

JAX AIR NEWS

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Fleet Readiness Center Southeast Welcomes First F-5N Tiger II



Photos by Toiete Jackson

An F-5N Tiger II, with Fighter Squadron Composite 111 taxis on the flight line as Fleet Readiness Center Southeast ground crew wait to receive it as part of the new product lines initial induction, Sept. 11.



Photos by Toiete Jackson

Charles Singer, a Fleet Readiness Center Southeast (FRCSE) aircraft systems inspector, helps Cmdr. Matt Pearce, an F-5N Tiger II pilot with Fighter Squadron Composite 111, with his bags as he disembarks after delivering the first F-5 to FRCSE, Sept. 11. FRCSE has been named the depot source of repair for F-5 aircraft for the Navy and Marine Corps.

From Fleet Readiness Center Southeast Public Affairs

A group gathered in a Fleet Readiness Center Southeast (FRCSE) hangar eagerly awaiting the arrival of the depot's first F-5N Tiger II fighter, Sept. 11. As the aircraft taxied, trumped in size by the P-8As it passed on the flight line, it showcased its most anticipated attributes.

Cmdr. Matt Pearce, F-5 pilot instructor with Fighter Squadron Composite 111 based at NAS Key West, Florida, described it as small, maneuverable and cost-effective — saving the warfighter and taxpayer money, materials and resources. “What we don’t have in technology, we make up in tactics and knowledge,” Pearce said. “Once you take your eyes off of us outside of a mile to a mile and a half, it’s very hard to pick us back up.”

Plainly put, by training an F/A-18 pilot in a jet used by the adversary in combat, he or she learns how to outwit and out maneuver the enemy. Once tactical skills are mastered using a hands-on approach, take that same pilot, put him or her in a superior aircraft and expect a well-rounded aviator who can rip a hole in the sky.

For FRCSE, it was an ideal time to take on the adversarial aircraft’s workload. As the depot phases out the P-3 Orion, a larger, four-engine maritime surveillance plane, artisans that formerly maintained them will transition to the fighter.

“It is great for FRCSE to be able to transition the workforce to a different platform,” said Bill Robinson, FRCSE F-5 program manager. “We’ll do a full depot maintenance on the aircraft.”

“That means a lot of inspection, parts replaced as required, reconditioning and repainting,” Robinson said. “So, basically we return the jet to the fleet ready to use for another four years.”

With an expected turn-around time of 180 days at nine to 10 aircraft per year, Robinson is confident in the staff’s ability to provide exceptional work that ensures warfighter readiness.

“They are skilled artisans. They’re used to working on aircraft,” he said. “There will be some learning curve involved, but they’ll pick up very quickly.”

The group that’s gathered, dressed in ear and eye protection, watches as the pilot methodically commands the jet to take its last jog to the left, aligns it perfectly to the spot assigned and powers it off.

The muscle of this machine and the importance of conducting the maintenance required is emphasized by the day’s anniversary. Eighteen years after 9/11, readiness reigns supreme for our military and the organizations that support it, and it can only be attained because of the joint effort among the warfighter, service members and depots.

“It was a big day in history for the United States,” Pearce said. “We didn’t expect it to happen on Sept. 10, but it did and we had to be ready to go. We can’t just draw down the forces during times of peace because you never know when that’s going to happen.”

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Sustain • Enable • Support



Navy Region Southeast Sailor Leads K-9 Detail Protecting POTUS, UN Leaders

From Navy Region Southeast Public Affairs

A Navy Region Southeast (NRSE) petty officer enjoyed a unique career opportunity recently when she was selected to serve as part of the Department of Defense military working-dog coordination detail for the 2019 United Nations General Assembly in New York.

MA1 Melinda Mowery served as one of four coordinators managing 84 working-dog teams handling security planning in the weeks leading up to the assembly and the sweeps throughout the week-long event.

It was an opportunity she thoroughly appreciated. "Going to New York City for a month is a great experience, and I had the chance to meet many influencing and knowledgeable people," she said. "The Secret Service agents were extremely accommodating, and I couldn't have asked for a better team to work with."

The United Nations General Assembly is the main deliberative and policy making body of the U.N. All 193 members of the U.N. are present, making it the only U.N. gathering that has universal representation. President Donald Trump attended the general assembly and addressed the assembled dignitaries.

Planning for the General Assembly started in June to prepare for the dignitaries arriving Sept. 21. The assembly ended Sept. 28 with a day or two of wrap-up work before she was able to return home.

Mowery and the other coordinators served 12-hour shifts in the command center and coordinated working dogs and handlers to perform planned, and sometimes unplanned, security sweeps in response to requests from agents in the field. Anywhere the VIPs went had to be checked by the teams in addition to more than 50 static security sites including specific checkpoints in Manhattan.

This was not Mowery's first time working with the Secret Service. She has worked security as a K-9 handler for the 2016 Presidential Inauguration, the Republican and Democratic National Conventions, a Las Vegas presidential debate, and as part of President Barack Obama's security detail in Martha's Vineyard.

As a regional trainer at NRSE, Mowery provides training assistance and helps coordinate schedules

for the 13 kennels and the handlers within the regions area of responsibility. Her prior experience is part of why she was selected for the assignment.

"They wanted people in leadership roles who were capable of intense scheduling," she said. "They also wanted prior K-9 experience working with the secret service, and when you get a chance to work with people like that, it's always the best part of the job."

The 12-year Sailor has worked as part of the K-9 community from the start of her career. She attended Military Working Dog Handlers course immediately after graduating from Masters-at-Arms "A" school. Mowery has been forward deployed to both Bahrain and Djibouti in between assignments to Kings Bay, Georgia; Bangor, Washington; and Groton, Connecticut. before her current duties with the region. She completed Kennel Master school in 2017.

Jerry Taylor, the assistant force protection officer for NRSE, thinks her skills made her a tremendous asset for the General Assembly assignment.

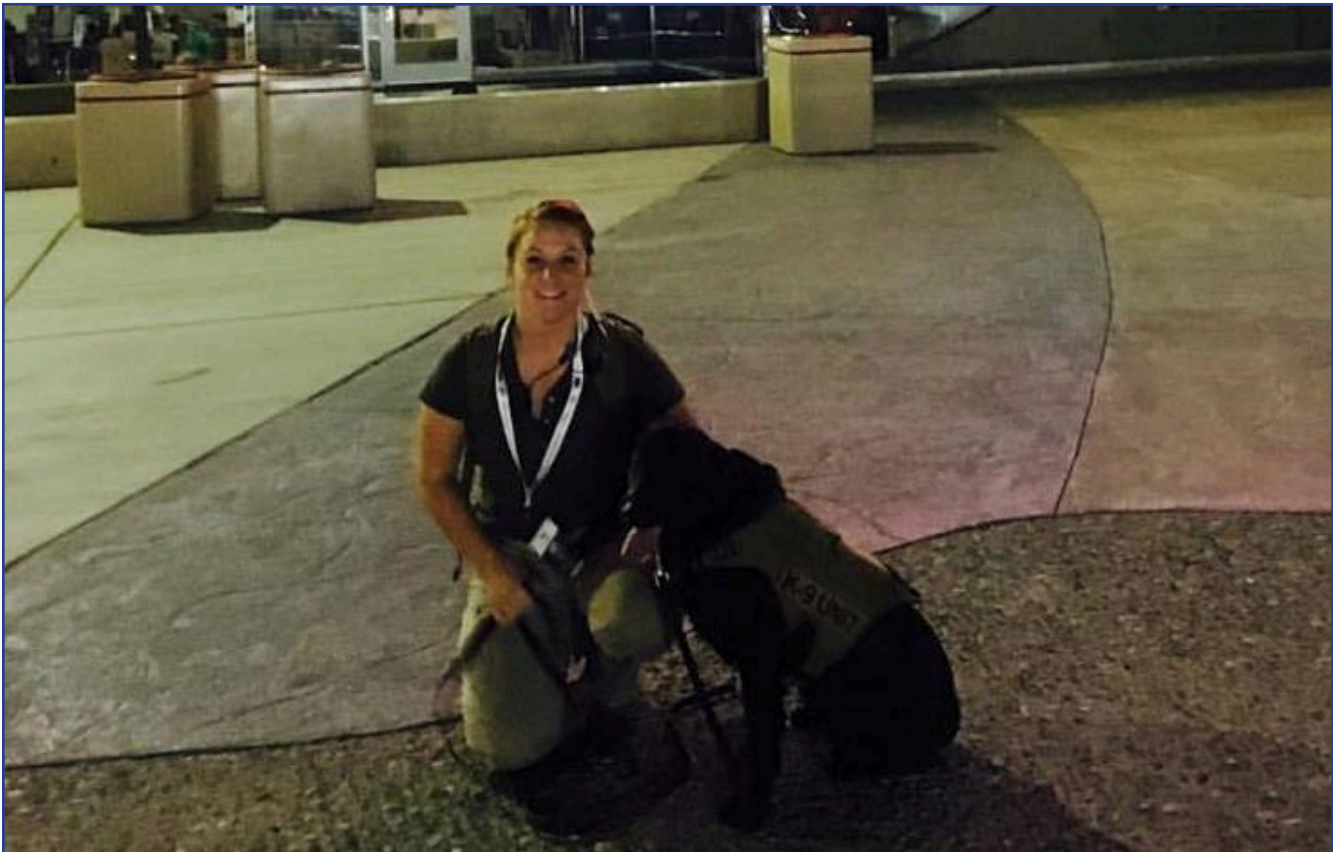
"She is a fine trainer and is incredibly dedicated



Courtesy Photo

MA1 Melinda Mowery poses with Don, her military working dog, while assigned as a dog handler in Africa.

to her profession," he said. "Mowery is very attuned to the handlers and the needs of the dogs. She is a real leader and we are lucky to have her."



Courtesy Photo

MA1 Melinda Mowery with her military working dog Max while working the 2016 Presidential Debate in Las Vegas, Oct. 19, 2016.

JAX AIR NEWS

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Questions or comments can be directed to the editor at (904) 542-3531 or email JaxAirNews@gmail.com.



Fleet Readiness Center Southeast Hosts National Disability Employment Awareness Month Event

By Anthony Casullo

Fleet Readiness Center Southeast

Fleet Readiness Center Southeast (FRCSE) was the site of Naval Air Systems Command's Equal Employment Opportunity event. The presentation was held at the River Cove Conference Center at Naval Air Station Jacksonville, Sept. 30.

Rear Adm. Kyle Cozad, the keynote speaker, was introduced by Rear Adm. Mike Zarkowski at the event titled, "Breaking Barriers by Overcoming Unexpected Obstacles."

Zarkowski opened as seats filled and audience members sat attentively awaiting the program's commencement. He stressed the importance of frequently addressing Equal Employment Opportunities and his admiration for Cozad.

"Kyle's story is remarkable," said Zarkowski. "Despite being faced with great adversities, I am grateful that he never gave up on the Navy and consequently the Navy never gave up on this amazing leader."

Only a few minutes into Cozad's speech, and it's easy to see that Zarkowski is exact in his observations.

After 34 years of Naval service, Cozad fell in his home – a "freak accident" that would change his life forever.

"I probably have enough screws in my back to start a small Home Depot hardware store," Cozad said. "Two broken vertebrae, T12 down to L2— so really the lower portion of my body," he said. "The surgeon told my wife, Amy, that I would never get out of a wheelchair again. Period."

The diverse group, some disabled and some not, listened intently to a speech that Cozad never imagined he'd give.

"Don't ever let anyone tell you what you can't do, demonstrate to them what you can do," he said. "Thank you all for embracing the culture of inclusion."

His reluctance to accept the status quo beautifully highlighted the depth of contribution provided by America's disabled workforce.

He travels, stands, takes steps, plays sports and works full-time. He doesn't take a backseat to life — he's hungry to achieve more by breaking barriers and encouraging others to do the same.

America's diversity has always been one of the nation's greatest strengths. The DoD recognizes its vital role in advancing disability awareness in the workplace, and as the nation's largest employer, employs thousands of workers with disabilities.

"We are very fortunate to have been able to host such an important event emphasizing a highly valued segment of FRCSE's workforce," said Col.

Fred Schenk, FRCSE's commanding officer. "Events like these reaffirm our commitment to hiring and supporting employees with disabilities while also recognizing their many contributions to our organization."

National Disability Employment Awareness Month is held each October to raise awareness and address issues regarding disability employment, and to celebration the countless contributions of America's disabled workers.



Photo by Toiete Jackson

Rear Adm. Kyle Cozad, commander, Naval Education and Training Command, participates in a 2019 Navy National Disability Employment Awareness Month program hosted by Fleet Readiness Center Southeast. Cozad was the keynote speaker at "Breaking Barriers by Overcoming Unexpected Obstacles."



Photos by Julie M. Lucas

Firefighters from First Coast Navy Fire and Emergency Services help "victims" during a chemical spill drill near the Fleet Readiness Center Southeast Waste Treatment Building, Oct. 24. The drill simulated a spill of hydrogen peroxide which injured three personnel. The hazardous material response team simulated cleaning up the area.

NAS Jax Holds Chemical Spill Drill



Emergency personnel from the Naval Air Station Jacksonville Security, Fire and Environmental Departments gather at the unified command post as part of a chemical spill drill, Oct. 24. The drill scenario involved a hydrogen peroxide spill at the Fleet Readiness Center Southeast Waste Treatment Building.

Jax Tenant Commands Compete in Command Sports Challenge

By Demi M. Cruz
MWR Marketing Assistant

Service members representing 11 tenant commands from Naval Air Station Jacksonville competed in the Morale, Welfare & Recreation (MWR) Sports Department’s two-day event known as the Command Sports Challenge, Oct. 17-18.

The Command Sports Challenge kicked off day one just after colors with the 1500-meter relay at the outdoor track where Helicopter Maritime Strike Squadron (HSM) 60 took first place earning 250 points. The event transitioned to the outdoor courts for 3-on-3 basketball and dodge ball. Naval Hospital Jacksonville won the basketball competition with 150 points, while HSM-60 and Navy Region Southeast Reserve Component Command (RCC) tied with 175 points for dodge ball.

Meanwhile, next door at the outdoor pool, Fleet Logistics Squadron (VR) 62 prevailed in the swim relay with 100 points, followed by victory in ultimate frisbee at Sea King Park with 150 points. By the end of the day, HSM-60 and VR-62 tied for first with 650 points, followed by NRSE RCC with 575 points and Naval Hospital Jacksonville with 300 points.

Although various commands competed on day two, VR-62 and HSM-60 were neck-in-neck for the rest of the competition. HSM-60 triumphed in the fitness challenge with 150 points, while VR-62 demolished 3-on-3 sand volleyball with 250 points. HSM-60 then conquered the beanbag toss with 200 points, but VR-62 gained 225 points in tug-o-war and 175 points for the CO/XO/CMC canoe race.

The competition concluded with VR-62 (1,475 points), HSM-60 (1,300 points) and NRSE RCC (1,125) ranking as the top three commands overall. VR-62 has dominated the Command Sports Challenge since 2017, winning the traveling trophy and earning unlimited bragging rights for the past three years.

MWR Sports Coordinator Bill Bonser remarked, “The key to getting a shot at winning the trophy is to participate in all the sports events.”



AD3 Jason Young prepares for a handoff from AD3 Austin Pittman, both of HSM-60, during the 1500 meter relay for the Command Sports Challenge Oct. 17 at the outdoor track.



Rear Adm. Gary Mayes, commander, Navy Region Southeast guides his blindfolded teammates CS1 Rodrick Sheridan and CMDCM(SW/AW) Bill Houlihan in the CO/XO/CMC canoe race at the Mulberry Cove Marina, Oct. 18.



NAS Jacksonville CMDCM Dylan M. Inger presents the traveling trophy to the VR-62 Executive Officer, CDR Ethan Karp, Commanding Officer, CDR Jules Thomas, and CMDCM Stephen Lupton, Oct. 18.



LSCS Tavares Clover of Navy Region Southeast Reserve Component Command throws a ball toward his opponents in dodge ball for the Command Sports Challenge, Oct. 17 at the Guy Ballou Tennis Courts.



Winning command VR-62 gathers around the traveling trophy after earning a total of 1,475 points from the two-day competition. The three-time champions have dominated the Command Sports Challenge, earning the trophy in 2017, 2018 and 2019.



Team Naval Hospital takes the shot against Navy Recruiting Command during 3-on-3 basketball at the outdoor courts, Oct. 17.



Team Navy Recruiting Command works together and pulls their way to victory in a surprise upset against one of the teams from VR-62 during the tug-of-war competition.



MR1 Earnest Peeples of Fleet Readiness Center Southeast and LS1 (AW) Travis Swartzfager of VR-62 compete in the bean bag toss, Oct. 18.



HM1 Ryan Hembree of Navy Operational Support Center Jax narrowly sets the ball over the net in 3-on-3 sand volleyball during the Command Sports Challenge, Oct. 18.



TRICARE AND FEDERAL BENEFITS OPEN SEASON

Open season is an annual period when you can enroll in or change health plans for the next year. Now is a good time to determine if you or your family want to make any changes to your current health plan coverage. For example, you plan to grow your family and decide to change from TRICARE Prime® to TRICARE Select®.

TRICARE and FEDVIP Open season
for enrollment or changes is:



Nov. 11 – Dec. 9, 2019

I AM A...	I WANT TO CHANGE MY TRICARE HEALTH CARE PLAN	I WANT TO ENROLL IN A FEDVIP VISION PLAN	I WANT TO ENROLL IN A FEDVIP DENTAL PLAN
<div>Active Duty Service Member</div>	<p>You can only change plans when you retire. (While on active duty, you can only be Prime/Prime Remote)</p> <p>At retirement, civilian coverage ends. Learn about your options and what to do at www.tricare.mil/retiring</p>	<p>You do not qualify to purchase a FEDVIP vision plan.</p> <p>You will continue to get care as you do now.</p>	<p>You do not qualify to purchase a FEDVIP dental plan.</p> <p>You will continue to get care as you do now.</p>
<div>Active Duty Family Member</div>	<p>You can change plans during the 2019 TRICARE Open Season.</p>	<p>You qualify to purchase a FEDVIP vision plan.</p> <p>You must enroll during Federal Benefits Open Season.</p>	<p>You do not qualify to purchase a FEDVIP dental plan. You can purchase dental coverage through the TRICARE Dental Program.</p>
<div>Reserve Component Member or Family Member enrolled in TRICARE Reserve Select or TRICARE Retired Reserve®</div>	<p>No action needed.</p> <p>This does not apply TRICARE Reserve Select® (TRS) or TRICARE Retired Reserve (TRR).</p>	<p>You qualify to purchase a FEDVIP vision plan.</p> <p>You must enroll during Federal Benefits Open Season.</p>	<p>You do not qualify to purchase a FEDVIP dental plan.</p> <p>You can get your dental care through the TRICARE Dental Program.</p>
<div>Retired Service Member or Family Enrolled in TRICARE Prime®, TRICARE Select®</div>	<p>You can change plans during the 2019 TRICARE Open Season.</p>	<p>You qualify to purchase a FEDVIP vision plan.</p> <p>You must enroll during Federal Benefits Open Season.</p>	<p>You qualify to purchase a FEDVIP dental plan. You must enroll during Federal Benefits Open Season.</p> <p>If you are already enrolled in FEDVIP, you don't need to re-enroll.</p>
<div>Retired Service Member or Family Member using TRICARE For Life</div>	<p>No action needed.</p> <p>This doesn't apply to TRICARE For Life.</p>	<p>You qualify to purchase a FEDVIP vision plan.</p> <p>You must enroll during Federal Benefits Open Season.</p>	<p>You qualify to purchase a FEDVIP dental plan. You must enroll during Federal Benefits Open Season.</p> <p>If you are already enrolled in FEDVIP, you don't need to re-enroll.</p>

VP-30 Takes To The Skies At San Francisco Fleet Week

From VP-30 Public Affairs

A P-3C Orion and P-8A Poseidon aircraft from Patrol Squadron (VP) 30 participated in San Francisco Fleet Week, Oct. 11-13.

Fleet Week San Francisco is an annual event that celebrates the men and women who serve the country. VP-30 joined ships and other aircraft from the U.S. Navy, Marine Corps, and Coast Guard at San Francisco’s 39th annual fleet week. With over 2,300 military personnel in attendance, it was one of the largest fleet weeks in San Francisco.

The VP-30 crew was welcomed at Moffett

Airfield by Airfield Manager Derek Pristavok, and retired Navy Capt. Tom Spink. This was VP-30’s second time participating in the well-known airshow.

“VP-30’s team was fantastic. We hope to continue this tradition at Moffett Field,” said Spink.

Over the weekend, both the P-3C and P-8A successfully participated in three airshows.

Donna Flynn enjoyed watching from the pier at the airshow and said, “Thank you for everything you do. You looked great in the air. Hope to have you back next year!”

On Oct. 12, VP-30 hosted Maritime Patrol Association members, retired P-3C aircrew

members, and their families aboard the aircraft. The visitors took a walk down memory lane, and reminisced on missions flown on the P-3C. The VP-30 crew displayed the newest technology and capabilities of the Poseidon. P-8A Patrol Plane Commander Lt. Kris Ochs said, “Being able to participate in such a large scale event was one of the highlights of my time here at VP-30. Thank you to Capt. (Ret.) Tom Spink, Donna Flynn, and the rest of the MPA members at Moffett for taking care of us during our stay.”

VP-30 will make their next appearance in the skies at the Jacksonville Beach Sea and Sky Show Oct. 25-27.

Navy Career Development Symposium Comes to Southeast

From Navy Personnel Command

The MyNavy Career Development Symposium (CDS), hosted by Navy Personnel Command, is scheduled for Nov. 18-20 at Naval Station Mayport, Naval Air Station Jacksonville, and Submarine Base Kings Bay.

The symposium will be held Nov. 18 at Naval Station Mayport in the Ocean Breeze Conference Center, Nov. 19 at Naval Air Station Jacksonville in Dewey’s Ballroom and Nov. 20 at Submarine Base Kings Bay in the Base Theater.

The goal of CDS is to provide Sailors with important career information that will help them take charge of their futures in the Navy. Sailors will have the opportunity to meet with detailers and community managers to discuss orders, career paths, and various programs they have access to in order to help them develop in the Navy.

“I’m looking forward to meeting with the Southeast region Sailors and explaining how

MyNavy HR is working for them on a wide range of talent management initiatives and new technologies,” said Fleet Master Chief Wes Koshoffer, MyNavy HR’s Fleet Master Chief. “Direct interactions with Sailors on the deckplate is how we get the best feedback and ideas on how we can continue to improve on the Sailor experience. I look forward to seeing you there!”

CDS brings senior Navy leadership, enlisted community managers and detailers together with fleet Sailors to discuss what is happening in today’s Navy as well as to listen to their concerns regarding current and future Navy policy or procedures. Topics being discussed are changes to the Performance Evaluation Transformation, MyNavy



Photo by MC2 Matthew Riggs

Sailors participate in a MyNavyHR Career Development Symposium at Naval Base Kitsap Bremerton, Aug. 12. The symposium aims to empower Sailors with the knowledge and tools they need to successfully manage their careers.

Career Center, detailing process and enlisted advancement.



NAS Jax Personnel Get Vaccinated

Photos by Kaylee LaRocque

HN Chevey Slack of Naval Branch Health Clinic Jacksonville administers the annual flu shot to Naval Air Station Jacksonville Commanding Officer Capt. Brian Weiss during a mass vaccination clinic at Hangar 117, Oct. 22.



Ensign Matt Skowronski of Patrol Squadron 30 gets his annual flu shot from HM3 MaHajj Abdul-BaaQei of Naval Branch Health Clinic Jacksonville at Hangar 117, Oct. 22. The clinic offered flu vaccinations to all military members and civilians at NAS Jacksonville.



President of the U.S. Navy Hurricane Hunters, Ennis Eaton, speaks to gathered veterans and members of the U.S. Navy Hurricane Hunters during a dedication ceremony at NAS Jacksonville, Oct. 11.



Veterans and members of the U.S. Navy Hurricane Hunters gathered for a dedication ceremony on NAS Jacksonville, Oct. 11.

Hurricane Hunters Receive Honorary Plaque on NAS Jax

*Photos by MC2
(SW/IW) Nick A. Grim*



NAS Jax Executive Officer Capt. Jeff Hill greets veterans and members of the U.S. Navy Hurricane Hunters during a plaque dedication ceremony at NAS Jacksonville, Oct. 11.



Veterans and members of the U.S. Navy Hurricane Hunters gathered for a dedication ceremony at NAS Jacksonville, Oct. 11. The Hurricane Hunter squadron members placed a plaque at Heritage Park on NAS Jacksonville for their services in providing early warning on destructive storms and hurricanes.



Photo by MC3 Nathan Beard
A UK F-35B Lightning fighter jet launches from the flight deck of the HMS Queen Elizabeth (RO 8) during flight operations in the Atlantic Ocean, Oct. 17.



Royal Navy Practices Carrier Flight Operations in Waters Off Florida Coast



Photo by MC3 Marianne Guemo
British Royal Navy Petty Officer Aircrewman Ash White prepares for helicopter take off aboard the HMS Queen Elizabeth (RO 8) as she sails the Atlantic Ocean, Oct. 17.

Photo by MC3 Nathan Beard
An UK F-35B Lightning fighter jet flies over the HMS Queen Elizabeth (RO 8) during flight operations in the Atlantic Ocean, Oct. 17. HMS Queen Elizabeth is currently deployed in support of WESTLANT 19 which involves mission planning, arming the aircraft using the ship's Highly Automated Weapon Handling System, flying missions and debriefing on completion.

Navy Region Southeast Highlights Energy Action Month

From Navy Region Southeast Public Affairs

Navy shore installations play a critical role in promoting readiness, generating the force structure for mission success and enabling combat operations. Energy Action Month is the perfect time to reinforce the role energy security and conservation have in toward ensuring mission success.

Energy Action Month is a federal government-wide program that promotes sustainability and energy efficiency, while encouraging the smart use of energy, water, and transportation resources. Energy Action Month is designed to increase attention to energy use, and to develop energy efficient behaviors to use throughout the year.

Energy is critical to the Department of the Navy's ability to accomplish its mission – to provide the global presence necessary to ensure stability, deter potential adversaries, and present options in times of crisis.

“As we continue in our efforts to provide resilient, reliable and efficient energy to our shore installations, I urge everyone to remember how critical energy conservation is to our operational forces,” Steven Webster, Navy Region Southeast energy manager, said. “Energy is a limited commodity and every gallon of fuel or kilowatt hour of electricity we save is more that is available to enable the mission.”

Commander, Navy Region Southeast strives to reduce energy usage across its 18 installations and dozens more, smaller facilities. Utility costs continue to be the number one fixed expenditure each year with around \$95 million paid to provide electric and gas to our shore-based commands.

Navy Region Southeast continues to lead the way on energy initiatives with several commands and individuals receiving federal and navy-wide recognition this year. Naval Support Activity Mid-South received the Secretary of the Navy Energy Award for small shore installation – only one small and one large installation are presented this award each year. Naval Air Station

Corpus Christi and NAS Pensacola each received a Federal Energy Management Program (FEMP) award. Corpus Christi earned their recognition for their long-term actions to reduce potable water consumption by 63 percent. Pensacola was honored for initiating an energy savings project which will result in annual savings of \$2.9 million.

NAS Pensacola's installation energy manager, Sabrina Williams was honored with the FEMP Spotlight Award for her efforts to reduce the command's energy intensity by more than 11 percent during the last four years. Naval Facilities and Engineering Command Southeast's regional energy program manager, Brad Clark, received the Career Exceptional Service Award for his 35-year career leading energy conservation projects including more than \$300 million in solar energy initiatives, which generate more than 200 megawatts of energy.

Navy Region Southeast also awarded the Navy's largest ever energy savings performance contract at Naval Station Guantanamo Bay this year. The \$340 million contract will construct a new liquid natural gas power plant aboard the installation that will reduce energy consumption at the base by an estimated 24 percent. Naval Submarine Base Kings Bay awarded a utilities energy services contract in the past year that is expected to result in more than 5 percent annual energy savings. Additionally, five solar power systems have gone on-line in the past 12 months producing more than 100 megawatts of energy. Despite these impressive accomplishments at the installation level, Sailors and civilian personnel continue to be in unique positions to push for the Navy to achieve its federally-mandated reductions by using energy and water wisely in daily operations. Individual efforts can make a substantial difference in energy and water consumption, and help every command carry out its mission in a more sustainable way.

Here are a few tips for reducing energy consumption within facilities:

1. Turn computer monitors off at night and during the day when they aren't being used for extended periods of time.
2. Get into the habit of turning off lights when you leave a room.
3. Take advantage of daylight instead of artificial lighting, but avoid direct sunlight
4. When weather permits, open windows to take the place of air conditioning. Turn off window air conditioners when leaving a room for several hours.
5. Use task lighting when you need lighting in one small area and then reduce background or ambient light levels.
6. If you specify or order energy-using equipment, follow the law. Federal purchasers are required to order equipment that meets Energy Star or Federal Energy Management Program guidelines for energy efficiency.
7. Take short showers.
8. Report lights left on when they are not needed to your base energy team. Automatic controls or a different type of lighting system may fix the problem.
9. Always keep doors and windows closed when the heat or air conditioning is on.
10. Make sure sleep mode features are enabled on all office equipment.

The Department of Energy has some additional tips and suggestions for use in the home at <https://www.energy.gov/energysaver/spring-and-summer-energy-saving-tips>.

All Sailors are encouraged to use Energy Action Month as an opportunity to recommit to living and leading an energy-efficient lifestyle and strive to save energy, water and money every day. However, these actions should not extend only through the month. True energy-efficient behaviors should be sustained year-round. Energy and utility efficiency is an all-hands effort. Not only is it an integral part of contributing to the Navy's mission effectiveness, but it will help conserve the world's resources for future generations.



Photo by Julie M. Lucas

Naval Air Station Jacksonville Installation Energy Manager Andrew Rubio presents a display about energy saving devices to YN2 Irving Torres, center, and STG2 Jonathon Schaibley at the Navy Exchange, Oct. 24. The event was to promote awareness during Energy Awareness Month.



NAS JAX SPORTS

MEN'S OPEN SINGLES TENNIS TOURNAMENT - OCT. 28

The tournament is open to all authorized MWR patrons 18 and older attached to NAS Jacksonville. The tournament starts at 5 p.m. and will be held at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. The winners will receive medals. Call the NAS Jax Athletic Department at 542-2930 to sign up by Oct. 25.

WOMEN'S OPEN SINGLES TENNIS TOURNAMENT - OCT. 28

The tournament is open to all authorized MWR patrons 18 and older attached to NAS Jacksonville. The tournament starts at 5 p.m. and will be held at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. The winners will receive medals. Call the NAS Jax Athletic Department at 542-2930 to sign up by Oct. 25.

CAPTAIN'S CUP TURKEY TROT 5K - NOV. 15

The run is free and open to all authorized gym patrons. Runners will earn captain's cup points for their commands for participating. Runners are encouraged to wear a costume for the race. The run will be held on Perimeter Road at the end of Mustin Road at the Antenna Farm at 11:30 a.m. Registration will be held at the race site from 10:30-11:15 a.m. Awards will be given to the top male and top female runner for age groups: 19 & under; 20-29; 30-39; 40-49; and 50 over.

WOMEN'S TURKEY SHOOT RACQUETBALL TOURNAMENT - NOV. 12-15

The tournament is open to active duty, selective reservists, DoD civilians, DoD contractor, retirees, and dependents 18 years of age and older at NAS Jacksonville. Awards will be given for the winner

and runner-up. Call NAS Jax Athletics to sign up by Oct. 29.

MEN'S TURKEY SHOOT RACQUETBALL TOURNAMENT NOVEMBER 18-22

The tournament is open to active duty, selective reservists, DoD civilians, DoD contractor, retirees, and dependents 18 years of age and older at NAS Jacksonville. Awards will be given for the winner and runner-up. Call NAS Jax Athletics to sign up by Nov. 5.

CAPTAIN'S CUP GREYBEARD BASKETBALL LEAGUE MEETING - NOV. 20

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, dependent spouses assigned to a command at NAS Jacksonville and retirees age 30 and up. The games are played at lunchtime on Tuesdays and Thursdays. The meeting will be held at the base gym in the second floor classroom outside the women's locker room at 11:30 a.m. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

CAPTAIN'S CUP INTRAMURAL WINTER BASKETBALL LEAGUE MEETING - NOV. 20

The meeting will be held at the base gym in the second floor classroom outside the women's locker room at noon. The games are played in the evenings. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

For more information
call **Bill Bonser** at 542-2930/3239 or e-mail
bill.bonser@navy.mil
Visit the MWR website at www.cnic.navy.mil
or [www.facebook.com](http://www.facebook.com/nasjaxmwr) nasjaxmwr

Ultimate Frisbee League Final Standings

TEAMS	WINS	LOSSES	TIES
CNATTU Larry's last leg	5	0	
RLSO/DSO	4	1	
NAVFAC	3	3	
VP-16	2	2	1
Air Ops Disc in a box	1	3	1
NOSC Discs before chicks	0	5	

Softball Standings

TEAMS	WINS	LOSSES	TIES
VP-26	9	1	
NAVHOSP Off in Church	9	2	
FRCSE Nerd Herd	8	2	
VP-16	8	2	
FRCSE Tailgators	8	3	
VP-30 Dirty Thirty	8	4	
CNATTU	4	2	
CPRW-11	4	3	1
CRS-10 Pitches be Trippin	5	6	1
Air Ops	5	7	1
FACSFAC/NRSE RCC	3	7	1
VP-62 Broad Arrows	3	8	
NBHC Silver Bullets	1	9	
VP-30 Pros Nest	0	10	

Volleyball Standings

TEAMS	WINS	LOSSES
FRCSE The Bench Warmers	4	0
NAVFAC Gold	3	0
NAVFAC Red	3	1
NOSC	3	1
VR-62	3	1
CNATTU	1	3
VP-10	1	3
TPU/PCF	0	1
VUP-19	0	4

Flag Football Standings

TEAMS	WINS	LOSSES
VP-30	6	0
HSM-70 Spartans	5	1
VP-26	4	3
VP-16	4	3
NAVHOSP	2	1
VP-8 Fighting Tigers	1	1
FRCSE Jaguars	3	4
VP-62 Broad Arrows	1	5
VUP-19	1	6



Turkey Trot 5K

November 15 11:30 a.m.
Antenna Farm

Register on race day from 10:30 - 11:15 a.m. Runners can earn Captain's Cup points for their commands. The top 2 participants who can throw a sandbag the furthest win a frozen turkey! Call (904) 542-2930 for questions.



Get Connected with MWR
navymwrjacksonville.com
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For specific questions, email MWR Marketing at
nasjaxmwr@navy.mil

Community Recreation

Call 542-3227

Movie Night

Nov. 8, 7 p.m. at Dewey's

Come to Dewey's Bingo Hall to watch "Secret Life of Pets 2" on the giant screen! Bring your own picnic blankets or chairs and hangout in the hall for free! Dewey's will also have chairs available if needed. Free popcorn will be available and Dewey's will have food for purchase.

Trunk or Treat

Oct. 29, 5 p.m. at the NEX parking lot

A safe way to trick or treat! Featuring glow activities, photo booth, decorated vehicles, treats, haunted hay ride, character appearances, music, best trunk contest and more. Register your trunk for free by Oct. 29. Costumes are encouraged!

Tour for the Troops Concert

Nov. 16, 6 p.m. in the Dewey's parking lot

This will be a FREE concert with special performances by Austin Park, Eric Paslay and headliner Hunter Hayes. Doors will open at 5 pm and the first act will perform at 6 pm. Patrons are encouraged to bring chairs. Outside food and beverages not permitted, as there will be food and beverage concessions onsite.

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?

Dewey's

Call 542-3900

Mondays and Thursdays: Free Texas Hold'em Tournaments at 7 p.m.

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

Freedom Lanes Bowling Center

Call 542-3493

Bowl Your Turkey Off!

Nov. 28 (Thanksgiving Day), 6 – 10 p.m.

All you can bowl for only \$10 per person, shoe rental included. Come out and burn off that good thanksgiving food by bowling your turkey off!

Command Functions: Looking for a great command function? Why not a bowling event? Fun for all! Call to set up an event for commands, families, spouses groups & more!

Monday: \$7 All you can bowl, 4–6 p.m.

Wednesday: \$9.95 All you can bowl, 4 – 10 p.m.

Thursdays: Active Duty Appreciation Day! Games are \$1 each for Active Duty & their guests, Noon - 3 pm. Reservations accepted. *Start time subject to change based on league finish time

Thursday Nights: \$10 All you can bowl, 6 - 10 pm, includes bowling & shoe rental. Food & beverage specials available. Chances to win prizes just by participating!

Friday: \$10 Extreme Bowling, 10 p.m. – midnight. Shoes included.

Saturday: Extreme Bowling, call for current pricing & times.

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

Fitness, Sports & Aquatics

Call 542-2930

Captain's Cup Turkey Trot 5K

Nov. 15, 11:30 a.m. at the Antenna Farm

Race day registration will be from 10:30 - 11:15 am. Awards will be given to the top men and women in each division. The top two participants who can throw a sandbag the furthest will win a frozen turkey!

Swim lessons now available! Call the Base Gym for more information.

Indoor Pool and Outdoor Pool

Visit 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.

The Liberty Recreation Center

Trips & events are for all E1-E6 single or unaccompanied active duty members & reservists only. Call 542-1335 for information.

Oct 26: Santos Bike Park

Oct 27: Jags Vs. Jets

Oct 30: Icemen Game

Nov 2: St. Augustine Trip

Nov 5: Grill N' Chill

Nov 6: Freedom Lanes Bowling

Nov 9-10: Camp Blanding Camping Trip

Nov 13: Range and Wings

Nov 14: Thanksgiving Feast

Nov 19: Burger Hunt: M-Shack

Nov 22: Edge Rock Gym

Nov 23: Big Talbot Hike

Nov 30: 2019 Jacksonville Light Boat Parade

NAS Jax Golf Club

Golf Course: 542-3249

Mulligan's Restaurant: 542-2936

Turkey Trot Killer Scramble - Nov. 27, 10 a.m. There is a \$60 entry fee. Food will be provided and prizes will be awarded after play. Remember to sign up at the Pro Shop before game day.

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

Fridays: Free kayak & canoe rental all day for Active Duty members & guests only.

Private Sailing Lessons: One on one instruction available at \$20/hour by appointment only.

Minimum 2-hour session.

Stand Up Paddleboard Lessons: Open to all first-timers by appointment only. Free & taught by a World Paddleboard Association Certified Instructor.

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 Monday – Friday, 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 – 10:30 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

Community Recreation Tickets & Travel Office

Call 542-3318, Email directly at nasjaxtickets@navy.mil

Jacksonville Jaguars Sections 147 & 148: \$101.25.

Jax Icemen—Vystar Veteran's Memorial Arena, ALL HOME GAMES: \$12-\$33.

Gator Football – Ben Hill Griffin Stadium, Gainesville Nov. 9: \$35. Nov. 30: \$82.

Florida/Georgia Baseball Game: Nov. 1– concert following the game with Brett Young & Chase Rice and fireworks!! Baseball Grounds of Jacksonville: \$20.

Orlando Magic Basketball—Amway Center Orlando, ALL HOME GAMES: \$10.75 and up.

Sesame Street Live Let's Party! – Vystar Veterans Memorial Arena, October 26-27: \$19.50, \$25.

Five Finger Death Punch – Veteran's Memorial Arena, November 18: \$92.50.

WWE Live! Holiday Tour—Vystar Veteran's Memorial Arena, Dec. 7: \$32/\$43.

Jimmy Buffett—Vystar Veteran's Memorial Arena, Dec. 10: \$100.

Trans Siberian Orchestra—Vystar Veteran's Memorial Arena, Dec. 12: \$70.

The Isley Brothers – Times Union-Moran Theater, December 22: \$87.50.
PBR (Professional Bull Riders) Velocity Tour—Vystar Veteran’s Memorial Arena, Jan. 4: \$32.25/\$43.
Lauren Daigle—Vystar Veteran’s Memorial Arena, Feb. 21: \$66.
Monster Jam—Vystar Veteran’s Memorial Arena, Feb. 29: \$32/\$42.
Hella Mega Tour ft. Green Day, Fallout Boy, and Weezer—TIAA Bank Field, Aug. 6: \$113.
Halloween Horror Nights: Sept. 6 – Nov. 2; \$67.50 - \$104.25.
FSCJ Artist Series – Broadway in Jacksonville: Wicked, Rent, Bandstand, Anastasia, and more. Prices vary depending on date and show time. Call or visit the Ticket Office for further details.

What to do this year? Local Fun Trips!
Come join us on our scheduled trips. Relax and let us do the driving!
All trips will leave NAS Jax at 8 a.m. and return at 5 p.m., unless stated otherwise.
35th Annual Mount Dora Craft Fair, Saturday, October 26: \$25. Returning at 3 p.m.
Yalaha Country Bakery, Saturday, November 23: \$25.

Current Ticket Promotions Include the Following:
Adventure Landing Dry pass: \$22.
Alhambra Dinner Show: Prices range \$40 - \$50.

Autobahn Indoor Speedway: (28% Savings) \$25 Gift Card - \$20. \$50 Gift Card - \$40.
Biltmore Estates Asheville, NC: Adult - \$59.50, Youth - \$29.
Catty Shack Ranch Wildlife Sanctuary: \$8.50 - \$13.50.
Disney World Orlando Armed Forces 2019 Salute 4-Day ticket with hopper option - \$236.50; 4-Day Hopper ticket with water park fun & more - \$285.25. 5-Day ticket with hopper option - \$252.00; 5-Day Hopper ticket with water park fun & more - \$300.75. Tickets valid Jan. 1, 2019 and expire Dec. 19, 2019. Only Active and Retired U.S. Military Personnel (including Active or Retired members of the National Guard, Reservists, the U.S. Coast Guard, the Commissioned Corps of the Public Health Service (PHS), and the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA) “or” their spouses are authorized to purchase Military Promotional tickets. - (6) Promotional Maximum purchase per service member, including member- If service member has an annual pass or multi-day ticket they can purchase (5) Promotional Maximum and Must enter with party.
Jacksonville Symphony: \$31.
Jacksonville Zoo, General admission & admission w/unlimited train rides: \$12.50 - \$21.50.
Sea World Orlando Military Special: \$49 (limit 4 tickets per member ID).
Six Flags: \$46.50.
Spanish Military Hospital Museum: \$5 - \$7.50.

St. Augustine Alligator Farm Zipline: \$37, Park admission \$9.50 - \$15.
St. Augustine Aquarium: Adult \$8. Child Admission - \$5. Snorkel Adventure (Includes Admission) \$32.
St. Augustine Old Town Trolley: \$7.50 - \$21.25 BOGO.
St. Augustine Oldest Store Museum: \$5 - \$8.
St. Augustine Pirates Museum: \$3 - \$8.
St. Augustine Potters Wax Museum: \$5.75 - \$8.
St. Augustine Sight Seeing Train: \$5.50 - \$12.
Universal Orlando Military Special Redeemable through 12/31/19 (Not available at the gate! Maximum of 6 tickets per valid military ID) Ticket Option #1: 2-Park, 4-Day Park to Park Ticket, Adult \$200, Child \$196 (Redeemable through 12/31/19, ticket expires on this date). Valid for 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 \$240, Child \$235.75 (Redeemable through 12/31/19, 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.
Velocity Air Sports Jacksonville: 1 Hr. (socks included): \$15.50. 2 Hr (socks included) \$26.
Wild Adventures (Valdosta, Ga.): Gold Pass – \$81 Special—use now until the end of 2020. 1 Day: \$36. 2 Day: \$42 (must be used consecutively).
World Golf Hall of Fame & Museum: \$14.75.

