

# JAX AIR NEWS

www.cnic.navy.mil/jaxairnews

July 12, 2019

VOL. 77 - NO. 18 - Jacksonville, Fla.

## Truman Gets Underway for Composite Training Unit Exercise



*Photo by Julie M. Lucas*

An Advanced Traceability and Control (ATAC) F-21 Kfir jet sits on the Naval Air Station Jacksonville Transient Line, in preparation for a composite training unit exercise with the USS Harry S. Truman Carrier Strike Group. ATAC pilots provide airborne tactical training and threat simulation during the exercise.

### From Harry S. Truman Carrier Strike Group Public Affairs

The Harry S. Truman Carrier Strike Group (HSTCSG) departed Naval Station Norfolk July 5 to participate in a scheduled composite training unit exercise (COMPTUEX) with Carrier Strike Group (CSG) 8 ships and squadrons.

COMPTUEX is an intensive, month-long exercise designed to fully integrate units of HSTCSG, while testing the strike group's ability as a whole to carry out sustained combat operations from the sea. Ships, squadrons and staffs will be tested across every core warfare area within their mission sets through a variety of simulated and live events, including air warfare, strait transits, and responses to surface and subsurface contacts and electronic attacks.

"I am excited to see what this combined strike group and air wing can accomplish during COMPTUEX," said Rear Adm. Andrew J. Loiselle, HSTCSG

commander. "The Sailors on each ship will be challenged with real-world scenarios combining live and synthetic training. This exercise will test our integrated strength as a multi-mission force. The comprehensive training evolutions are an opportunity to grow as a team, both in our ability to sustain prolonged periods at sea and to find areas where we can improve."

Through COMPTUEX, HSTCSG will further build competencies to face whatever a carrier strike group could see on its next deployment, and units, which did not deploy in 2018 will certify to deploy. Trainers, mentors and assessors from Carrier Strike Group 4 (CSG 4), the strike group charged with training and mentoring East Coast carrier strike groups, will embark with participating units to provide training through carefully planned, realistic scenarios. Following the exercise, Commander, U.S. 2nd Fleet (C2F) will make a certification recommendation to USFF, based on CSG 4's assessment.

"COMPTUEX is by far and away the most

challenging training we do," said Vice Adm. Andrew Lewis, Commander U.S. 2nd Fleet. "But it is so important that we challenge ourselves in a secure environment where we are able to manage risk in order to train to the highest level."

HSTCSG's COMPTUEX will be the first led by C2F since declaring Initial Operating capability in May. In achieving IOC, the command achieved the capability to command and control forces assigned using the functions and processes of the Maritime Operations Center and Maritime Headquarters.

Strike group elements participating in COMPTUEX include USS Harry S. Truman (CVN 75) and embarked Carrier Air Wing One; staffs from Carrier Strike Group 8 and Destroyer Squadron 28, guided missile cruiser USS Normandy (CG 60); guided-missile destroyers USS Ramage (DDG 61), USS Lassen (DDG 82), USS Forrest Sherman (DDG 98) and USS Farragut (DDG 99).

★ Inside ★

Team Navy Wins at  
2019 Warrior Games

Page 3

Basic Rider Course  
Teaches Skills

Page 5

Naval Hospital Jax'  
Newest Physicians

Page 7



Sustain • Enable • Support





# Former NAS Jax CMC Retires



Photo by Kaylee LaRocque

Former NAS Jax Command Master Chief Jeffery Waters presents the American flag to his wife, Re. as his daughter, Keisha looks on during his retirement ceremony June 28 after 30 years of honorable service



Photo by Julie M. Lucas

Former NAS Jax Command Master Chief Jeffery Waters salutes fellow chief petty officers as he is piped ashore for the last time during his retirement ceremony June 28.



Photo by Kaylee LaRocque

Former NAS Jax Command Master Chief Jeffery Waters, right, is presented the Meritorious Service Medal from Capt. Sean Haley, Navy Region Southeast chief of staff, during his retirement ceremony June 28 at NAS Jax. Waters was recognized for a successful tour which included assisting with several hurricanes, a plane crash and for taking care of

## JAX AIR NEWS

**Commanding Officer**  
Capt. Michael Connor

**Public Affairs Officer**  
Kaylee LaRocque

**Executive Officer**  
Capt. Brian Weiss

**Public Affairs Specialist**  
Julie M. Lucas

**Command Master Chief**  
CMD CM(AW/SW)  
Dylan Inger

**Editor**  
MC2(SW/IW)  
Nick A. Grim

**Staff Writers**  
AO2 Haley Ballard  
HM3 Scott Burton

The JAX AIR NEWS is a bi-weekly digital publication for members of the military services. Contents of the JAX AIR NEWS do not necessarily reflect the official views of, or endorsed by, the U.S. Government, Department of Defense or Department of the Navy.

The deadline for all story and photo submissions is close of business the Friday before publication.

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





# Team Navy Completes 2019 Warrior Games



*Photo by MC1 Tyrell Morris*

**Rear Adm. Kyle Cozad, Commander, Naval Education and Training Command, motions for the crowd to get louder during a medal ceremony at the 2019 Department of Defense Warrior Games, June 24.**

**By MC1 Tyrell Morris**

*Navy Public Affairs Support Element East*

Local citizens joined athletes, families, and service members at the Amalie Arena for a closing ceremony June 30 to celebrate the teams' accomplishments during 2019 Department of Defense (DoD) Warrior Games.

The closing ceremony, hosted by Jon Stewart, was the culmination of hard work, sweat, tears and overcoming adversity for the warriors.

"Our wounded warriors have shown incredible determination and resiliency in their personal roads to recovery, and Team CNIC is honored to be a part of their journey," said Vice Adm. Mary Jackson, commander, Navy Installations Command (CNIC), who attended the games earlier in the week. "Through the Warrior Games and our Navy Wounded Warrior-Safe Harbor program, we witness the fighting spirit of

our wounded warriors. They, along with their families, are an inspiration to us all."

Team Navy, which had 40 Sailors and Coast Guardsmen, joined approximately 300 service members from the other branches of the U.S. military, as well as participants from Australia, Canada, Denmark, the Netherlands and the United Kingdom.

The games, which began on June 21, featured 13 adaptive sports: archery, cycling, indoor rowing, powerlifting, shooting, sitting volleyball, swimming, track, field, wheelchair basketball, wheelchair tennis, wheelchair rugby and golf.

Team Navy competed for gold in all three-team sports wheelchair rugby, wheelchair basketball and sitting volleyball; winning silver in rugby and basketball and gold in volleyball.

"I'm amazed to the point of speechlessness at what I've seen here at the Warrior Games and I want to use my office to provide more support to these athletes

and the Warrior Games in the upcoming years," said Master Chief Petty Officer of the Navy Russell Smith.

U.S. Coast Guard Capt. Daryl Schaffer was awarded the "Heart of the Team" award for Team Navy during the closing ceremony.

The Department of Defense Warrior Games showcases the resilient spirit of today's wounded warriors of all branches of the military. Team Navy athletes are enrolled in the Navy Wounded Warrior-Safe Harbor, which is managed by CNIC. The program provides premier non-medical services to wounded, ill and injured Sailors and Coast Guardsmen as well as support and resources to their families.

"This was an absolute amazing experience for me," said Team Navy athlete HM2 Emmanuel Gonzalez. "I have learned so much about myself during the games and met so many amazing people that I call friends from different branches and countries. I will cherish this experience for a lifetime."

The Warrior Games introduced wounded, ill, and injured service members and veterans to Paralympic-style sports. The event demonstrated the incredible potential of wounded warriors and provided a tremendous healing power to the athletes. One of the most impactful elements of the games, however, was the sense of community that formed among the athletes.

"The 40 Team Navy athletes represent the more than 4,000 Sailors and Guardsman with a serious illness or injury who are currently receiving support through the Navy Wounded Warrior – Safe Harbor Program," said Jackson. "The support teams work with each service member and their family to provide a tailored recovery plan."

Enrollment in the Navy Wounded Warrior – Safe Harbor program is not limited to those with combat wounds. The program also supports those with serious illnesses – both mental and physical conditions – and injuries sustained in shipboard, training or liberty accidents. Support can include developing comprehensive recovery plans; addressing pay and personnel issues; connecting to family resources; offering adaptive athletic opportunities; and linking to education and training benefits.

## NAS Jax Sailor Wins Big during Third Consecutive Warrior Games

**From NAS Jax Public Affairs**

Naval Air Station Jacksonville Sailor CS2 Mario Ingram competed for the third and final time at the 2019 Department of Defense Warrior Games in Tampa, Florida, June 21-30.

Following successful participation and wins in the 2017 and 2018 Warrior Games, Ingram returned to earn two additional gold medals, as well as three silvers and a bronze.

"I felt really great about the victories, especially being able to share them with old and new teammates," said Ingram. "I knew this was my last time at Warrior Games and I was going to give it my all and leave

everything on the field and courts."

This year, Ingram competed in wheelchair rugby, tennis, wheelchair basketball, track, and sitting volleyball.

Ingram took home a bronze medal in track, silver medals in tennis, rugby, and wheelchair basketball; and a gold in sitting volleyball. The latest gold medal in volleyball marks the third consecutive year Ingram and Team Navy have taken the gold in this sport.

While Ingram has stated that this was his final time at the Warrior Games, he plans to continue training and has expressed interest in helping to train others in adaptive sports.



*Photo by Julie M. Lucas*

**NAS Jax' CS2 Mario Ingram, left, shows his medals earned at the DoD Warrior Games to NAS Jax Command Master Chief Dylan Inger, center, and Commanding Officer Capt. Michael Connor.**



# Faces of NAS Jax: *Naval Hospital Jax Special*



## Lt. Job Larson

*Photo by Jacob Sippel*

Lt. Job Larson, a physician at Naval Hospital Jacksonville's Family Medicine Clinic, discusses health strategies with colleague Lt. Mary Alling. Larson, a native of Wells, Vermont, earned his Doctor of Medicine degree from the University of Vermont College of Medicine. He's completing his family medicine residency on June 30. "It's a privilege, each and every day, to care for you and your family," said Larson. "I've learned a lot in my time at NH Jacksonville, and enjoyed taking care of our patients."

## Lt. Taylor James

*Photo by Jacob Sippel*

Lt. Taylor James, a physician at Naval Hospital Jacksonville's Family Medicine Clinic, checks retired Navy Chief Mike Misiak's heart. James, a native of Toledo, Ohio, earned her Doctor of Medicine at The Commonwealth Medical College. She's completing her family medicine residency on June 30. "It's been a challenging and rewarding experience here at the hospital," said James. "I'm going to miss my patients and I hope that I've made a positive impact on your lives. I'm a partner in your care, together, keeping you healthy."



## Lt. Joseph Sapoval

*Photo by Jacob Sippel*

Lt. Joseph Sapoval, a physician at Naval Hospital Jacksonville's Family Medicine Clinic, assesses retired Navy Petty Officer Randy Bedenbaugh's shoulder. Sapoval, a native of Delaware, Ohio, earned his Doctor of Osteopathic Medicine at Ohio University Heritage College of Osteopathic Medicine. He's completing his family medicine residency on June 30. Sapoval says, "My vision is to empower patients to have greater self-awareness about their health."



## Lt. Cmdr. Nolen Roberson

*Photo by Yan Kennon*

Lt. Cmdr. Nolen Roberson, a physician at Naval Hospital Jacksonville's Family Medicine Clinic, confers with Hospitalman Toquoya George. Roberson, a native of Kansas City, Missouri, earned his Doctor of Medicine degree at Uniformed Services University of the Health Sciences. He's completing his family medicine residency on June 30. "I'm honored to support our patients' journey to health and well-being," said Roberson.





# Sailors Hit the Road During the Basic Rider Course

**Story and photos by HM3 Scott P. Burton**  
*Staff Writer*

With days getting longer and weather getting nicer, Florida is quickly becoming a desired designation for motorcycle riders near and far. For those stationed at Naval Air Station Jacksonville who choose to ride anything with less than four wheels, the first step to the open road is the Basic Rider Course or BRC. This is a two-day instructional course for first-time motorcycle riders, or even for experienced riders that are new to the Navy. This class covers basic motorcycle controls like throttle, clutch, handlebars, and front/rear brakes.

BRC also covers low speed maneuvering techniques like turning from a stopped position



**Basic Rider Course instructor Greg Wojciechowski gives some guidance to a student on the Naval Air Station Jacksonville motorcycle training course. He critiques every student's performance after every evolution.**

and small S-turns which are especially useful in narrow areas like parking lots and driveways.

Taught by retired Navy veteran Greg Wojciechowski, this class will have you up and riding a motorcycle by lunchtime on the very first day.

I recently graduated from one of the BRC classes a few weeks ago and had a great time participating. My class had four riders in it but classes can have as many as 12. There were two experienced riders and two riders with very little or no experience on a motorcycle at all, but by the end of the second day it would have seemed like we were all experienced riders.

Listening to advice like, "Don't ever look down. Keep your eyes up!" from Wojciechowski and, "If you just listen to me and do what I say, you'll be fine," you will be well on your way to earning your BRC certificate which can be used to get a motorcycle license endorsement at any Florida Department of Motor Vehicles.

Sometimes people can be intimidated by the idea of riding a motorcycle, especially if they do not have much experience, but here at NAS Jacksonville our motorcycle training "coach" as Wojciechowski describes himself, is very knowledgeable and has many years of coaching and even more years of riding experience. He made it easy to learn from the very beginning and I highly recommend taking this course.

The course is split into class-time and outdoor course-time. During the summer months when you spend time inside and when you spend time outside riding largely depends on the weather, "We ride in the rain, but we have to stop if it starts lightning," said Wojciechowski.

The classroom is located on the second floor of Building 622, NAS Jax Auto Skills Center on the corner of Birmingham Avenue and Jason street. The time you spend here will prepare you for what comes later on the practical motorcycle course which is located adjacent to the NAS Jax Autorama Lot on the corner of Child street and Birmingham Avenue.

Once you have completed the BRC and have



**A Basic Rider Course student performs low speed cone maneuvers on a provided Yamaha 250 motorcycle. During the two-day course students travel more than 20 miles worth of obstacles on the motorcycle safety course.**

bought your motorcycle, you are required to return to complete the BRC2 if you drive a cruiser (Harley-Davidson) style motorcycle, or the ARC Advanced Rider Course if you have a super-sport (Honda CBR1000rr) style motorcycle. Then every three years you are required to return for this training to stay qualified to ride these vehicles.

Also, it is important to know that even though some states like Florida do not require motorcycle insurance, Navy Traffic Safety Program OPNAV Instruction 5100.12J requires motorcycle insurance and personal protective equipment when operating or riding a motorcycle. Do not worry though, the BRC covers these items and Wojciechowski is an encyclopedia of knowledge on Navy motorcycle safety and training.

To sign up for a class, call the Safety Office at 542-3082.



**Basic Rider Course instructor Greg Wojciechowski gives hand signals to a student while another executes a slalom obstacle.**



# DeCA Dominates Donations in 2019 Feds Feed Families Campaign

By Jessica Rouse  
DeCA Public Affairs

Stateside commissaries are again serving as collection points for the Feds Feed Families campaign for 2019, which began June 26, and continues through Aug. 9 at participating military installations.

Participating installations help collect items most needed by food pantries and then donate them to area food banks. Commissary customers and employees participate by purchasing needed food and personal hygiene products for donation while shopping at the commissary, or bring items from home and drop them off at the store. Another option commissaries have made available are prepackaged donation bags. Store workers assemble bags of various appropriate items. They're placed around stores where patrons can easily pick them up as they shop to donate at the checkout.

This year marks the 10th consecutive year commissaries have participated.

“The employees and patrons of DeCA really stepped up to the plate in 2018 by collecting more than 1.52 million pounds of donations,” said Randy Eller, DeCA director, logistics. “The DOD collected a total of a little over 2 million

pounds, which makes DeCA's collections approximately 75% of all donations collected.”

Once collected, installation officials work with the commissary to deliver donations to local food banks.

Some of the most-needed items include:

- Canned vegetables – low sodium, or no salt
  - Canned fruits – in light syrup or their own juices
  - Canned proteins – tuna, salmon, chicken, peanut butter and beans
  - Soups – beef stew, chili, chicken, turkey or rice
  - Condiments – tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils
  - Snacks – individually packed snacks, trail mix, dried fruit, granola and cereal bars
  - Multigrain cereals
  - 100% juice – all sizes, including juice boxes
  - Grains – brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese
  - Paper products and household items – paper towels, napkins and cleaning supplies
  - Hygiene items – diapers, deodorants, feminine products, toilet paper, soap, toothpaste and shampoo
- For more information on this campaign, go to the U.S. Department of Agriculture website.





**YOUTH SYMPOSIUM**  
**20 JULY 2019**

SOCIAL MENTAL SPIRITUAL PHYSICAL  
TEEN RESILIENCE

LIMITED SEATING. REGISTER SOON!  
**SAVE THE DATE!**

**Join us at the Fleet and Family Support Center**  
**July 20 from 9 a.m. to 3 p.m.**  
**7<sup>th</sup> through 12<sup>th</sup> grade**

**\*Get Ready For A Healthy Body & Mind**  
**\*Plan For Your First Job**  
**\*Fashion Show**  
**\*Network**

**LEARN ABOUT SOCIAL MEDIA SAFETY - STRESS TIPS - BULLYING**

**REGISTER AT 904-542-5745 OR**  
**JAXS\_NAS\_FFSC\_CONNECT@NAVY.MIL**





**Capt. Matthew Case, Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville commanding officer, speaks at the Family Medicine Residency Program graduation, June 28.**



**The Navy's newest physicians march in during a graduation ceremony for Naval Hospital Jacksonville's Family Medicine Residency Program at Naval Air Station Jacksonville, June 28.**

# Naval Hospital Jacksonville Graduates Family Medicine Physicians

**Photos and story by Yan Kennon**  
*Naval Hospital Jacksonville Public Affairs*

Naval Hospital Jacksonville's award-winning Family Medicine Residency Program, now in its 48th year of continuous accreditation, graduated 23 physicians (13 interns and 10 residents) at a ceremony June 28 aboard Naval Air Station Jacksonville.

The graduation also served as a kick-off to the program's new academic year, which began July 1 with 47 residents and interns.

All program participants are physicians who have completed medical school. By the end of the first year, each has completed training rotations in primary care and inpatient care, emergency medicine, obstetrics, pediatrics, general surgery, orthopedics, ophthalmology, urology, and dermatology.

To become board certified by the American Board of Family Medicine (ABFM), physicians must be licensed and successfully complete three years of residency training in a program that's accredited by the Accreditation Council for Graduate Medical Education. Additionally, physicians must meet all board requirements and pass the ABFM board certification exam.

"This internship and residency is one of the most innovative in Navy Medicine," said Cmdr. Kristian Sanchack, NH Jacksonville's medical residency program director. "These young physicians will help keep our sailors and Marines healthy, ready, and on the job."

Upon completion of the first year of study, some residents choose to go directly into the fleet to serve as general medical officers, flight surgeons, or undersea medical officers. Those who stay continue for two additional years of training in

key areas of family medicine such as obstetrics, pediatrics, internal medicine, sports medicine, neurology, mental health, trauma, and intensive care.

After completing residency and passing the national ABFM exam, the residents become board certified family medicine physicians, assigned as staff — providing care to active duty, retirees, and families across the globe.

NH Jacksonville's Family Medicine Residency Program earned the top award for scholarly activity in 2014, 2015, 2017, 2018, and 2019 from the Uniformed Services Academy of Family Physicians, and 2013 Excellence in Teaching Award and 2011 Family Medicine Clinical Site of the Year Award from the Uniformed Services University of the Health Sciences. The graduating physicians have consistently earned a 100 percent board certification pass rate.

## Hospital earns "Blue H"

*Photo by Yan Kennon*

Naval Hospital (NH) Jacksonville leadership and members of its Wellness Center display the 2018 Navy Surgeon General's Health Promotion and Wellness "Blue H" Award at a ceremony today. The "Blue H" recognizes Navy medical commands for excellence in clinical primary prevention, community health promotion, and medical staff health. The award assesses health topics including responsible drinking, injury and violence-free living, healthy eating, active living, reproductive and sexual health, psychological health, tobacco-free living, and weight management. This is the sixth consecutive "Blue H" Award for NH Jacksonville (its hospital and five branch health clinics).







## Get Connected with MWR

navymwrjacksonville.com

facebook.com/nasjaxmwr

twitter.com/nasjaxmwr

instagram.com/nasjaxmwr

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

## Community Recreation

Call 542-3227

DIY Crafts: Paint Night

July 19, 7–9 p.m. at Dewey’s

Open to ages 18 & older. Tickets are \$30 per person and available at Community Recreation in Bldg. 622 or online through myFFR. Limited spots! Food & beverages available for purchase. No outside food or beverage.

Movie on the Green

July 26, sunset at the NAS Jax Golf Course

Watch “Captain Marvel” on our giant inflatable screen from the comfort of the deck of Mulligan's or bring your own picnic blanket and hangout on the lawn all for free! Popcorn is free!

DIY Crafts: Lighted Glass Block

July 30, 7–9 p.m. at Dewey’s

Open to ages 18 & older. Tickets are \$35 per person and available at Community Recreation in Bldg. 622 or online through myFFR. Limited spots! Food & beverages available for purchase. No outside food or beverage.

Back to School Celebration

Aug. 2, 5–8 p.m. at Dewey’s

Children are invited to go through Superhero Boot Camp as they gear up for the new school year! Families can also meet & greet some of their all-time favorite superheros. Food & drinks will be available for purchase.

## 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

Book an Event: Looking for a great place for your afternoon hail & farewell events, why not Dewey’s? Great food, 16 draft choices, full bar, soda, tea & coffee. Let us customize a menu or reserve some space for your group! Call for inquiries.

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

80 Days of Summer

May 31 – Sept. 1

Win prizes all summer long when you visit NAS Freedom Lanes. The more games you bowl, the more chances you have to win big! Youth 17 & under can bowl two free games each day over the summer through the Kids Bowl Free program. Looking for a great command function? Why not a bowling event? Call to set up an event for commands, families, spouses groups & more! Monday: \$7 All you can bowl, 4–6 p.m. Wednesday: \$8.95 All you can bowl, 4 – 10 p.m. Thursdays: Active Duty Appreciation Day! Games are \$1 each for active duty & their guests, 11 a.m. - 3 p.m. Reservations accepted. Thursday Nights: \$10 All you can bowl, 6-10 pm, includes bowling & shoe rental. Food & beverage specials available. 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

Yoga by the Water

July 16, 4:30 p.m. at the Mulberry Cove Marina Bring your own yoga mat to the Mulberry Cove Marina Pavilion for an hour of Vinyasa Yoga flow. All fitness levels are welcome to join! Mats will be provided as needed.

Adventure Race

July 20, 8 a.m. at the Mulberry Cove Marina Kayak, run, climb, push & pull through this with a teammate! \$10 per active duty participant; \$15 for all other participants. Sign up at the Base Gym before July 18. No race day registration. Swim lessons now available! Call the Base Gym for more information.

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.

## The Liberty Recreation Center

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

July 17: Range & Wings

July 19 : Autobahn Speedway

July 20: Busch Gardens Day Trip

July 27: Group Paddle

July 28: Jax Humane Society

July 31: Grand Slam Jax

## NAS Jax Golf Club

Golf Course: 542-3249

Mulligan’s Restaurant: 542-2936

Early Birdies Special

June 1 – Aug. 12

The Golf Course & Mulligan's will open at 6:15 am! Beat the summer heat & sign up for a tee time as early as 6:30 am. Schedule yours today!

Junior Golf Camps

Sign up your kids for summer golf camps today!

The camps will run Monday through Friday from 9 - 11 am on the dates for each age group posted below. The cost is \$140 per child. Ages 6-10: July 22 – 26. Ages 11-17: July 8 – 12.

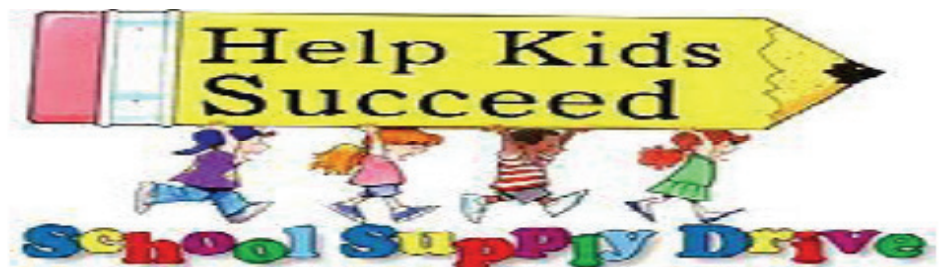
Appreciation Days

July 25 for all military members & DoD employees. Play 18-holes with cart for \$20.

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.



**Help ensure students are equipped to learn by getting supplies the need to succeed**

**DROP-OFF LOCATION: NAS JACKSONVILLE BASE CHAPEL 751 BIRMINGHAM AVE.**

**DATE: JULY 15 - AUG. 2,**

**TIME: Monday-Thursday 8 a.m. – 3 p.m., Friday 8 a.m. - Noon**

**Supplies will benefit local schools in the Jacksonville area**

**Supplies needed:**

Backpacks  
Pencils  
Colored Pencils  
Erasers & Pencil Eraser Tops  
Ink Pens: Blue, Black and Red  
Crayons  
Color Safe Markers  
Highlighters  
Child Safe Scissors  
Glue Sticks  
Tissue  
Liquid Hand Soap/Sanitizer

Notebook Paper  
Index Cards  
Sticky Notes  
Duo-tang Folders: Pockets and Prongs  
3-Ring Binders and Dividers  
Composition Books  
Composition Books – Graphing  
Copy Paper  
Graph Paper  
Flash/Thumb Drive  
Scientific Calculator

**For more information, call RP1 Greene at 542-3051/52.**



**Community Recreation Tickets & Travel Office**  
*Call 542-3318*  
Email directly at [nasjaxtickets@navy.mil](mailto:nasjaxtickets@navy.mil)

Jacksonville Jaguars  
Sections 147 & 148: \$101.25.  
Gator Football – Ben Hill Griffin Stadium, Gainesville  
Sept.21 – Oct. 5: \$54.    Nov. 9: \$35.  
Nov. 30: \$82.  
Paw Patrol Live!    August 3-4 - \$29.  
Monster Jam Triple Threat – Vystar Veterans  
Memorial Arena    August 3-4: \$22.50, \$25.  
Alan Jackson – Veteran’s Memorial Arena  
Sept. 21, \$82-\$115.50.  
Guns N Roses – Vystar Veterans Memorial Arena  
October 1: \$171  
Sesame Street Live Let’s Party! – Vystar Veterans  
Memorial Arena  
October 26-27: \$19.50, \$25.  
Ariana Grande – Veteran’s Memorial Arena  
December 1, \$115.25 - \$149.

**Current Ticket Promotions Include the Following:**

Adventure Landing Dry pass: \$22.  
Adventure Landing Waterpark: \$20.50. Combo  
(dry pass and waterpark): \$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 - \$54,  
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 Jumbo Shrimp: \$5 Active Duty and  
Family, \$8 Retired/Veterans/DoD and Family.  
Jacksonville Sharks: \$18 - \$26.50  
Jacksonville Symphony: \$31.  
Jacksonville Zoo, General admission & admission  
w/unlimited train rides: \$12.50 - \$21.50.  
Six Flags: \$46.50 .  
Six Flags White Water: \$43.  
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 (Black  
Out Dates for Volcano Bay only: June 14-Aug.  
18). 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 –  
\$89. Seasonal – \$92. 1 Day: \$36. 2 Day: \$42  
(must be used consecutively).  
World Golf Hall of Fame & Museum: \$14.75.



## Safety Center Roadshow Comes to NAS Jax

*Photo by MC2 (SW/IW) Nick A. Grim*  
**Lawrence Leslie of the Naval Safety Center speaks with Sailors and civilians during a safety board roadshow training event on Naval Air Station Jacksonville, July 10.**

## Keeping Poseidon’s Pristine

*Courtesy photo*  
**AA Coleman Golightly assigned to Patrol Squadron 5, participates in a plane wash for a P-8A Poseidon as part of maintenance upkeep. The aircraft are washed every 90 days.**





# NAS Jax Sports and Standings

## Captain's Cup Women's Racquetball Tournament - July 15-19

The tournament is open to active duty, selective reservists, DoD civilians, DoD contractor, and dependent spouse women assigned to a command at NAS Jacksonville. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing first, second or third.

## Captain's Cup Men's Racquetball Tournament - July 22-26

The tournament is open to active duty, selective reservists, DoD civilians, DoD contractor, and dependent spouse men assigned to a command at NAS Jacksonville. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing first, second or third. Call NAS Jax Athletics at 542-2930 to sign up by July 15.

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

## Summer Basketball Standings

TEAMS	WINS	LOSSES
NRSE RCC/VR-62	2	0
FRCSE Warriors	3	1
CNATTU	2	1
CRS-10	2	1
VP-62	2	2
NAVHOSP Shoot Like Simmons	1	1
NAVFAC Gold	1	2
VP-30	1	2
NAVFAC Red	0	4

## Summer Golf Standings

TEAMS	WINS	LOSSES
FACSFAC	1	0
GEMD	1	0
NMC Weapons of Grass Destruction	1	0
VP-30 Dirty Thirty	1	0
VP-62 Tweet Tweet	1	0
FRCSE 600	0	1
FRCSE Riggas	0	1
HSM-70	0	1
RCC Jax	0	1
TPU/PCF	0	1

## Basketball Standings

TEAM	WINS	LOSSES
VP-16	3	0
VP-62	3	0
NAVHOSP	2	0
FRCSE Kobe Wan Kenobi	2	1
HSM-70 Spartans	2	1
FRCSE Gold Jets	1	1
NAVY RESERVE	1	1
VP-30	1	2
VP-30 Last Minutemen	1	2
CBJTC/JFHQ	0	2
VP-30 Semi-Pros	0	3
VR-62/TPU-PCF	0	3

## Wallyball Standings

TEAM	WINS	LOSSES
TPU/PCF	3	0
NAVFAC Green	2	0
NAVFAC Red	1	1
RCC Jax	0	1
NOSC Bad Intentions	0	2

## Badminton Singles Standings

PLAYER	WINS	LOSSES
Grimes	3	0
Brown	2	0
Goswami	2	0
Vazquez	2	0
Bonser	2	1
Amposta	2	2
Tenchavez	2	2
Miller	1	2
Oswald	0	3
Watts	0	3
Zendron	0	3

**\$10 Active Duty** **\$15 All Others**  
**ADVENTURE RACE**

**MULBERRY COVE  
MARINA  
JULY 20, 8 AM**

**SIGN UP  
WITH A  
TEAMMATE  
TODAY**

There will be no race day registration.

CONTACT US:  
**(904) 542-2930**

## Team Navy Jax Looking for Cyclists

Team Navy Jax is open to all military, civilian and family members from Naval Air Station Jacksonville and tenant commands who enjoy cycling. The team participates in several cycling events throughout the year including the Bike MS: PGA Tour Cycle to the Shore in November.

Team Navy Jax is sponsored by VyStar Credit Union which provides uniforms.

For more information about the team, please call Miriam Gallet at (904) 635-1654.