sign the Treaty of Kanagawa, opening trade between U.S. and Japan. The treaty also provided protection for American merchant seamen wrecked in Japanese waters.

1917 - Rear Adm. James H. Oliver takes possession of the Danish West Indies for the United States, and they are renamed the U.S. Virgin Islands. He also becomes the first governor of the islands under American control.

1945 - USS Morrison (DD 560) and USS Stockton (DD 646) sink the Japanese submarine I 8, 65 miles south-east of Okinawa.

1992 - USS Missouri (BB-63), the last active American battleship, is decommissioned. Commissioned in June 1944, she served during World War II, notably for the location of the official Japanese surrender on Sept. 2, 1945. Today, the "Mighty Mo" is open for visitors in Pearl Harbor, Hawaii, as the Battleship Missouri Memorial, under the care of the USS Missouri Memorial Association, Inc.

1993 - Two 2 EP-3E aircraft, from Fleet Air Reconnaissance Squadron 2 (VQ-2), are on station over the Adriatic providing crucial support to the delivery of humanitarian air drops over eastern Bosnia-Herzegovina in Operation Provide Promise. This operation becomes the longest running humanitarian airlift in history at the time and operates from February 1993 to January 1996.

**April 1**  
1893 - Navy General Order 409 establishes the rank of Chief Petty Officer.  
1899 - A landing party of 60 men from

USS Philadelphia (C 4) and a force of 100 friendly natives join 62 men from HMS Porpoise and Royal Isle in Samoa to establish order over Samoan throne.

1943 - USS Shad (SS 235) torpedoes and damages the Italian blockade runner Pietro Orseolo, shortly after the Italian ship reaches the Bay of Biscay and her escort of four German destroyers.

1945 - Under heavy naval gunfire and aircraft support, U.S. Army and U.S. Marine Corps troops begin the invasion of Okinawa, the last major amphibious assault of World War II.

1948 - Helicopter Utility Squadron ONE and TWO (HU-1 and HU-2), both known as the "Fleet Angels," were formed from the newly decommissioned Helicopter Development Squadron THREE (VX-3) at Lakehurst, New Jersey. These were the Navy's first two helicopter squadrons.

1991 - USS Marvin Shields (FF 1066) arrives at her home port of San Diego, Calif. She is the first West Coast ship to return to CONUS from Operation Desert Storm.

2007 - The last US Navy T-2C Buckeye, assigned to VX-20, retires to Patuxent River Naval Air Museum.

**April 2**  
1781 - During the American Revolution, the Continental frigate Alliance, commanded by John Barry, captures the British privateers Mars and Minerva off the coast of France.

1916 - Lt. R.C. Saufley sets an altitude record for a Navy aircraft, 16,072 feet in a Curtiss pusher type hydroplane at Pensacola, Fla., bettering the record he set on March 29 that was set with a record of 16,010 feet.

1943 - USS Tunny (SS 282) sinks the Japanese transport No.2 Toyo Maru west of Truk.

1951 - Two F9F-2B Panthers of VF-191, each loaded with four 250- and two 100-pound general-purpose bombs, are catapulted from USS Princeton (CV 37) for an attack on a railroad bridge near Songjin, North Korea. This mission is the first US Navy use of a jet fighter as a bomber.

1960 - After floods cause destruction at Paramaribo, Suriname, USS Glacier (AGB 4) begins 12 days of relief operations, providing helicopter and boat transportation and emergency supplies to the residents.

1991 - USS Chicago (SSN 721) arrives at San Diego, Calif., homeport following



U.S. Navy photo

A Navy Lockheed EC-121M Warning Star of fleet reconnaissance squadron VQ-1 "World Watchers" is accompanied by an F-4B Phantom II of the VF-151 "Vigilantes." An EC-121M of VQ-1 was shot down by North Korean MiG-21s April 14 1969, killing all 31 crewmembers. VQ-1 had During the first three months of 1969 nearly 200 similar missions had been flown by both Navy and U.S. Air Force reconnaissance aircraft off North Korea's east coast without incident.

Operation Desert Storm. During the six-month deployment, the attack submarine works with US and coalition forces deployed to the Southwest Asia area of operations, conducting surveillance and reconnaissance operations.

**April 3**  
1797 - Capt. Thomas Truxtun issues the first known American signal book using a numerary system entitled, Instructions, Signals, and Explanations, Ordered for the United States Fleet.

1942 - Admiral Chester W. Nimitz, is named Commander-in-Chief, Pacific Ocean Areas (CINCPOA) and also retains the title of Commander-in-Chief, Pacific Fleet (CINCPAC).

1943 - USS Haddock (SS 231) sinks Japanese fleet tanker Arima Maru north of Palau, and USS Pickerel (SS 177) sinks Japanese submarine chaser Ch 1.

1944 - USS Sanders (DE 40), tank landing ship (LST 127), and two infantry landing crafts occupy Mejit Island, Marshall Islands and defeat Japanese force.

1991 - USS America (CV 66), along with USS Normandy (CG 60), and USS William V. Pratt (DDG 44) transit the Suez Canal en route to CONUS after providing support for Operations Desert Storm and Desert Shield.

1992 - The first five co-ed recruit companies from Recruit Training Command, Naval Training Center, Orlando, Fla., graduate. BRAC recommends closure the following year.

**April 4**  
1776 - Continental Navy Frigate Columbus captures the British schooner HMS Hawk, making the first American capture of a British armed vessel. Columbus later captures the British brig Bolton.

1854 - American and British naval brigades of 90 and 150 men engage Chinese Imperial troops at Shanghai after acts of aggression against American and British citizens. The American party fell under the command of Cmdr. J. Kelly, the commanding officer of USS Plymouth.

1933 - USS Akron (ZRS-4)crashes tail-first into the sea due to a violent storm coming off the New Jersey coast, killing Rear Adm. William A. Moffett, Medal of Honor recipient and the first Chief of the Bureau of Aeronautics, along with 75 others. Only three survive.

1943 - USS Porpoise (SS 172) sinks the Japanese whaling ship Koa Maru near Eniwetok.

1949 - The North Atlantic Treaty is signed in Washington, D.C., establishing the North Atlantic Treaty Organization. The treaty promotes peace, stability, and well-being in the North Atlantic area with a collective defense effort.

1981 - USS Stephen W. Groves (FFG 29) is launched and commissioned the following year. She is named in honor of Ensign Groves for "fearlessly plunging into aerial combat against large formations of enemy aircraft threatening the American carriers in the Battle of Midway."

# Maritime Patrol Association opens registration for 2018 Symposium

## From the Maritime Patrol Association

The Maritime Patrol Association (MPA) has launched its online registration for the 2018 Symposium in preparation for three full days of events that will celebrate this year's theme: Family of Systems Unite: Triton, Poseidon, Orion and Aries.

The 2018 MPA Symposium will take place April 25-27 at Naval Air Station Jacksonville (NAS Jax). The delivery of the first two Triton aircraft to Unmanned Patrol Squadron 19 and successful completion of their safe for flight inspection has resulted in the first fleet events with Triton as it prepares to forward deploy later this summer. Triton's arrival, marks the uniting of our future with our past, as the commu-

nity continues to transition squadrons from the P-3 Orion to the P-8 Poseidon and Triton continues development as the replacement for the EP-3 Aries.

"It is an honor to accept these new aircraft from Northrup Grumman Corporation on behalf of the U.S. Navy," said Cmdr. Benjamin Stinespring, VUP-19 commanding officer. "Our aircrews and maintainers are eager to push this platform to see how far we can go in supporting the fleet."

Symposium attendees can register for a host of events, including the Scholarship Golf Tournament and 5K Run, Flight Suit Social, aircraft tours, and historical community presentations, as well as the Heritage Dinner.

The guest speaker for the April 25 Heritage Dinner is Vice Adm. Bill Moran. Moran

is a P-3 pilot who served across the maritime patrol community and commanded Patrol Squadron 46 and Patrol and Reconnaissance Wing Two. As a flag officer he has commanded the Patrol and Reconnaissance Group, served as director, Air Warfare, N98 and Chief of Naval Personnel. He currently serves as Vice Chief of Naval Operations.

Past and present, American and allied maritime patrol aviators will attend this event and join in celebrating the Maritime Patrol and Reconnaissance Force (MPRF) pilot, naval flight officer, aircrewmen and maintainer of the year awards, a lifetime achievement recipient to be named by the Military Officers Association of America, and the induction of the newest members of the MPRF "Hall of

Honor."

On April 26, golfers and runners can participate in MPA's annual scholarship fundraising events at the NAS Jax golf course and in the 5K run. Net proceeds of all funds collected at these events go directly to the MPA Scholarship Fund, which is facilitated

by the Wings Over America Scholarship Foundation and benefits outstanding student dependents of MPRF personnel, past and present.

For a complete schedule of events, as well as to register for events online, visit: <http://www.maritimepatrolassociation.org/symposium.html>.

# Language test appointments available twice weekly

## From Staff

Interested in taking the Defense Language Aptitude Battery (DLAB) or the Defense Language Proficiency Test (DLPT) for foreign languages?

Tests are administered Tuesdays and Thursdays at the Navy Language Testing Office Bldg. 110, Yorktown Ave., NAS JAX.

Test appointments are accepted only

through <https://www.mnp.navy.mil/group/information-warfare-training/n-dfltp>.

For language test counseling and questions, contact:

**CIWT\_CRRY\_Lang\_Testing\_Jacksonville @navy.mil**

Learn more about what the Center for Language, Regional Expertise, and Culture offers at <http://www.netc.navy.mil/centers/ciwt/clrec/>.

**Driver Improvement**


AAA Driver Improvement Course, March 17, 9 a.m.-3 p.m. Teens are welcome to attend. Classroom attendance only – no actual hands-on driving. Call 542-3082 to register.



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Rear Adm. Paul Pearigen, commander Navy Medicine West and chief of the Navy Medical Corps, speaks with Naval Hospital Jacksonville's Medical Corps officers during a visit to the hospital March 20. The Medical Corps is comprised of the Navy's 4,400 active and reserve physicians, practicing in 25 specialties and conducting research and medical education. Navy physicians serve aboard Navy ships at sea, with Marines in combat theaters, at military treatment facilities at home and abroad and in support of Department of Defense combat and humanitarian missions around the globe.

## Chief of Navy Medical Corps visits NH Jacksonville



Rear Adm. Paul Pearigen, commander Navy Medicine West and chief of the Navy Medical Corps (left), tours Naval Hospital Jacksonville's physical therapy and occupational therapy clinics March 20. These clinics, which feature an anti-gravity treadmill, help patients regain function and skills of daily living.

# VP-30 golf tournament raises funds for NMCRS

### From Navy Marine Corps Relief Society

Patrol Squadron (VP) 30 hosted their 27<sup>th</sup> annual golf tournament in support of Navy Marine Corps Relief Society (NMCRS) March 16.

This annual tradition was led by Lt. Carson Burton and Lt. Harry Leshner. They began planning eight months prior, as they looked for cooperate sponsors and a location to hold the tournament.

The title sponsors for 2018 were VyStar Credit Union and Boeing.

More than 80 golfers arrived at Eagle Harbor Golf Club to check in and begin their day of golf, ending with a BBQ lunch.

Volunteers from VP-30 and NMCRS manned the course to help manage the event, which brought in a record setting \$37,500.

This will be added to the Active Duty Fund Drive donations for VP-30.

Winners in this year's scramble were:

Curtis O'Neal, Scott Peterson and Lt. Cmdr. David Joselyn of the Weapons School.

Coming in second place with a score of 55 was Josh Curls, Rick Gregson, Russell Buck and Bobby Johnson from VyStar.

Distinguished guests included retired Gen. Peter Collins, Chief Operating Officer of NMCRS and HQ, retired Vice Adm. Mark P. Fitzgerald.

Former NMCRS Jacksonville director and retired Navy captain, Dave Faraldo also attended. He has not missed a single tournament since the founding of this tournament in 1991.

All proceeds go to NMCRS, who in turn, provided assistance to our Sailors, Marines and their families when they need it most.

In 2017, NAS Jacksonville NMCRS provided over \$1.7 million in assistance to over 2,500 families.

Visiting nurses touched the lives of over 550 moms and babies, while the Combat Casualty Nurses helped those

returning from Afghanistan and Iraq with injuries.

NMCRS is a non-profit organization established in 1904.

## FAMILY WELCOME ABOARD TOUR

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CS2 Ross Goodrich pours oil into the frying pan with his freshly diced carrots and onions during the sous chef certification exam at the Flight Line Café.

# Culinary specialists strive for certification

By Hannah Simmons  
*Staff Writer*

Culinary specialists (CS) and culinary evaluators from the Navy Region Southeast gathered for two days to participate in a sous chef certification exam aboard Naval Air Station (NAS) Jacksonville March 13-14. Cathy Wiseman, a retired chief warrant officer 5, and David Bearl, certification testing and training specialist, hosted the training. Wiseman began offering these events here in 2012.

“I saw an opportunity while I was working in the River Cove Catering and Conference Center,” Wiseman said.

“There were days when we weren’t busy, so I decided why not start training. This is not only a win for us by bringing in revenue, but it is an opportunity for a culinary specialist to advance and for the shipmates to have better quality food.”

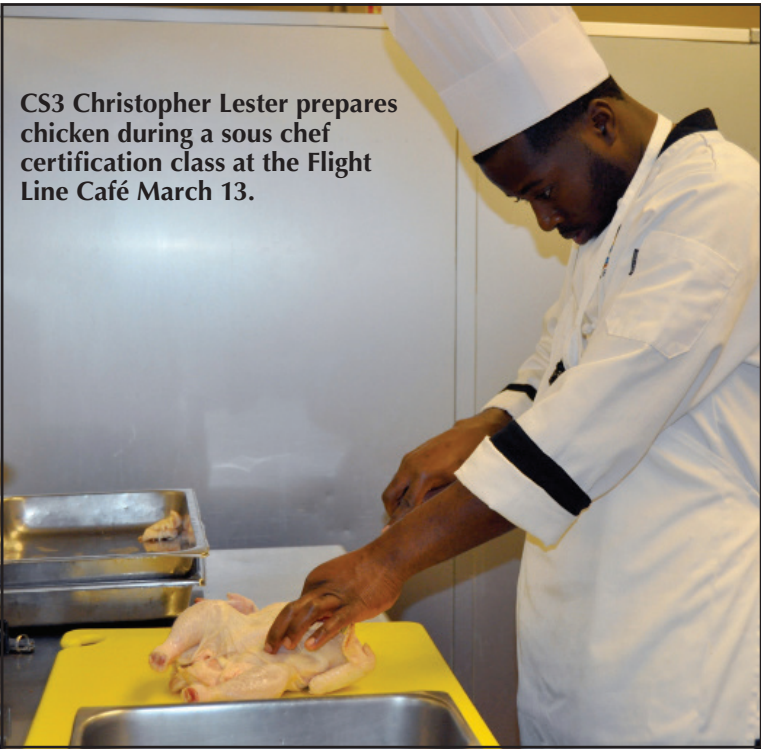
Bearl has been training Navy culinary specialists since 1989. During this exam, there were three official evaluators grading the CS students and three candidate evaluators who were grading the students as well, but their scoring did not count. The candidate evaluators must take part in evaluating three certification exams before their scores count and they become official evaluators.

“This is a dual-purpose exam giving culinary students and evaluators an opportunity to advance,” Bearl said.

“I enjoy watching them succeed and being able to advance in their professions and rates.”

This class had 10 students and half tested each day. To qualify for this exam, Sailors need to be well-rounded, have excelled-management skills, and be a supervisor in his or her field. The exam consisted of two parts: a practical and a written portion. There were students working towards becoming a certified culinarian, as well as becoming a certified sous chef. The students must show organization skills, craftsmanship, and follow the appropriate cooking methods that fall in line with the guidelines.

The practical portion of the exam consisted of cooking globe artichokes, preparing a six-ounce steak to medium



Apprentice Evaluator Chef Gloria Cabral (left) and Evaluator Chef Celestia Mobley sample a globe artichoke, prepared by Naval Air Station Jacksonville's CS2 Shane Thompson during the certified sous chef exam March 14 at the Flight Line Café. The artichokes needed to be properly cleaned, broken down, seasoned and cooked with a dipping sauce.

rare, fillet and poach a flounder, and prepare a classic matignon containing diced ham, celery and carrots. Students must exemplify their ability of caramelizing and display the four classical cuts: paysanne, dice, brunoise, and batonnet. The written portion involves terms and knowledge of French culinary cooking. Knowing these facts can prepare a CS for the rating exams.

To pass the exam, students need to score at least 80 percent on both the practical and written portions. “These exams are high demanding. A lot of people struggle with the written portion because they are not used to the terminology on the exam,” Wiseman said.

“We try to continuously refine our teaching methods. By getting the information out earlier, so the students can gain an advanced foothold.”

After obtaining a certification, it is good for five years. One NAS Jax Sailor is excited to take his skills back to his galley.

CS2 Shane Thompson said, “This exam gives me an opportunity to test my skills and show my abilities. Coming here pushes me to my edge and helps me strive to be a better cook. The knowledge we learn during this exam, not only helps us become certified, but we can bring that knowledge back to fleet.”

CSSA Jayla Green of Naval Air Station Jacksonville, chops carrots to showcase her cutting skills during the certified culinarian exam March 14. According to Kathy Wiseman, River Cove Catering and Conference Center Food and Beverage director, this exam can be more difficult than the certified sous chef exam.



Photos by Hannah Simmons and Julie M. Lucas

CS2 Noah Reeds dices ham during a sous chef certification exam at the Naval Air Station Jacksonville Flight Line Café March 13.



CS2 Shane Thompson of Naval Air Station Jacksonville, filets a flounder during the certified sous chef exam March 14 at the Flight Line Cafe. The actual test takes two hours and a fish must be poached during the exam.







CM1 Kenneth Kline with Construction Battalion Maintenance Unit 202 does pushups as part of Navy Operational Fitness and Fueling System (NOFFS) at the Naval Air Station Jacksonville gym March 14. Kline was one of six Command Fitness Leaders to participate in NOFFS training, which will enable them to take what they learned back to their commands to help improve the fitness level of their Sailors.

Photos by Reggie Jarrett



Six command fitness leaders do overhead press split squats as part of Navy Operational Fitness and Fueling System training at the Naval Air Station Jacksonville gym March 14.



Brian Williams, fitness instructor aboard Naval Air Station Jacksonville, demonstrates the straight leg lowering exercise to command fitness leaders during Navy Operational Fitness and Fueling System training March 14.

# NOFFS: Teaching Sailors how to teach Sailors about fitness

By Reggie Jarrett  
Editor Jax Air News

The Navy Operational Fitness and Fueling System (NOFFS) is an exercise and fitness program designed to teach Sailors how to increase their fitness level, and then teach what they learned to other Sailors.

“NOFFS is one of the best ways to get our Sailors in shape and keep them more mobile in a functional way,” said Heather Carty, fitness instructor for Naval Air Station (NAS) Jacksonville. “We are looking to decrease injury and increase performance.”

The NOFFS class is taken by Sailors that have been recognized as command fitness leaders (CFL). They learn exercises that emphasize strength, stability and endurance.

“Command fitness leaders take this back to their commands and teach their commands or squadrons how to do NOFFS exercises to make them stronger,” said Jennifer Price, fitness coordinator of NAS Jacksonville.

The NOFFS program was established in 2009 and it is an eight-hour course. It is offered about once a quarter.

One of the CFLs taking the NOFFS training was CM1 Kenneth Kline of Construction Battalion Maintenance Unit 202.

“I enjoy working out,” he said. “It keeps me mellow throughout the day to get my work out in the morning and I have a better day.”

Kline, who has been a CFL for one year, also likes helping others improve their fitness level. “I enjoy helping people get better. This is the one body you have for your entire life, so you might as well take care of it.”



CM1 Kenneth Kline of the Construction Battalion Maintenance Unit 202 performs banded squats during Navy Operational Fitness and Fueling System training aboard Naval Air Station Jacksonville.



OS2 Chelsea Fisher and OS2 Charles Khan, both of Fleet Area Control and Surveillance Facility Jacksonville, were two of the six command fitness leaders to run the energy system development cone drill as part of Navy Operational Fitness and Fueling System training March 14.





Photos by Reggie Jarrett

NJROTC cadets from Fleming Island High School witness a Sailor being pulled from the water during a training exercise when they visited the Surface Rescue Swimmer School (SRSS) aboard Naval Air Station Jacksonville March 19. The cadets got up early on their last day of spring break to tour the base. After touring SRSS, the cadets went to Fleet Area Control and Surveillance Facility and then to Helicopter Maritime Strike Squadron 74.

## NJROTC cadets tour NAS Jax

A group of 13 NJROTC cadets from Fleming Island High School is led through physical training (PT) by trainers from the Surface Rescue Swimmer School (SRSS) aboard Naval Air Jacksonville. After PT, the cadets watched SRSS students go through rescue training operations and then the cadets got in the water themselves to learn some basic swimming strokes.



BM2 Timothy Chuck, a trainer at Surface Rescue Swimmer School demonstrates a swimming stroke to NJROTC cadets from Fleming Island High School when they visited Naval Air Station Jacksonville March 19.



# Four-peat! Nease JROTC heading to nationals

By Capt. Scott LaRochelle  
Nease High School JROTC

Nease Navy JROTC won the Area 12 Drill Championships on March 3 in Douglas, Georgia – winning this championship for the 4<sup>th</sup> consecutive year thus earning a trip to the national championships.

Nease competed against the top 16 Navy high school JROTC drill teams in Area 12, which includes all of northern Florida and the state of Georgia. Sixty NJROTC programs competed at local drill meets during the fall and winter with the top 16 advancing to the Area championships. Nease earned its berth by winning first place at both the Mandarin High School and Terry Parker High School drill competitions earlier.

“This win was a total team effort,” said cadet battalion commander Connie Oswald. “Our athletic, academic and drill teams picked the right moment to deliver their best performances.”

In addition to winning the overall drill meet championships, Nease claimed first place in personnel inspection, overall drill, unarmed exhibition, and armed exhibition; second place in overall athletics, academics, unarmed basic, push-ups and sit-ups; and third place in armed basic.

Several cadets also earned individual medals for achievement including Scott Cummings in academics; Erin Sass (106) in push-ups; and Elizabeth Villalba (305), Aberlyn Short (300) and Teagan Pettit (284) in sit-ups.

“The cadets really buckled down hard in practice leading up to the championship,” said naval science instructor Master Chief Petty Officer Duane Spears. “Teamwork makes the dream work.”

Nease will now travel to the Navy National Drill Championships in Pensacola, Florida on April 6-7.



Cadet Jacob Hunt reports the Nease High School Drill team is ready for personnel inspection at the Area 12 Drill Championships March 2 in Douglas, Georgia. The unit won first place in this event.



Courtesy Photos

Cadet Aberlyn Short leads the Nease Navy JROTC Unarmed Exhibition drill team during the Area 12 Championships. The team claimed first place in this event.



Nease High School Navy JROTC Battalion Commanding Officer Connie Oswald and Executive Officer Aberlyn Short receive the Lt. Dennis Foster first place trophy at the Area 12 Drill Championships March 3.



The Nease High School Navy JROTC 40-cadet drill team celebrates their fourth consecutive Area 12 Drill Championship March 3 in Douglas, Georgia.



The Nease High School Navy JROTC Armed Basic Drill Team competes under the watchful eye of a Marine Corps judge during the Area 12 Championships March 3 in Douglas, Georgia.

# NEX to honor Vietnam veterans

## From NEXCOM Public Affairs

Across the nation, Americans are uniting to thank and honor Vietnam veterans for their service and sacrifice.

The NEX, in support of The United States of America Vietnam War Commemoration, is honoring Vietnam veterans at select NEX locations March 29 from 11am-2pm.

Vietnam veterans are invited to come in to participating NEX locations

to receive a lapel pin as a token of the nation's thanks.

Participation NEX locations include: NEX Norfolk, Va.; NEX Jacksonville and NEX Pensacola, Fla.; NEX Bethesda, Md.; NEX San Diego; NEX Pearl Harbor and NEX Guam.

This is the fourth year for the United States of America Vietnam War Commemoration event, which honors the service of the 6.6 million living Vietnam War veterans March 29,

Vietnam Veterans Day. Approximately nine million U.S. military members served on active duty during the Vietnam War era, Nov. 1, 1955 – May 15, 1975.

Vietnam Veterans Day was first established by presidential proclamation in 1912 leading to the start of annual observance events in 2014.

The Vietnam War Veterans Recognition Act of 2017 further established the events as a national obser-

vance to recognize Vietnam War veterans for their service.

Due to the overwhelming response, the spouse pins were not made available to the Military Exchanges.

If a Vietnam Veteran spouse would like to find an official Commemorative Partner event and get a lapel pin, they can go to <http://www.vietnamwar50th.com/events/>.

For more information, go to [vietnam-war50th.com](http://vietnam-war50th.com).

# NEXs to again sell Navy-Marine Corps Relief Society benefit coupon

## From NEXCOM Public Affairs

From March 22 – April 22, customers at select NEXs will be able to take advantage of a great sale event and support the Navy-Marine Corps Relief Society (NMCRS) by purchasing a \$5 benefit coupon. This coupon entitles customers to specific percent-off discounts applied to a one-time NEX purchase April 20 – 22. The entire \$5 donation will be passed onto NMCRS on behalf of NEX customers.

“Our partnership with the Navy

Exchange Service Command is important because we share a common mission, to support Sea Service members and their families” said Adm. Steve Abbot (Ret), President and CEO, Navy-Marine Corps Relief Society.

“Their annual coupon sale to benefit the Navy-Marine Corps Relief Society supports the Society's interest-free loans and grants for Sailors and Marines in need, and allows Navy and Marine Corps families to enjoy significant savings on their NEX purchases during the redemption period. That's a

win-win!”

NEXs participating in this event include NEX Little Creek, Portsmouth, Norfolk, and Oceana, Va.; NEX Pearl Harbor; NEX San Diego; NEX Jacksonville, Orlando, Key West, Whiting Field, Mayport and Pensacola, Fla.; NEX Kings Bay, Ga.; NEX North Island, Monterey, Port Hueneme and Lemoore, Calif.; NEX Whidbey Island, Bangor, Bremerton and Everett, Wash.; NEX Great Lakes, Ill.; NEX Washington Navy Yard, D.C.; NEX Mitchel Field, N.Y.; NEX Fallon, Nev.; NEX Corpus

Christi, Texas; NEX Belle Chasse, La.; NEX Gulfport and Meridian, Miss.; NEX New London, Conn.; NEX Patuxent River, Annapolis and Bethesda, Md.; NEX Charleston, S.C.; NEX Newport, R.I.; NEX Memphis, Tenn.; NEX Yokosuka, Atsugi and Sasebo, Japan; NEX Naples and Sigonella, Italy; NEX Rota, Spain; NEX Guam and NEX Bahrain.

The coupon is valid for one-time use in-store only and is limited to \$1,000 total discount. For more information, speak to a NEX associate.





# Celebrating National Doctors Day

Lt. Cmdr. Erica Mingo, a physician on Naval Branch Health Clinic Jacksonville's Medical Home Port Silver Team and native of Buffalo, New York, checks a sailor's ear during an exam. March 30 is National Doctors Day, when people say "thank you" to physicians for all that they do for patients and families. Mingo says the best part of her job is taking care of new patients. "Every patient is special and I treat them all that way."

# ALSO course held at NH Jax

Clinical staff discuss appropriate action in an obstetrical emergency during the Advanced Life Support in Obstetrics Course at Naval Hospital Jacksonville on March 15. Thirty-one students and 12 instructors from the Navy, Air Force and Army attended the training. The ALSO course, from American Academy of Family Physicians, assists health professionals to effectively manage emergencies that arise in maternity care. The course included syllabus reading, lectures and hands-on workstations.



# Celebrating Certified Nurses Day

Capt. Matthew Case (right), Naval Hospital (NH) Jacksonville commanding officer, joined by Karen Elgin, Capt. Jeffery Johnson, and Lt. Heather Hernandez, cut the ceremonial cake celebrating Certified Nurses Day March 19. This annual celebration honors nurses who contribute to better patient outcomes through national board certification in their specialty. NH Jacksonville has 110 nurses certified in 42 specialties, in addition to their Registered Nurse license.



Capt. Ingrid Sheldon, an obstetrics/gynecology physician at Naval Hospital (NH) Jacksonville, discusses effective forms of birth control with a Sailor. NH Jacksonville offers a same-day walk-in contraception in the Obstetrics/Gynecology Clinic. During a clinic visit, patients are screened, evaluated and obtain a contraceptive that's medically appropriate as well as right for them.

# Same-day walk-in contraception moves to 2<sup>nd</sup> and 4<sup>th</sup> Thursdays

By Yan Kennon  
Public Affairs Senior Writer,  
Naval Hospital Jacksonville

Naval Hospital Jacksonville's same-day Contraception Clinic now offers services on the second and fourth Thursday of the month (rather than the first and third Thursday), starting in April. The same-day contraception clinic, located in the hospital's Obstetrics/Gynecology Clinic, offers all types of contraception for patients considering birth control options. During a clinic visit, patients will be screened, evaluated and will obtain a contraceptive that's medically

appropriate as well as right for them. Contraceptives offered include long-acting reversible contraceptives such as intrauterine devices and arm implants, as well as oral contraceptives, injections, vaginal ring, skin patch and condoms. Emergency contraception is also available. The clinic is now open for walk-ins the second and fourth Thursday of each month, 7:30 - 11:00 a.m. and 1 - 3 p.m. No referral is needed. The clinic is available to all TRICARE beneficiaries (active duty, retirees, and family members). For more information, call the Contraception Clinic at 904-542-7419.





Photo by Yan Kennon

# TBT program teaches healthier living

By Julie M. Lucas  
NAS Jacksonville Public Affairs

The Naval Air Station Jacksonville (NAS Jax) Morale, Welfare and Recreation Fitness Department created a new program to assist those with fitness goals in the new year, in conjunction with the Wellness Center. The Total Body Transformation (TBT) program began the first week of January open to all those with base access.

“We started off the program with participants getting their bodies measured in the “bod pod” which shows muscle, fat and other information, so that we could assess where they were starting from,” said Misty Carman, Wellness Center nurse educator.

Participants were then advised to fill out forms to be assigned a trainer at the base fitness center. Trainers were established along with the participants availability so individual goals could be achieved.

Weekly hour-long classes were offered to continue the education of participants. The first week, a tour of the Commissary was given by Wellness staff members, with

helpful pointers on which items are healthier.

“If you are trying to eat fresh and healthy, most of the items you are going to be purchasing will be on the outside perimeter,” said Carman.

A map of the commissary was handed out and information that is located on healthier options was pointed out.

“You will see tags on items that are high fiber and other healthier items,” said Commissary Store Manager Kim Jackson.

The next topics covered during the weekly classes included stress and eating management, supplements and flavoring food naturally, and meal prepping. In the middle of the program, another weigh in took place. NAS Jax Fitness Director Jill Sheppard dropped in to a class to make sure all the participants were getting their needs met.

“I’m here to get feedback on this trial run of the program because we want you all to be successful,” Sheppard said.

The group took a field trip together to Mulligan’s Restaurant aboard the base and together ate lunch and



Naval Air Station Jacksonville Wellness Health Promotions Specialist Cheryl Masters points out foods that are high in sodium and fat during a tour of the Commissary with the Total Body Transformation group.

asked questions of the Wellness staff.

For the last class, participants were asked to take a recipe they like and turn it into a healthy option. A potluck with the items and recipes were exchanged, while participants took a final bod pod assessment to see how far they had come.

“I signed up for the TBT program because I wanted to learn the proper way to fuel my body. I had reached a weight loss plateau and needed guidance on what my next steps should be,” said Family member Bristan Campbell. “I’m so glad we did the bod pod at the beginning and end; this was great to see our progress and keep us motivated.



Photos by Julie M. Lucas

Foods are sampled during the final Total Body Transformation class, sponsored by the Naval Air Station Jacksonville Wellness Center and the Fitness Center.

# Preventive medicine, saving lives

By MC2 Brianna K. Green  
Continuing Promise Public Affairs

The ability to shower in a remote campground, or shave every morning in a plastic storage container or walk on dry sand because of proper drainage are all luxuries made possible by the Continuing Promise 2018 (CP18) Forward Deployed Preventive Medicine Unit.

Public health is an essential part of daily life, in and out of the military. Navy Environmental and Preventive Medicine Unit (NEPMU) 2 performs many tasks to help protect the Sailors and Soldiers, as well as the local community during CP18.

“Public health is a critical part of any mission, because if troops are sick, they cannot complete the mission,” said HM1 Adriane Weldon, of Greenville, Alabama, who is assigned to NEPMU 2 in Norfolk.

“Educating the public really does help lessen the transmission and spread of diseases, as well as build a bond between nations.”

Public health covers a wide range of necessities such as water purification, epidemiology, parasitology, food-borne illnesses and berthing and food inspections.

“This is really a team effort here,” said Lt. Cmdr. Amy Rogers, officer in charge of the Forward Deployed Preventative Medicine Unit.

“We have a physician, an entomologist, environmental health officer and three preventative medicine technicians.”

The team began their mission in Honduras by coordinating meetings with local hospitals. Then, they gathered a list of needs and organized trainings accordingly.

Rogers explained the impact is more than one or two patients, it’s about the larger population and sustaining preventive measures like the use of bug spray or proper hand washing and sanitation measures.

The team hosted an interactive table



Photos by MC2 Brianna K. Green

Lt. Cmdr. Amy Rogers, assigned to Navy Environmental and Preventative Medicine Unit 2, shows a Honduran child mosquitos caught by a BG-Sentinel mosquito trap outside the Franklin D. Roosevelt School in Puerto Cortes, Honduras during Continuing Promise 2018.

with microscopes and specimens such as a scorpion, mosquitoes and houseflies. They went a step further and explained how children can minimize standing water, which is a breeding ground for mosquitoes.

Furthermore, during black-flag weather conditions, the team set up two BG-Sentinel mosquito traps around an open grass field behind the Franklin D. Roosevelt school in Puerto Cortes, to trap day-biting mosquitoes.

“Day-biting mosquitoes spread many of the epidemic diseases we are trying to prevent,” said Weldon.

“This area is a great place to catch mosquitoes because the temperature, climate and extended period of time that it’s warm.”

Mosquitoes have a hard time flying against the wind, so the traps consist of a fan and catch net. The bait is a clear tube filled with small blue pebbles made of human hormone derivatives and scents, which mosquitoes cannot resist. Once they enter the trap to explore the scent, they are unable to fly out against the fan.

“Once we catch the mosquitoes, we usually freeze them,” said Weldon.

“We then identify the females by species so we can determine if they’re carrying any diseases.”

Weldon went on to say that this area is very high in malaria and Zika, testing here provides a great deal of valuable knowledge that helps the team educate the public on how to minimize the risk of transmission.

“A lot of our job is learning and sharing that knowledge with the host nation,” said Rogers. “That’s why it’s so great having a team with all different specialties, so we can communicate things from disaster response to mosquito safety and preventive measures.”

Members of the Forward Deployed Preventive Medicine Unit are truly the unsung heroes of any mission they’re on. While here, they are often hard to find, pending their time exploring the tall grasses and reeds of Honduras to



HM1 Adrian Weldon and Lt. Marcus McDonough, assigned to Navy Environmental and Preventative Medicine Unit 2, prepare a BG-Sentinel mosquito trap outside the Franklin D. Roosevelt School in Puerto Cortes, Honduras during Continuing Promise 2018. U.S. Naval Forces Southern Command/U.S. 4th Fleet has deployed a force to execute Continuing Promise to conduct civil-military operations including humanitarian assistance, training engagements, and medical, dental and veterinary support in an effort to show U.S. support and commitment to Central and South America.

seek out the creatures that most people avoid. They are the first line of defense

between people and the dangers of the natural world around them.

## Renters Insurance

Protect your belongings and yourself from unexpected damages and injuries.

**What would it cost to replace your belongings?**

Taking a close look at the many items in your home and determining the value of furniture, décor items, electronics, clothing and collections can be an eye-opening experience. Without insurance coverage, replacing these items could be a serious financial burden.

**What is renters insurance?**

Renters insurance provides protection and compensation for personal property if it is destroyed or stolen. It can cover personal property that is damaged by fire, smoke, vandalism, water and natural disasters. It can also provide liability coverage in the event you are responsible for injury or property damage to others.

**How do I buy renters insurance?**

You can easily get a quote and purchase insurance online or through a local insurance agent. If you currently have auto insurance, start with that provider to see what they offer. While we don't endorse any companies, our management office can provide some additional resources if needed.



# Navy neighbors pitch in with park pickup

By Julie M. Lucas  
NAS Jacksonville Public Affairs

More than 50 Sailors and civilians from eight commands volunteered to collect trash and debris March 15 at Tillie K. Fowler Regional Park as part of the St. Johns River Celebration Cleanup.

City of Jacksonville Parks Naturalist Supervisor Jean Schubert is pleased that Sailors have taken ownership of various portions of the park, located across Roosevelt Blvd. from the Naval Air Station (NAS) Jacksonville Yorktown Gate.

“Last fall, Sailors from Fleet Area Control and Surveillance Facility Jacksonville (FACSFAC Jax) volunteered to maintain the park’s historic brick road. It dates back to 1917, when the property was part of U.S. Army Camp Joseph E. Johnston.

Today’s cleanup is part of the recurring process to maintain the historic brick road and control litterbugs across the park,” said Schubert.

“We value the support we receive from NAS Jacksonville and its tenant commands, as well as from all area military personnel and veterans. Because of tight budgets, we’re fortunate to have military men and women who volunteer to maintain parks throughout Duval County,” she said.

Volunteers from the following commands took part in the cleanup: NAS Jax, Patrol Squadron 30, Southeast Regional Calibration Center, Mobile Tactical Operations Center-J reserve,



Photos by Julie M. Lucas

**ET2 Michael Roberson of Commander, Patrol and Reconnaissance Wing 11, picks up a piece of trash at the Tillie K. Fowler Regional Park, located across from Naval Air Station Jacksonville, March 15. Due to a partnership with the City of Jacksonville, cleanups take place regularly both on and off base.**

Carrier Tactical Support Center Ashore Jacksonville, HSM-60, Information Warfare Training Center Virginia Beach site Jacksonville and Fleet Area Control and Surveillance Facility Jacksonville.

“I was really excited to participate in this event, to help give back to our local city that does so much for us Sailors,” said LS3 Rebecca Brooks of NAS Jacksonville. “I often take my sons to parks and want to show them to keep our environment clean, so everyone can enjoy these areas.

Schubert concluded, “Today, this park benefitted from the efforts of 47 Sailors and five civilian environmental staff who participated in the St. Johns River Celebration Cleanup. The final tally was 25 bags of trash and litter, plus, miscellaneous debris (including three tires) for a total weight in excess of 1,760 pounds. The volunteers gathered it all in just two hours, expending a total of 100 man hours – a labor value to the City of Jacksonville worth \$2,000.”

# ENGINEERING

From Page 1

pleting a surprise project assigned the day of the event, and completing a trivia challenge.

For this year’s theme, “Power of the Wind,” students had to design and fabricate a portable wind turbine that could harness wind energy and convert it to useful power. Volunteer judges tested the projects by timing and measuring the distance the turbine was able to raise a weight.

The surprise project required students to design and construct a structure out of straws and tape that could support the weight of a tennis ball. The groups were judged on how long the structure could remain standing when placed in front of a fan.

One of the eighth grade teams, from The Weiss School, located in Palm Beach, Florida, is currently working with SpaceX to deliver and monitor certain types of bacteria, to determine if they can exist in space.

“There are a bunch of smart kids out there,” said McCarthy. “It was a

pleasure to work with them.”

The competition promotes Science, Technology, Engineering and Mathematics (STEM). STEM is a national education program focused on preparing the workforce of tomorrow by encouraging students today to focus on these areas of study. The hope is the competition will inspire the scholars’ efforts and energies toward careers in STEM fields in the future.

During the event, NAVFAC Southeast Facilities Engineering Acquisition Division Director Lt. Cmdr. Richard Buechel and Naval Submarine Base Kings Bay Assistant Public Works Officer Lt. j.g. Frank Sysko spoke to students about which engineering disciplines they were considering, what colleges they might be thinking of attending or if they were thinking about a military career. The information booth they set up provided the students information on military and civilian STEM careers with the Navy.



Photo by Jeffrey Hamlin

**Naval Facilities Engineering Command Southeast Chief Engineer Jack McCarthy (right) and volunteer Melissa Reynolds measure the height of a student project in the Jacksonville District U.S. Army Corp of Engineers 2018 Engineering Career Day Feb. 23. The surprise project challenged students to create a structure out of straws that could support the weight of a tennis ball and remain standing, when placed in front of a fan.**

# WING

From Page 1



Photo courtesy Ron Williamson

**Four Vought F4U Corsairs fly over Jacksonville in 1944. A piece of the tail wing from a crashed Corsair was found on Naval Air Station (NAS) Jacksonville March 14. Corsairs were stationed aboard NAS Jacksonville from 1943 to 1954.**

“A few planes from that era may have crashed in our compound,” said NMC’s GM1 Ryan Stewart. “We were very surprised to find it.”

The wing was found in the weapons area on the southern part of the base.

The Corsair was used as a carrier-based aircraft, but it came to be known more as a land-based plane flown by the U.S. Marines in the Pacific, including the famous “Black Sheep” Squadron (VMF-214) led by Maj. Gregory “Pappy” Boyington.

“The Japanese called the Corsair “Whistling Death” because of the unique sound made by the shape of the plane’s wings,” Williamson said.

The section of wing is now on display in the Stearman Building in Heritage Park.

As for the gopher tortoise they were looking for in the first place, they found him also.

It is one of two tortoises that Environmental has been following with a tracking device.

“We had been tracking him, but we lost the signal just before Hurricane Irma,” said Angela Glass, natural and cultural resources manager for NAS Jax. “We realized he had moved, because his burrow flooded.”

Environmental is tracking the gopher tortoises because they are a protected in Florida where they are listed as a threatened species.

“We figured he would go into weapons because there is good habitat for him,” Glass said. “He made a great new burrow.”

# INGRAM

From Page 1

ing in California. “I can’t wait,” he said.

Ingram has been competitive for most of his life. He was a three-sport athlete in high school, where he played baseball, football and basketball. “I play pretty much anything with a ball,” he said.

Even as a long-time athlete, Ingram learned a lot about himself with what he has gone through the last two years.

“I learned I can push myself to the limit, and then some,” he said. “Even in the worst of situations, I try to be positive because it doesn’t matter how bad you have it, somebody has it worse.”

Ingram trains for an hour-and-a-half every day to keep up with other Warrior Games athletes.

“I have to train every day because those guys are serious,” he said. He does cardio in the morning and weight-lifting in the evening.

The other athletes he

met during the Warrior Games impressed Ingram with what they are able to accomplish.

“They motivate me a lot,” he said. “Some of those people do stuff I couldn’t even fathom. They showed me that anything is possible.”





Dennis Deaton from the Georgia Aquarium listens to a question asked by Sherman Nicol during the travel fair March 17, sponsored by the Naval Air Station Jacksonville Tickets and Travel office.



Seralago Hotel Sales Manager Sue Dickson shares information about travel opportunities near Orlando at the Naval Air Station Jacksonville's Tickets and Travel Office annual travel fair. This year's event featured around 40 vendors with information ranging from cruise lines to theme parks.

Photos by Julie M. Lucas



Isaias Coreero (left) and Thomas Martell, children of Naval Air Station Jacksonville Tickets and Travel Office employees, assist participants with travel show passports March 17 during the travel fair. The passports were signed by vendors and turned in for a free item.

## NAS Jax Travel Fair

Cena Molina, along with her children Kat, Ally and A.J., spin a wheel for a prize at the Crayola Experience booth March 17 during the travel fair. Many booths had give aways and brochures about their destinations.

Neither NAS Jacksonville, MWR nor Jax Air News or any part of the federal government, officially endorses any company or sponsor or their products or services.



# Fleet and Family Support Center offers life skills workshops

### From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues.

All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration.

The following is the schedule for 2018:

- Ombudsman Basic Training - May 13-16 (5:30-10 p.m.), Aug. 19-21 (8 a.m. - 4 p.m.), Nov. 12-15 (5:30-10 p.m.)
- Transition Assistance Program (TAP) Separation Workshop (7:30 a.m. - 4:15 p.m.) - April 1-5, April. 8-12, May 6-10, May 13-17, June 3-7,

June 17-21, July 8-12, July 15-19, Aug. 5-9, Aug. 19-23, Sept. 9-13, Sept. 16-20, Oct. 7-11, Oct. 21-25, Nov. 4-8, Dec. 2-6.

- Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m. - 4:15 p.m.) - March 25-29, April 15-19, May 20-24, June 24-28, July 22-26, Aug. 26-30, Sept. 23-27, Oct. 28-Nov. 1, Nov. 18-22, Dec. 16-20.
- Federal Employment Workshop (9 a.m. - noon) - March 20, April 22, May 3, June 12, Aug. 16, Sept. 6, Oct. 17, Nov. 27, Dec. 11. (Noon-3 p.m.) - July 2.

- Job Search & Interview Techniques Workshop (8-9:30 a.m.) - April 10, May 30, July 15, Sept. 5, Nov. 25.
- Resumes & Cover Letters Workshop (9:40 a.m. - noon) - April 10, May 30, July 15, Sept. 5, Nov. 25.
- Million Dollar Sailor Workshop (7:30 a.m. - 4 p.m.) -

May 1-2, Aug. 14-15, Nov. 13-14.

- Command Financial Specialist Training - (7:30 a.m. - 4 p.m.) - March 18-22, June 10-14, Sept. 30-Oct. 4, Dec. 9-13.
- Money, Debt and Credit Management Workshop (8-11 a.m.) - April 30, July 2, Oct. 15.

- Strategies for First-time Home Buyers (1-3:30 p.m.) - April 22, May 29, Sept. 4.
- Strategies for Best Deals in Car Buying (9-10:30 a.m.) - May 29, Aug. 12, Nov. 26.
- PCS Sponsor Training (1:30-3 p.m.) - April 11, June 13, Aug. 8, Oct. 10, Dec. 12.

- PCS Smooth Move Workshop (1:30-4 p.m.) - May 9, July 11, Sept. 12, Nov. 14.
- Military Spouse 101 Workshop - March 16 (10-11:30 a.m.), May 21 (5-6:30 p.m.), July 18 (1-2:30 p.m.) Sept. 14 (1-2:30 p.m.) Nov. 21 (5-6:30 p.m.)
- What About the Kids (9-11 a.m.) - April 8, May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 7,

Nov. 4, Dec. 9.

- Stress Management 101 Workshop (9-10:30 a.m.) - April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 5, Dec. 10.
- Extended Stress Management Workshop (8 a.m. - noon) - April 16 & 30, July 16 & 30, Oct. 15 & 29.

- Anger Management Workshop (8 a.m.-noon) - March 26, April 23, May 21, June 25, July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17.
- Personal Anger Control Group - May 2 - June 6 (Thursdays 11 a.m.-1 p.m.), June 25 - July 30 (Tuesdays 2-4 p.m.), Aug. 15 - Sept. 19 (Thursdays 11 a.m.-1 p.m.), Oct. 8 - Nov. 12 (2-4 p.m.)

- Individual Communication (11 a.m. - 1 p.m.) - March 19, May 14, July 9, Sept. 10, Nov. 19.
- Parenting with Love & Logic (1-3 p.m.) - March 19, 26; May 7, 14, 21, 28; July 9, 16, 23, 30; Sept.

3, 10, 17, 24; Nov. 5, 12, 19, 26.

- Active Parenting of Teens (1-4 p.m.) - April 3, 10, 17, 24; June 5, 12, 19, 26; Aug. 7, 14, 21, 28; Oct. 2, 9, 16, 23.
- Power 2 Change Women's Support Group (9:30-11 a.m.) - Every Wednesday

- Expectant Families (9 a.m.-3 p.m.) - June 4, Sept. 16, Dec. 3, 10, 17.
- Tiny Tots Play Group (10 a.m.-noon) - March 19; April 2, 16, 30; May 14, 18; June 11, 25; July 9, 23; Aug. 6, 20; Sept. 3, 17; Oct. 1, 15, 29; Nov. 12, 16; Dec. 10, 17.

- Exceptional Family Member Program (EFMP) Orientation (1:30-3 p.m.) - May. 2, July 3, Sept. 5, Nov. 7.
- EFMP Command POC Training (1:30-3 p.m.) - April 4, June 6, Aug. 1, Oct. 3, Dec. 5.

To register for any of the above workshops please contact 542-5745.

## NAS Jax Sports

### Greybeard softball league forming

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, military dependent spouses assigned to a command at NAS Jacksonville and retirees age 30 and up. The games are played at lunchtime on Tuesdays. The entry form and roster is due.

### Women's softball league meeting forming

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, dependents at NAS Jacksonville and retirees. The games are played in the evenings. The entry form and roster is due.

### 3-on-3 Volleyball League forming

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, dependents at NAS Jacksonville and retirees. The games are played at lunchtime. The entry form and roster is due.

For more information, call Bill Bonser at 542-2930/3239 or e-mail [bill.bonser@navy.mil](mailto:bill.bonser@navy.mil).

## Standings

As of March 23

### Badminton Doubles

Teams	Wins	Losses
VP-30 C	6	0
NAVFAC Clear	6	1
NAVFAC Turtles	6	1
NAVFAC Flying Gravity	7	2
NAS Jax Holy Rollers	6	3
TPU/PCF Shuttle Roosters	5	4
TPU/PCF Watch the Birdies	2	5
NAVFAC Ray Ban Shades	1	6
CNATTU Old School	1	7
TPU/PCF Lockem Up	0	7

### Winter Golf

Teams	Wins	Losses
MPRWS	5	1
GEMD	5	2
HSM-70 Team 1	5	2
HSM-70 Team 2	5	2
CNATTU	4	3
FACSFAC Blue	3	4
FRCSE 600	2	5
FACSFAC Gold	1	5
FRCSE Alfis	0	7
HITRON	0	7

### Skeet

Teams	Wins	Losses	VP-10 Irv's Gun Club	4	3
NAVFAC PDHC 4 Life	7	0	VP-30	3	4
FRCSE Shooters	6	2	VUP-19 (1)	3	4
FLCJ Orange Crush	5	2	FRCSE Tailgaters	3	5
NAVFAC Sons of Guns	5	2	NAS Jax Buffs	1	5
TPU/PCF Dusters	5	2	TPU/PCF Shotguns & Roses	1	6
VP-45	5	2	FACSFAC	0	7
NAVFAC Gulf Coast Shooters	4	2	VUP-19 (2)	0	7
CNATTU Skeet Happens	4	3			

# NOMINATE A DESERVING SPOUSE!

Join us in recognizing our local military spouses for their unending strength, personal sacrifices, support for other military families and for their selfless commitment to our community.

The Heroes at Home Hampton Roads Military Spouse of the Year will be chosen from nominees provided by active duty personnel from all branches of the military, spouse support groups, charitable organizations, friends and family.

The 10 finalists and winner will be announced at the awards luncheon on May 23, 2018.

APRIL 15  
NOMINATION DEADLINE

POST YOUR NOMINATION ONLINE AT  
[HEROESATHOMEJAX.COM](http://HEROESATHOMEJAX.COM)

HOSTED BY **MNV MILITARY** NEWSPAPERS OF VIRGINIA *The Flagship*



2018

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JACKSONVILLE, FL

2018 Military Spouse Awards

# HEROES at HOME.





### Get Connected with MWR

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For specific questions, email MWR Marketing at [nasjaxmwr@navy.mil](mailto:nasjaxmwr@navy.mil)

## Community Recreation

Call 542-3227

Spring Clean Out & Craft Fair  
April 14, 9 a.m. – 1 p.m. at Dewey's  
Get started on your Spring Cleaning! This event is free to all shoppers. If you are interested in being a craft or garage sale vendor, the cost is \$20. All forms and payments must be turned into Community Recreation in Bldg. 622 prior to the event. Download the form from our website!

Family Paint Night

April 17, 6 – 8 p.m. at Dewey's

The cost is \$20 per person, covering all supplies and one beverage per person. Spots limited! Purchase tickets from Community Recreation in Bldg. 622 today! Food and beverages available for purchase. No outside food or beverage permitted.

Bounce-a-Palooza

April 28, 10 a.m. – 2 p.m. in the field across from Dewey's

Celebrate the Month of the Military Child with a giant inflatables party for all ages! Activities include obstacle courses, a bubbleologist, face painting, balloon artists, spin art and more. Food and drinks will be available for purchase. Call (904) 542-3227 for details.

## River Cove Catering & Conference Center

Call 542-3041

Did you know you can book weddings, luncheons, retirements, birthday parties, conferences and more at the River Cove Catering & Conference Center?

Special Wedding Discount

All weddings held in April 2018 receive a 10% discount. Call for details & to schedule!

## Dewey's

Call 542-3521

Friday Family Night

Third Friday of each month, 5 – 8 p.m.

Bring your family out to Dewey's! Featuring the Balloon Man Justin, karaoke with DJ Tom and much more!

Bingo at Dewey's

Great cash payouts, even better jackpots! Lunch and evening sessions available. Call (904) 542-8449 for current promotions and times.

Free Texas Hold'em Tournaments every Monday and Thursday at 7 p.m.

Monday Pizza Special 2 – 9 p.m. Enjoy a 12" Cheese or Pepperoni Flat Bread pizza for \$7.

Friday Karaoke starts at 6 p.m.

## Freedom Lanes Bowling Center

Call 542-3493

Monday: \$6 All you can bowl, 4 – 6 p.m.

Wednesday: \$7.95 All you can bowl, 4 – 10 p.m.

Thursday: Free bowling for active duty 11 a.m. - 1 p.m.

Saturday: \$10 Extreme Bowling, 4 - 6 p.m. \$13 Party Extreme, 9 p.m. – midnight. Shoes included.

Youth Bowling League: Held every Saturday at 10:30 am. New bowlers always welcome!

Winter Bowling Leagues: Now forming! Call for details.

\*Please note, the specials do not include shoes unless stated otherwise\*

## Fitness, Sports & Aquatics

Call 542-2930

13<sup>th</sup> Annual Captain Chuck Cornett Navy Run

April 7, 8 a.m. at the NEX Convenience Store Lot

Sign up now: <http://1stplacesports.com/events/race-calendar/>

10,000 Steps Fitness Challenge

April 9 – June 1

Take 10,000 steps each day for 8 weeks! Free pedometers on first come, first served basis.

Participants may use Fitbits or an alternate and accurate step counter. The top male and female with the most steps at the end of 8 weeks will receive a prize. Registration begins April 2.

Friday Night Lights Out

April 20, 8:30 – 10:30 p.m. at the Guy Ballou Courts

Turn off the lights and turn up the fun with XGLOsive Tennis! Each registered attendee will receive a free glow-in-the-dark shirt. Snacks and beverages provided. Youth participants must be at least six years old. Participants must register for free:

LightsOutNAS.Eventbrite.com.

Indoor Pool and Outdoor Pool

Visit [www.navymwrjacksonville.com](http://www.navymwrjacksonville.com) for the current hours of operation.

Group and private tennis lessons are now available. Call the base gym for pricing information.

Patrons can select from a variety of massage types, including Swiss, Deep Tissue/Sport, as well as other spa services, such as facial & body treatments. For a complete list of services, visit the base gym or fitness center.

## MWR Digital Library

Enjoy unlimited access to Ebooks, Audio Books, Digital Magazines,

Genealogy Resources, Digital Newspapers,

Journals, Auto Repair,

Tutoring Service & much more! Visit

NavyMWRDigitalLibrary.com to register.

Contact Community Recreation at (904) 542-3227 for assistance.

## The Liberty Recreation Center

*Trips & events are for all E1-E6 single or unaccompanied active duty members & reservists*

only. Call 542-1335 for information.

80's Spring Barracks Bash

April 19, 4 – 8 p.m. in the field next to the barracks, behind the Base Gym

There will be a DJ, FREE Food, T-Shirts, Prizes and a variety of activities, including a Dance Battle, Velcro Wall, Dunk Tank, Inflatables and more! Costumes are encouraged.

April 5: Grill 'n Chill - Free

April 6: Clay County Fair - \$15

April 7: Kevin Hart - \$30

April 11: Jumbo Shrimp vs. Mobile - \$5

April 13: Indoor Rock Climbing - \$15

April 15: Paintball Trip - Free

April 20: Glow in the Dark Tennis - Free

April 21: Charter Fishing Trip - \$40

April 25: Range and Wings - Free

April 28: Jax Beach Day - Free

April 29: Jax Zoo Trip - \$15

## NAS Jax Golf Club

Golf Course: 542-3249

Mulligan's Restaurant: 542-2936

Appreciation Days

Play 18-holes with cart for \$20.

Active Duty Days: March 13 & 27

Retiree Days: March 15 & 29

Swing It & Wing It Special: Play 18 holes with a cart and enjoy 10 wings and two draft beverages for only \$30 after 1 p.m. daily.

Daily Twilight Special: Play 18-holes with cart for only \$20 after 3 p.m. Monday - Friday.

Monday & Tuesday: Play 18-holes for \$20. Cart & green fees included. Not applicable on holidays.

## Mulberry Cove Marina

Call 542-3260

Free Kayak & Canoe Rental

Every Thursday for active duty and their guests only

## Auto Skills Center

Call 542-3681

The center has 22 work bays, wheel balancing, tool checkout, paint booth and welding ASE certified mechanic onsite.

## Youth Activities Center

Call 778-9772

Before & After School Care

Open to children 5 - 12 years

Register today!

## Family Fitness Center

Call 771-8469

The Family Fitness Center is open Mon. – Fri., 9 a.m. - 1 p.m. Bring your children! Children 5 and older are welcome to workout with you. Group classes are available from 10 – 11 a.m.

## Jax Navy Flying Club

Call 542-8509

Learn to fly at NAS Jax

Call for introduction flight

Additional ratings are available including instrument, complex and commercial

Find more info. online at [jaxnfc.net](http://jaxnfc.net)

## Community Recreation

## Tickets & Travel Office

Call 542-3318, Email directly at [nasjaxtickets@navy.mil](mailto:nasjaxtickets@navy.mil)

Clay County Fair – Green Cove Springs Fair

Grounds

March 29 – April 7: Adult \$7. Child/Senior: \$5.

Wristbands \$15.

Jerry Seinfeld - Times Union Center

May 3: 1st Orchestra - \$200. 2nd Orchestra - \$100.

Daytona International Speedway

Subway Firecracker 250

July 6: Reserved \$37.75. Reserved Kids \$9.75.

General Admission \$26.75. General Admission Kids 12 & under are free. Fan Zone \$15.75.

CokeZero - July 7

Coke 100 Plus Seating: \$116.50. Coke 300 & 400

Seating: 94.50. Coke 100 Seating: \$83.25. Fan Zone

\$33.50.

Paw Patrol Live - Veteran's Memorial Arena

August 11 & 12 10 a.m. & 2 p.m. shows

Comedy Club of Jax (11000 Beach Blvd.)

Open Mic Night every first Thursday: \$8

- Tony Roberts: April 26-28, 2 for \$25.

- Luenell: May 3, \$20.

2017 - 2018 Broadway Series Shows

Times-Union Moran:

- Beautiful: April 11 & 14, \$75/\$80.

- A Chorus Line: April 28

- Chicago: May 15, 18 & 19, \$54/\$87.

2017 - 2018 Thrasher Horne:

- Funk Fest: May 11-12. 2 Day General Admission

\$75, 2 Day Gold VIP \$297, 2 Day Silver Preferred A

\$173, 2 Day Bronze Preferred B \$151.25.

Armed Forces Vacation Club

Take advantage of these vacations at an affordable price! Space A stays are only \$349 a week

Visit [www.afvclub.com](http://www.afvclub.com) and use "NAS JACKSONVILLE" when booking.

Red Roof Hotels – A 15% savings. Over 450+ properties nationwide. Now offering upgraded properties, Red Roof Plus. Pets stay free! Go To:

<https://www.redroof.com> and input Jacksonville Code 621573 into VP+/Company code/promo

Also for your convenience you can purchase thru Choice Hotels

Go to: [www.choicehotels.com](http://www.choicehotels.com) and click on

destination. Enter destination, dates and number of travelers. From best available rate drop down menu, choose special rate Corp ID, input 00555400 and

click apply.

*What to do this year? Local Fun Trips!*

Come join us on our scheduled trips. Relax and let

### NAVY TRI-BASE JOB FAIR

**April 4, 2018**  
9:00 a.m.-2:00 p.m.  
**Morocco Shrine Center**  
3800 St. Johns Bluff Road S.  
Jacksonville, FL 32224-2620

- Bring Copies of your resume and come dressed for SUCCESS!
- National and local companies will be hiring!
- Employer List available through Fleet and Family Support Centers, CareerSource NEX, and Georgia Department of Labor Kings Bay Career Center beginning mid March

For more information contact:  
NSB Kings Bay, GA, Fleet and Family Support Center at (919) 573-4518  
NAS Jacksonville, FL, Fleet and Family Support Center (904) 548-5766  
NS Mayport, FL, Fleet and Family Support Center at (904) 270-6600

Please be prepared to show proof of military affiliation. (This event is open to the following):

- Personnel with an active military or reserve ID card
- Military spouses and family members with dependent ID card
- Veterans with a DD-314 and government issued ID card
- Veterans with a Veteran's ID card issued by the US Department of Veterans Affairs

us do the driving!

All trips will leave NAS Jax at 8 a.m. and return at 5 p.m., unless stated otherwise.

Scenic Cruise Trip, St. Augustine: May 19, \$22. Bus departs at 9:30 a.m., returning at 3:30 p.m.

Orlando Shopping (Millennia Mall and Premium Outlets): Aug. 4, \$25.

34<sup>th</sup> Annual Mt. Dora Craft Fair: Oct. 27, \$20. Bus departs at 8 a.m., returning at 3 p.m.

Paula Deen's in Savannah, Ga.: Dec. 15, \$40. Bus departs at 8:30 a.m., returning at 5:30 p.m.

*Current Ticket Promotions Include the Following:*

Adventure Landing Dry & Water Park Passes: \$20.50 - \$32.50.

Alhambra Dinner Show: Prices range \$40 - \$50.

Autobahn Indoor Speedway: (28% Savings) \$25 Gift Card - \$20. \$50 Gift Card - \$40.

Biltmore Estates Ashville, NC: Adult - \$51, Youth - \$22.

Catty Shack Ranch Wildlife Sanctuary: \$8.50 - \$13.50.

Chocolate Kingdom (Kissimmee/Orlando, Fla.): Adult \$14, Child \$11.

Daytona Lagoon Water Park or Dry Park, Daytona: \$20.

Disney World Fla. Resident Discover Pass 2018: \$156.25 for a 3 Day (1) Park per day. \$185.75 for a 3 Day Hopper. \$175.75 for a 4 Day (1) Park per day.

\$212.75 for a 4 Day Hopper. *For Florida residents only. Must be exchanged for applicable pass at a ticket booth at the Magic Kingdom, Epcot, Animal Kingdom or Hollywood Studios. Proof of a Florida residential address as specified will be required to be shown at time of exchange. Acceptable forms of Florida Residency: Fla. Driver's License, Fla. State ID (must have Fla. Address or a Fla. Base Military ID). Tickets may not be used after June 24, 2018 – Parking not included. No blackout dates.*

Disney World Orlando Armed Forces 2018 Salute tickets 4 or 5 day available (6 tickets max): 4-Day ticket with hopper option - \$222; 4-Day Hopper ticket with water park fun & more - \$260.75. 5-Day ticket with hopper option - \$241.50; 5-Day Hopper ticket with water park fun & more - \$280.25. *Tickets valid January 1, 2018 and expire December 19, 2018.*

Disneyland, Ca. Armed Forces Salute tickets (6 tickets max): 3-Day Park Hopper - \$165 each and 4-Day Park Hopper \$184.75.

Funk Fest 2 Day tickets: General Admission - \$75. VIP Gold - \$297. Silver Preferred A - \$173.

Bronze Preferred B - \$151.25.

I-Drive Indoor Kart Racing – Orlando, Fla.: \$14.50 - \$30.

Jacksonville Icemen Hockey: \$17 - \$33.

Jacksonville Jumbo Shrimp: Reserved seating -

Active duty/Active duty family members/Retired & Veteran member - \$5. Retired and Veteran family members and DOD - \$8.

Jacksonville Sharks: \$24.

Jacksonville Symphony: \$27.50.

Jacksonville Zoo, General admission & admission w/ unlimited train rides: \$10.25 - \$19.

Madame Tussauds Orlando: Adult \$14.50, Child \$11.75.

MOSH – Museum of Science and History: \$8.

Ninja Warrior Mighty Orion Fitness: 1 Hour Open Gym - \$10. 10 Hour Punch Card - \$89.25. Birthday Party - \$150.

Orlando Magic, Amway Center: \$11 - \$577.50.

Tickets vary by price per game.

Paintball Adventures!: Military special includes everything except paint balls - \$15.

Scenic Cruise, St. Augustine: \$5.50 - \$11.75.

Spanish Military Hospital Museum: \$5 - \$7.50.

St. Augustine Alligator Farm Zipline: \$37, Park admission \$9.50 - \$15.

St. Augustine Aquarium: Adult \$7. Child Admission - \$4.50. Snorkel Adventure (Includes Admission) \$31.

St. Augustine Old Town Trolley: \$7.50 - \$19.50 BOGO.

St. Augustine Oldest Store Museum: \$4 - \$7.

St. Augustine Pirates Museum: \$3 - \$8.

St. Augustine Potters Wax Museum: \$4.75 - \$7.75.

St. Augustine Sight Seeing Train: \$4.50 - \$11.50.

St. John's Riversip Dinner Cruise (Sanford, Fla.): \$48.50 - \$63.75.

Universal Blue Man Group: \$46. Child \$26.

Universal Orlando Military Special: (Tickets not available at the gate. No blackout dates. Maximum of 6 tickets per valid military ID) Ticket Option #1:

2-Park, 4-Day Park to Park Ticket Adult \$179, Child \$174 (*Redeemable through 12/31/18, ticket expires on this date*). Valid 4 days of admission to Universal Studios Florida and Universal's Islands of Adventure.

Ticket Option #2: 3-Park, 4-Day Park to Park Ticket, Adult \$219, Child \$214 (*Redeemable through 12/31/18, ticket expires on this date*). Valid for 4 days of admission to Universal Studios Florida, Universal's Islands of Adventure and Universal's Volcano Bay

Water park. Visit the Ticket Office for further details.

Universoul Circus: April 3-5 - \$20. April 8 - \$23.50.

Velocity Air Sports Jacksonville, Fla.: 1 Hr. (socks included): \$14. 2 Hr (socks included) \$25.

World Golf Hall of Fame & Museum: \$14.75.

**Saturday**

**APRIL 7, 8 A.M.**

NEX Convenience Store Parking Lot

Call (904) 542-2930 for more info

Race day registration is \$30 by credit card only from 6:30 - 7:30 a.m.

**Entry Fees**

\$20 - Military

\$25 - Civilian Employees

\$30 - Late Registration