

## Navy's Best Fire and Emergency Services Recognized

By Kaylee LaRocque

NAS Jax Public Affairs Officer

Commander, Navy Region Southeast Rear Adm. Gary Mayes presented three top Navy Fire and Emergency Service awards on behalf of Commander, Navy Installations Command (CNIC), July 24 at Naval Air Station Jacksonville (NAS Jax).

Leadership from NAS Jax, Naval Station (NS) Mayport and Naval Submarine Base, Kings Bay gathered at the outdoor, socially-distanced ceremony to recognize First Coast Navy Fire and Emergency Services (F&ES) as the Navy's Best Large Fire Department of the Year award, NSB Kings Bay Fire Chief Freddie Thompson who earned Fire Chief of the Year, and NSB Kings Bay Fire Inspector Michael Balliet as the Fire Inspector of the Year.

First Coast F&ES which is comprised of firefighters from NAS Jax and NS Mayport, earned the award for their outstanding performance responding to the "Miracle on the St. Johns." Firefighters rescued 142 passengers and crew after their Miami Air aircraft skidded off the runway at NAS Jax into the river. The team pulled passengers from the water, initiated medical triage and treated 57 injured people.

"This is the best team in the Department of Defense (DoD). I have the best firefighters, the best leaders. It's an honor to receive this award

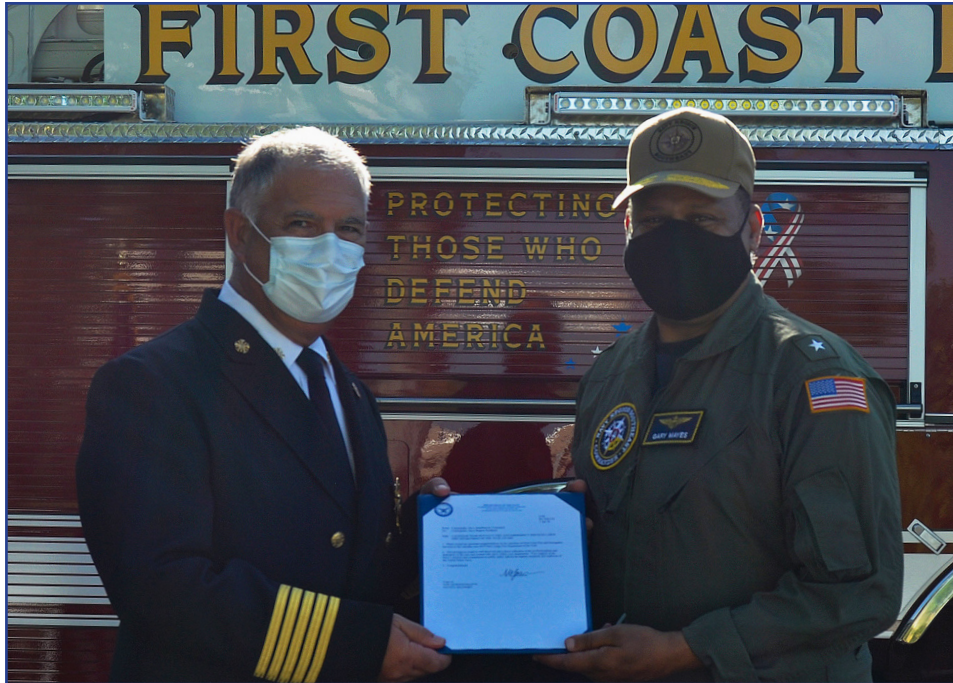


Photo by Kaylee LaRocque

**Commander, Navy Region Southeast Rear Adm. Gary Mayes, right, presents the Commander, Navy Installations Command "Best Large Fire Department of the Year" award to First Coast Navy Fire & Emergency Services Fire Chief Mark Brusoe at Naval Air Station Jacksonville, July 24.**

and I'm so proud of my team," said First Coast Navy F&ES Fire Chief Mark Brusoe, who accepted the award on behalf of the department.

"This award is for every single firefighter from First Coast Navy F&ES which includes NAS Jax and NS Mayport," he added. "The battles that we've fought this year have been paramount and

we've been successful in what we did. From the Miracle on the St. Johns, to every fire we've had, and to over 1,000 medical calls, they've all been handled professionally."

Thompson was honored for establishing Kings Bay as a National Professional Qualifications Board accredited training site. He also published the multi-agency Submarine Fire Response Plan currently used throughout the Navy as the standard emergency response for Trident submarines.

"This is the first time I've been honored as Fire Chief of the Year but our department has won for the region the past nine years and four times for

CNIC," said Thompson. "I've got the greatest team of firefighters in the Navy and we have a big mission. I'm really proud of my department. I've won this award because of them."

(Continued on Page 4)

## Vice President and Second Lady visit NAS Jax



Photos by MC3 Sergio Montanez

Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Brian Weiss, left, greets Vice President Mike Pence and Second Lady Karen Pence upon their arrival to NAS Jax, July 11. The Pences were in town to attend a private function.



Vice President Mike Pence waves as he arrives at Naval Air Station Jacksonville with Second Lady Karen Pence, July 11 to attend a private function in Jacksonville.





# NAS Jax recognizes Senior Sailor and Sailor of the Quarter



## NAS Jax Senior Sailor of the Quarter RP1 (SW/AW) Melinda Greene

RP1 Melinda Greene is being recognized as the Naval Air Station Jacksonville Senior Sailor of the Third Quarter.

A native of Savannah, Georgia, Greene joined the Navy in 2014. “I joined because I wanted be a part of something bigger than myself. For those young adults looking for guidance, the Navy is a great way to find direction in this life. It was the best decision of my life,” she said.

According to Greene, working at the NAS Jax Chapel as the leading petty officer (LPO), and as a base watch division assistant LPO, makes NAS Jax her favorite tour of duty. “I have found a true home, and love that I have found such strong mentors here,” said Greene.

She is proud to be recognized for her strong work ethic. “What an honor it is being selected as Senior Sailor of the Quarter,” she said. “The hard work and dedication you put in will always pay off, but always remember to bring your junior Sailors with you.”

And her advice to her peers? “Each day put your best foot forward, even on the days when it is the hardest. Remember to smile and hold your head up, with hard work and dedication comes success,” said Greene.

In her free time when she is not volunteering her time out in the community, she can often be found on a volleyball court or at the beach.



## NAS Jax Junior Sailor of the Quarter RS2(SW/AW) Verlinne Sylla

RS2 Verlinne Sylla has been selected as the Naval Air Station Jacksonville Sailor of the Third Quarter.

A native of Fort Lauderdale, Florida, Sylla joined the Navy in June 2013. “I wanted to travel the world,” she said. “I ended up enrolling in school, completed a deployment on board USS Dwight D. Eisenhower and visited six countries.”

She currently works as a front desk clerk at Unaccompanied Housing and manages the geo-bachelors who live in the barracks. According to Sylla, being stationed here has been her favorite duty station because she is close to home and she can work on her education.

“I plan to complete my bachelor’s degree, make first class and buy another house,” she said of her future goals.

She is proud to be recognized for as Sailor of the Quarter. “I am honored that I was recognized for what I do every day,” said Sylla. “I would like to thank my chain of command because they are always there to push me, and my peers for all the encouragement and teamwork.”

And, she strives to encourage other Sailors. “Take advantage of every opportunity. If you have extra personal time try to in enroll in a class or two,” she said. “Since PRT is canceled, workout on your own and create a new goal for yourself. If you need help, feel free to ask. You will be surprised of how many resources the military has. There are a lot of changes that happened in the world since this year started. Remember to find joy, peace and embrace change while you are in good health.”

In her free time when she enjoys working out in her backyard, reading, spending time with her family, traveling and volunteering in the community.

# JAX AIR NEWS

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# Top Reserve Sailor Honored by Navy Exchange Command



*Photos by Kaylee LaRocque*

**NAS Jacksonville Navy Exchange General Manager Judith Hughes unveils a “one of a kind” Wheaties box featuring a photo of AWFC Amanda Alcantar of VR-58 (right), as Navy Exchange Command Southeast District Vice President Marsha Brooks looks on, July 23. Alcantar is the Navy’s Reserve Sailor of the Year.**

**By Kaylee LaRocque**

*NAS Jax Public Affairs Officer*

Chief Naval Aircrewman (Mechanical) Amanda Alcantar of Fleet Logistics Support Squadron (VR) 58, was honored by Navy Exchange Command (NEXCOM) on being selected the 2019 Reserve Sailor of the Year during a ceremony at Naval Air Station Jacksonville (NAS Jax), July 23.

During the event, NAS Jax Navy Exchange General Manager Judith Hughes and NEXCOM Southeast District Vice President Marsha Brooks unveiled a Wheaties cereal box featuring Alcantar’s photo and presented her with a \$200 gift card, along with a new set of khakis with her ribbons.

“You have epitomized the Navy’s core values of Honor, Courage and Commitment,” Hughes told Alcantar in front of a small group of VR-58 and base leadership. “You have risen to the highest standards of leadership and performance, have been in a constant self-improvement mode and have brought others along on the journey. You have stayed connected and engaged with your command and your community and in doing so, exemplified a high standard of personal accountability to serve under the best of circumstances and some challenging ones too.”

Alcantar was quite surprised to see her “personal” Wheaties box. “The recognition by the NEX and the Wheaties box was truly an honor,” she said. “As, a child, I wanted to be on the Women’s U.S. Olympic Soccer team and hopefully find myself on a Wheaties box. Little did I know, 20 years later that I would

be featured on a Wheaties box because of my service to our country. To me, this is an honor and accolade that I will cherish forever.”

Alcantar, a Salinas, California native, joined the Navy in 2007 at 17 years old. “The recruiter showed up at our high school on Monday and by Friday, I was signing up to join the Navy,” she said. “What I was particularly sold on, were the opportunities the Navy would offer me. I have been able to travel the world, receive opportunities and meet people who I now call family.”

After graduating from recruit training, Naval Aircrew Candidate School, Avionics Technician “A” School and P-3C In-flight Technician “C” School, Alcantar was assigned to Patrol Squadron (VP) 8 at NAS Jax. During her tour with VP-8, she completed several deployments to 4th, 5th, 7th Fleets and Southern Command in support of Operation Iraqi Freedom and Operation Tomadachi.

In 2016, she transitioned to the Navy Reserves and reported to VR-58. As a Navy Reservist, Alcantar serves as a naval aircrewman loadmaster with the squadron. When she is not flying aboard VR-58’s C-40A “Clipper” aircraft providing airlift logistics support worldwide, she supports the Operation Department managing the squadron’s transportation needs. She is also a loadmaster instructor training Sailors for required designations.

Alcantar has earned numerous awards throughout her career and was recently meritoriously promoted to chief petty officer (CPO) during the virtual Chief of Naval Operations’ Sailor of the Year Award



**AWFC Amanda Alcantar of VR-58, displays her personal Wheaties cereal box with her photo which was created by Navy Exchange Command and General Mills.**

Ceremony earlier this year.

In her civilian career, Alcantar has been a registered nurse for more than four years, working at St. Vincent’s Medical Center, and currently at Baptist Medical Center at Jacksonville Beaches in the Progressive Care Unit.

Alcantar is currently working on her Master’s of Science degrees in Nursing and Business from Jacksonville University, which she plans to complete in December. “The Navy has paid for all of my education by both Tuition Assistance and the GI Bill,” she said. “It is because of the Navy that I have achieved my education goals.”

Her other goals are to make it through the CPO season and to move into an executive management role in healthcare. In the Navy, she hopes to make a difference in Sailor’s lives. “I want to continue to pay it forward and make the Navy a place that Sailors want to be and succeed,” said Alcantar.

In her free time, she enjoys spending time at the beach with her fiancé and new puppy. She also loves physical fitness and attending sporting events although COVID has somewhat halted that. “These last few months have been hard for us as it has been for many people. We are restricted from doing a lot of things that we love to do,” she said. “With that, I know that our country will come out stronger on the other end of COVID. As we adapt to our new normal, we must remain positive and motivated to keep marching through this season of life.”



# FIRE

(continued from front page)

Balliet was nominated for the award while working at his previous command, NAS Kingsville, Texas for closing 88 critical risk-assessment code violations and ensuring corrective actions were taken to eliminate the hazards. He ensured his leadership was informed and the deficiencies were entered into the installation's Hazard Abatement program and mitigations were in place to keep personnel safe. He also conducted fire prevention program reviews at other region installations providing on-the-spot improvements.

Mayes also recognized Thompson for his 49 years of dedicated service as a firefighter. "He's been doing this for 49 years! That definitely deserves a round of applause! Congratulations to Fire Chief Thompson and to all the awardees on their accomplishment," said Mayes. "I would also like thank the entire Navy Region Southeast Fire Departments for what they do - it is so vital, so critical to the mission that the Navy performs. You really go far and above what is asked of you. We really can't thank you enough for all you do every day."



Photo by Kaylee LaRocque

**Commander, Navy Region Southeast Rear Adm. Gary Mayes, right, presents the Commander, Navy Installations Command Fire Chief of the Year award to Naval Submarine Base Kings Bay Fire Chief Freddie Thompson at Naval Air Station Jacksonville, July 24.**



Courtesy photo

**Michele Smith, utility analyst (left) receives an American flag from Naval Facilities Engineering Command Southeast Commanding Officer Capt. Mike Monreal (right) that was flown over the command, June 18, in honor of her retirement after 48 years of government service.**

## NAVFAC Southeast civilian employee retires after 48 years of service

**From NAVFAC Southeast Public Affairs**

Naval Facilities Engineering Command (NAVFAC) Southeast said goodbye to long time civil service employee Michele Smith, utility analyst, June 18, during a retirement ceremony held to honor her remarkable career spanning over 48 years.

"Forty-eight years of dedicated service to our nation is a long time," said NAVFAC Southeast Commanding Officer Capt. Mike Monreal. "On behalf of NAVFAC and the hundreds of organizations in the Department of Defense that you interacted with, thank you."

Monreal presented Smith with a letter of appreciation, command coin, command plaque and a letter from the Secretary of the Navy that recognized her for career longevity.

"I am so impressed with your dedication and commitment to your job

as early as high school," said Monreal. "You are great role model for the younger generation."

NAVFAC Southeast Command Senior Enlisted Advisor Senior Chief Jason Fletcher and Robert Mccauslin, resources and assessments product line director, presented Smith with an American flag that was flown over the command June 18.

Smith started her civil service career in 1972 working for the Federal Protective Office in Washington D.C. while still attending high school. She would later embark on what would become a life-long government career, mastering seven different career field positions in four duty locations.

Smith joined NAVFAC Southeast in July 2001, after accepting an accounting technician position with the Navy Public Works Center in Jacksonville, Florida.

"My biggest accomplishment while working for the command was earning my Bachelors of Science degree," said Smith.

In October 2006, Smith became a financial technician in the newly formed NAVFAC Southeast. For four years, she ensured the proper and timely routing of taxpayer funds throughout the command, resulting in accurate financial data that enabled the timely completion of construction projects, providing vital infrastructure support to the warfighter.

In January 2010, Smith took on the role as the billing analyst within the NAVFAC Southeast's Utilities and Energy Management Product Line, directly providing liaison and support between multiple utility vendors and installation customers while personally ensuring that invoices were accurate and paid in a timely manner.

During this period, Smith managed annual utility bills of over \$10 million at Naval Air Station (NAS) Key West and NAS Kingsville through multiple hurricanes and other challenges.

"Her peers hold Michele in the highest esteem," said Michael Chmura, utility billing and allocation supervisor. "She is a warm and loving individual who is dedicated to cultivating strong relationships among colleagues and friends, and is counted on to be the voice of calm congeniality during stressful periods."

"I have enjoyed my time working at NAVFAC Southeast and meeting all the different personalities along the way," said Smith.

Smith was also actively involved with the command's Employee Morale Association, helping coordinate many activities throughout the years designed to promote healthy work relationships.

"Her positive impacts on the people she served at NAVFAC Southeast will continue to serve as part of her professional legacy," said Chmura. Smith had some parting guidance for her fellow employees.

"Choose to be happy, be nice to one another, stay focused on your dream and before you know it, retirement will come soon enough." Smith plans on traveling and spending more time with family.



# NAS Jax frocks newest petty officers

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



NAS Jax Executive Officer, Capt. Jeffrey Hill, right, poses with MM2 Alexis Trujillo after she is frocked to second-class petty officer during a frocking ceremony at the ceremonial hangar bay at NAS Jax, July 28.

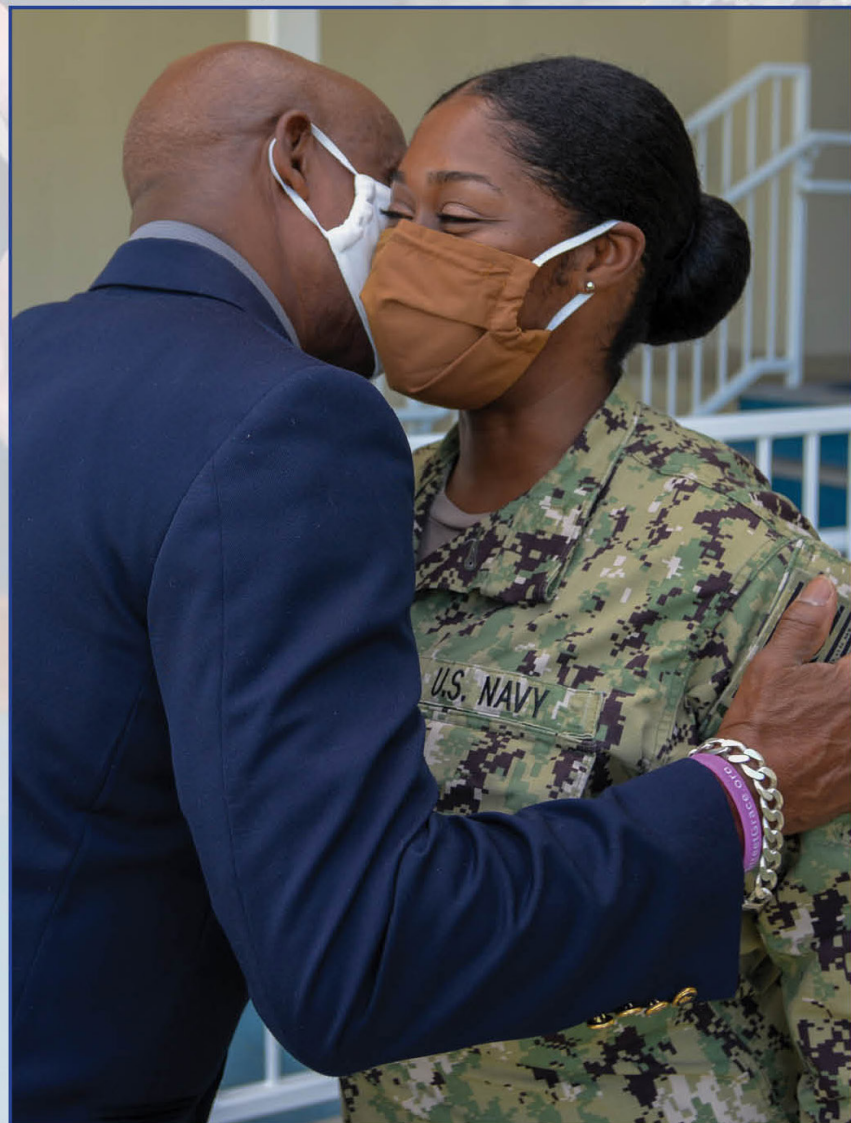


EN1 Mariska Rey, left, places second-class petty officer crowns on the collar of YN2 Kiaron Terry as Terry's son, Anthony, looks on during a frocking ceremony at NAS Jax, July 28.

AC1 Nicholas Duffy has the first-class petty officer tab placed on his uniform by his son, Aiden, after being frocked to first-class petty officer at a frocking ceremony at the Air Operations Department at NAS Jacksonville, July 28.



NAS Jacksonville Executive Officer, Capt. Jeffrey Hill, left, poses with ABH2 Austin Dickinson after Dickinson is frocked to second-class petty officer during a frocking ceremony at the ceremonial hangar bay at NAS Jacksonville, July 28.



AC2 Ayana Durham is congratulated by her father, L. Dean Heard, after being frocked to second-class petty officer-during a frocking ceremony at the Air Operations Department at NAS Jacksonville, July 28.



# NAVFAC Southeast conducts virtual Change of Command



*Photos by Tiffany Young*

Naval Facilities Engineering Command Southeast Commanding Officer Capt. Mike Monreal speaks to family and friends prior to be relieved by Capt. Jorge Cuadros during a virtual Change of Command Ceremony held onboard NAS Jacksonville, July 9.

## From NAVFAC Southeast Public Affairs

Capt. Jorge R. Cuadros relieved Capt. Mike Monreal as Commanding Officer Naval Facilities Engineering Command (NAVFAC) Southeast and Navy Region Southeast Regional Engineer in a virtual change of command ceremony July 9 onboard Naval Air Station (NAS) Jacksonville. Commander, NAVFAC Atlantic Rear Adm. Dean VanderLey was the presiding officer for the ceremony.

COVID-19 has changed the way the Navy does business. Most of the workforce teleworks from home and ceremonies are conducted virtually to keep our team and families safe.

“The fact that we are conducting this change of command in this manner is a testament to the ingenuity and flexibility of your team,” said VanderLey. “This is an incredibly challenging time, I offer my thanks to the entire team who put this ceremony together to make this a memorable event.”

Navy tradition guides the importance of a change of command providing a chance to celebrate past accomplishments and look toward the future. VanderLey explained that orderly, unbroken chain of command is a fundamental component of Navy history and is critical to continual success.

“Although virtual, I am honored for the opportunity to celebrate this important day with both of you,” said Rear Adm. Gary A. Mayes, Commander, Navy Region Southeast who was the principal speaker for the ceremony. “I know it’s not the usual audience with friends and family from around the country, but I also know that you have a large audience watching virtually, and they undoubtedly join me in wishing the best for both of you until they can meet with you in the future.” Mayes commended Monreal and the entire



Naval Facilities Engineering Command Southeast Commanding Officer Capt. Mike Monreal (left) and Prospective Commanding Officer Capt. Jorge Cuadros (right) salute during a virtual Change of Command ceremony held at Naval Air Station Jacksonville, July 9.

NAVFAC Southeast team for their support to the Warfighter over the past two years stating that their achievements are too numerous to mention. Some of the high profile projects he highlighted include next generation facilities support for the Dry Dock recapitalization at Naval Submarine Base Kings Bay, Littoral Combat Ships, TRITON unmanned systems, Columbia class submarines and the P-8 Poseidon aircraft.

“The infrastructure support NAVFAC is providing for the Advanced Helicopter Training System at NAS Whiting Field will make an impact far into the future of rotary wing aviation,” said Mayes. “So when you talk about national defense and supporting the warfighter, those platforms are all critical components.”

Mayes commended Monreal for leading the charge for everything associated with facilities, transportation, energy conservation – and even hurricanes. There is hardly a mission occurring in this region that doesn’t have the involvement of the men and women of NAVFAC Southeast in some capacity.”

Monreal thanked several people by name for their support to the Command during his tenure from June 2018 to July 2020. He also mentioned how proud he is of the entire team as they faced many challenges during COVID-19. He told everyone that he believes that “normal” will never be the same.

“During these past several months, every single person within this command made a difference – our military, our civilians and our contractors, every business line and support function stepped up and is making a significant difference,” said Monreal. “Our public works departments (PWDs) throughout the southeast region have ensured our employees are safe and the mission continues.”

“Speaking of the PWDs, the PWOs (public works officers), DPWOs (deputies) and all the folks within your organizations at the base level, are in the business of making things better for

others. Your teams have shown their dedication to duty, our mission and the nation during these challenging times. Truly remarkable,” said Monreal. “The PWDs are where the rubber meets the road and where the work is accomplished. They keep the training and Fleet launching platforms at peak readiness.”

“Mike, I have been extremely impressed with the utmost professionalism I have observed and I can clearly see that the command is doing great things to support our nation’s warfighters,” said Cuadros. “I am extremely proud to be a part of this amazing team again and I will do my best to lead, honor and strengthen our command. XO, keep the current instructions, policies and orders in place; steady as she goes.”

Cuadros enlisted in the Navy in March 1991 and was commissioned in July 1996. He earned a Bachelor of Science in Civil Engineering from Pontificia Universidad Javeriana, a Master of Science in Environmental Engineering from the University of New Haven, and a Master of Science in Civil and Environmental Engineering from Stanford University.

Cuadros has served in various ascending positions of responsibility in the Civil Engineer Corps including assistant site team leader, admiral’s aide, resident officer-in-charge of construction, facilities engineering and acquisition division director, staff civil engineer and legislative liaison, battalion operations officer, officer-in-charge, and NMCB 11 commanding officer. He has seven deployments spread over 50 countries.

Cuadros is qualified as a Seabee Combat Warfare Officer, a registered Professional Engineer in the State of Florida, and is a member of the Defense Acquisition Corps. His most recent assignment was as executive officer for NAVFAC Europe Africa Central in Naples, Italy.



# NEX customers support Navy-Marine Corps Relief Society

From NEXCOM Public Affairs

Twice a year, NEX customers are given the opportunity to donate to the Navy-Marine Corps Relief Society (NMCRS) by purchasing a \$5 benefit ticket. The results of this year's spring campaign showed NEX customers donated nearly \$192,000 to support NMCRS.

"This spring's campaign was a little different because of stay-at-home orders, social distancing and restriction of movement orders put into place around the world due to COVID-19," said retired Rear Adm. Robert J. Bianchi, Chief Executive Officer, Navy Exchange Service Command (NEXCOM). "As always, NEX customers stepped up and even in the midst of a worldwide pandemic, realized the importance of supporting the Navy-Marine Corps Relief Society. Now, more than ever, our Sailors and their families need the services the Navy-Marine Corps Relief Society provides every day."

From April 9 - May 10, 2020, NEX customers were able to purchase the \$5 benefit ticket at NEX stores and online at myNavyExchange.com. The benefit ticket entitled them to \$5 off as well as a 5% discount applied to a one time purchase made May 7 - 10, 2020.

"The generosity of Navy Exchange shoppers during a spring that has been a challenge for all of us around the world, is a tribute to how we care for our own," said retired Lt. Gen Jack W. Klimp, USMC, NMCRS President & CEO. "With so many Sailors and Marines affected by COVID-19; whether by stop orders or loss of a second income, the Navy-Marine Corps Relief Society is honored to use this gift to serve our Sea Service families in their time of need."

Since 2011, NEXCOM has been partnering with NMCRS on an annual fund raising effort. Since then, NEX patrons have donated nearly \$3 million to the NMCRS.



*Courtesy photo*

**NEX Bahrain presented a check to Naval Support Activity Bahrain's Navy-Marine Corps Relief Society, representing the money NEX customers donated during the NEX/ Navy-Marine Corps Relief Society spring campaign.**

## Navy Care Virtual Visits: real-time access to care, from anywhere



*Photo by Jacob Sippel*

**Lt. Adam Hoynacki, a physician at Naval Hospital Jacksonville's Family Medicine Clinic, conducts a Navy Care virtual health visit. Navy Care offers a live, virtual visit with a clinician, from the patient's smartphone, laptop, or computer. Patients can use it from work, home, or anywhere that offers privacy.**

**From Naval Hospital Jacksonville Public Affairs**

Navy Care offers an innovative way for patients to see the doctor and maintain medical readiness, without actually visiting the hospital or clinic.

Navy Care enables patients to have a live, virtual visit with a clinician, using a smartphone, tablet, or computer. Patients can use it from work, home, or anywhere that offers privacy. It's private, secure, and free. Most importantly, it decreases time away from the mission, work, and family.

"Navy Care brings medical appointments straight to the pier or hangar, supporting medical readiness," said Capt. Teresa Allen, Naval Hospital Jacksonville commander and Navy Medicine Readiness and Training Command Jacksonville commanding officer. "During the COVID-19 pandemic, it has enabled our patients to have virtual health visits."

NH Jacksonville launched Navy Care as a Navy Medicine pilot program in January 2018.

Patient enrollment has tripled this year, from about 7,000 enrollees in February to over 22,000 enrollees today. Use of Navy Care has increased seven-fold during the pandemic, from about

480 visits per month in March to 3,475 visits per month in June.

Navy Care earned a 2020 FedHealthIT Innovation Award, for taking achievable risks and delivering results in support of the command's mission; and a 2020 Pandemic Activation & Acceleration Award from Amwell, for optimizing the use of virtual visits during the pandemic.

Lt. Cameron Henry at Naval Station Mayport recently had his first Navy Care visit. "I was experiencing pain in my heel that was not only distracting, but made it hard to walk," said

Henry. "I didn't want to take time off, use sick call, and then sit at the clinic. It took me 30 seconds to download Navy Care on my phone. Within five minutes, I had connected with a flight surgeon. She examined my heel, diagnosed the problem, and prescribed an antibiotic. I did this all from my office, which not only saved me time, but kept me out of the clinic. I will continue to use Navy Care for future appointments."

Active duty, families, and retirees with a primary care manager at NH Jacksonville (or its branch health clinics in Albany, Jacksonville, Key West, Kings Bay, or Mayport) can enroll. Register by visiting <https://Navy.Care> or by downloading the Navy Care app (available for free, for iOS and Android operating systems).

Patients can make a Navy Care appointment by calling their clinic's appointment line. Or, patients can virtually "walk-in" to Navy Care On Demand, by visiting the website or app (on weekdays during business hours), selecting a waiting room, and selecting a provider.

Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville deliver quality health care, in an integrated system of readiness and health. As the Jacksonville Market, NH Jacksonville and its five branch health clinics serve 163,000 active duty, family members, and retired service members, including 75,000 patients who are enrolled with a primary care manager. NMRTC Jacksonville (and its five units) ensures warfighters' medical readiness to deploy and clinicians' readiness to save lives. To find out more, visit [www.tricare.mil/MTF/jacksonville](http://www.tricare.mil/MTF/jacksonville).



# Naval Safety Center prepares Fleet for new mishap reporting system

By Stephanie Slater

Naval Safety Center Safety Promotions Public Affairs

The Department of the Navy will begin using Risk Management Information (RMI) Streamlined Incident Reporting (SIR) to report safety mishaps starting Aug. 31.

In preparation for the Aug. 31 launch, the Naval Safety Center (NAVSAFECEN) now provides virtual SIR familiarization training through Aug. 27 with more than 40 scheduled online sessions, facilitated by Adobe Connect. Instructional training will include account access, accounts management, entering mishaps and recommendations, memorandum of final evaluation (MOFE) endorsements, basic analytics and running reports.

The eight-hour live sessions scheduled from 8 a.m. to 4:30 p.m. will start promptly within each respective time zone (sessions will be recorded for later viewing). All safety professionals, safety specialists and collateral duty safety officers are strongly encouraged to attend.

RMI SIR provides a single, easy to use point of data entry for Navy and Marine Corps safety professionals. Users will find easier and quicker data input and reduced chance of errors.

RMI SIR is a revolutionary hazard and mishap reporting and data collection system. SIR will provide relevant information and safety data for identifying and managing risk. It will allow us to make data-driven, risk-based decisions,

across the entire enterprise, according to NAVSAFECEN Commander, Rear Adm.

Fredrick Luchtman. We have never had full visibility in one system before, he said.

“Having an effective consolidated reporting system will allow our naval safety professionals to accurately measure the state of safety across warfighting communities and make risk-based decisions to improve safety,” Luchtman said. “The RMI initiative supports our mandate to preserve combat readiness and save lives.”

A web-based system only accessible via Common Access Card (CAC), RMI SIR enables the capture, analysis and reporting of critical safety issues, mitigations and actions. The RMI site, built for the Navy and Marine Corps, expands and adds new capabilities onto the already proven Air Force Safety Automated System (AFSAS). The DON recently completed testing on a portion of RMI, the Dive Jump Reporting System (DJRS).

When RMI is fully deployed, it will consolidate and eliminate older, redundant, legacy systems beginning with the Web Enabled Safety System (WESS), the Enterprise Safety Application Management System (ESAMS), ESAMS’ Injury/Illness Tracker (INJTRACK), Medical, Mishap, and Compensation (MMAC) and Portsmouth Naval Shipyard’s Occupational Accident and Injury Report Systems (POAIRS).

RMI SIR Familiarization Training Schedule: Access training through Adobe Connect using the following URL: <http://navsafetc.adobeconnect.com/rmi>. Students will log in as a guest and can



## RISK MANAGEMENT INFORMATION

listen to the lecture with speakers or headphones. (Time zones with an asterisk (\*) use the following URL: <http://navsafetc.adobeconnect.com/rmi2> and two asterisks (\*\*) use the following URL: <http://navsafetc.adobeconnect.com/rmi3>.)

All training sessions will be recorded and RMI SIR users can reference these in the future. Due to COVID-19, if travel restrictions lift, NAVSAFECEN will provide face-to-face training sessions on a case-by-case basis.

### Time Zone Legend:

EST Eastern Standard Time  
CST Central Standard Time  
HST Hawaii Standard Time  
CHST Chamorro Standard Time (Guam)  
JST Japan Standard Time  
AST Asian Standard Time (Bahrain)  
CET Central European Time (Italy, Spain)

Dates:	Aug. 4, EST
Aug. 6, EST	Aug. 11, JST
Aug. 13, JST	Aug. 17, EST
Aug. 18, JST	Aug. 19, CST
Aug. 20, HST	Aug. 20, PST*
Aug. 24, CHST	Aug. 24, JST*
Aug. 25, AST**	Aug. 25, CET
Aug. 26, CET	Aug. 26, EST*
Aug. 27, HST	Aug. 27, PST*

For more news from Naval Safety Center, visit [www.navy.mil/local/nsc/](http://www.navy.mil/local/nsc/).



Photos by MC3 Sergio Montanez

Lt. Alicia Smith, flight surgeon for Patrol Squadron (VP) 5, gives a presentation on the importance of the safety measures being taken to control the spread of the COVID-19 pandemic, during a safety stand-down at the VP-5 hangar bay on Naval Air Station Jacksonville, July 1.

## VP-5 holds safety stand-down



Patrol Squadron (VP) 5 held a safety stand-down while implementing Health Protection Condition (HPCON) Charlie Minus protective measures to inform Sailors on various programs and resources available for utilization in the VP-5 hangar bay at NAS Jacksonville, July 1.



# VP-5 'Mad Foxes' Excel During Aviation Maintenance Inspection

By Lt. Reed Arce  
VP-5 PAO

The "Mad Foxes" of Patrol Squadron (VP) 5 continue to operate at a high tempo while maintaining force health protection as their top priority this summer. The VP-5 maintenance team underwent a thorough evaluation known as an Aviation Maintenance Inspection (AMI) July 20-24.

This inspection is typically completed four to six months prior to a command's operational deployment, and inspects over 40 separate Naval Aviation Maintenance Programs to ensure they are being conducted properly and, safely. The AMI team consisted of experienced representatives from Commander, Naval Air Forces Aviation Maintenance Management Team Three (AMMT 3).

The inspection team graded individual programs within the command, looking to identify any "Critical," "Major," or "Significant Administrative" discrepancies based on the efficiency and effectiveness of the program during the inspection process: The Mad Foxes passed with a grade of 89, which is well above the CY 2019 fleet average.

In addition, AMMT-3 conducted five contingency response drills, and 50 practical proficiency examinations, all of which were passed by the VP-5 maintenance team.

The Mad Fox program managers and personnel who merited special mention for their programs were: AT1 Blakeslee, AM2 Bledsoe, AM1 Ferrara, AZ2 Wilczewski, AZ3 Delapena, AD2 Burns, AO2 Merrit, and AZ3 Sanders.

"I am thoroughly impressed with the performance of the Mad Fox maintenance team", stated VP-5's Commanding Officer Cmdr. Ron Rumfelt. "Bravo Zulu and job well done to all of our hard-working sailors for their dedication and professionalism during this inspection."

The maintenance team will continue to self-evaluate, and critique their performance to ensure the lessons learned from this year's AMI are carried forward into the next Mad Fox Indo-Pacific deployment.

The Mad Foxes are based out of Jacksonville, Florida, and are currently taking part in the year-long Fleet Readiness Training Program in preparation for their next operational deployment beginning Fall 2020.



*Courtesy photo*

Nease NJROTC instructors and cadets completed the Area-12 Leadership Academy in Clay County. From left, Gunny Sgt. Duane Hanson, Master Chief Petty Officer Duane Spears, Amber Vidler, Dylan Dosio, Brandon Donovan, Daniel Mahoney, Brodie Mongon, Juan Castillo, Haylie Spell, Isabella Rivera, Kaitlyn Boggs and Capt. Scott LaRochelle.

## Seven Nease Cadets Graduate From Navy JROTC Leadership Academy

### From Nease NJROTC

Nease NJROTC, the #1 program in northern Florida and the state of Georgia, and one of the top 10 programs nationally, restocked its high-performing cadet leadership ranks, successfully graduating seven cadets at the Area-12 NJROTC Leadership Academy in Clay County from July 21-25.

The NJROTC Leadership Academy historically brings together the top 200 cadets from Area-12's 60 high school programs across northern Florida and the state of Georgia. However, this year to ensure the proper health and safety of the trainees, smaller Leadership Academy clusters were organized across the area. The Clay County Leadership Academy included 30 cadets from Clay, Fleming Island, Middleburg, Oakleaf, Orange Park, Ridgeview and Nease high school.

Top Navy, Marine Corps and Coast Guard JROTC naval science instructors from the seven schools directed the training, which covered leadership, drill, academics and fitness.

This year's attendees included rising seniors Brandon Donovan and Juan Castillo; and rising juniors Kaitlyn Boggs, Daniel Mahoney, Brodie Mongon, Isabella Rivera and Haylie Spell. Cadets Dylan Dosio and Amber Vidler served as cadre during the week, assisting in the mentoring and training of the cadets. All three of Nease's naval science instructors Captain Scott LaRochelle, Master Chief Duane Spears and Gunnery Sergeant Duane Hanson worked as instructors for the program.

"An awesome experience," said cadet Brodie Mongon. "The hands on practical training in command presence will definitely pay off in leading the unit this year."

Cadets received individual medals for exceptional performance, including Cadets Boggs and Castillo for Personnel Inspection; Cadets Boggs, Donovan, Mongon and Rivera for Academics; and Cadets Mahoney, Mongon and Rivera for Honor Cadet.

"With all the uncertainties and unknowns forecast in the coming year, leaders will be needed to lead," said cadet Brandon Donovan. "I feel as a result from this training we're more prepared to meet that challenge."

NAVAL HOSPITAL JACKSONVILLE & CLINICS IN ALBANY, JAX, KEY WEST, KINGS BAY, MAYPORT

## GETTING HEALTH CARE DURING COVID-19 PANDEMIC

We've remained open, while maintaining extra precautions. We align services with community conditions and installations' Health Protection Condition levels.

### If You Have COVID-like Symptoms:

(fever, cough, shortness of breath, loss of sense of taste or smell)

- **Call ahead** — call the 24/7 Nurse Advice Line at (800) 874-2273 or chat at [MHSnurseadvice.com](https://mhsnurseadvice.com).

### If You Don't Have COVID-like Symptoms:

- **Call our appointment line** — for a virtual or in-person visit.  
NH Jax: (904) 542-4677 | BHC Albany: (229) 639-7886 | BHC Jax: (904) 546-7094 | BHC Key West: (305) 293-4834 | BHC Kings Bay: (912) 573-6450 | BHC Mayport: (904) 270-3248
- **Use Navy Care for a virtual visit.**
  - Register at <https://Navy.Care>, or download the Navy Care app.
  - To virtually "walk-in," visit Navy Care during business hours, select a waiting room, & select a provider.

### At Our Facilities:

- Wear your own cloth face covering. (Required by DoD.)
- Visitors are limited — check our [website](#) for updates.
- At entry, we'll check your temperature, and ask about symptoms — so we can properly care for you.



[www.tricare.mil/MTF/jacksonville](https://www.tricare.mil/MTF/jacksonville)  
In an emergency, call 911



# Speed Shopping: simple steps trim time on your commissary trip

By Kathy Milley

DeCA Corporate Communications

Grocery shopping can be a time-consuming task to squeeze into an already busy schedule. But going in armed with a game plan and an understanding of how to efficiently navigate your commissary will make your experience quicker, easier and much more enjoyable. And it might save you a little money, too.

“Often taking some time to explore your commissary can be beneficial – to see what new products are on the shelves or taking time to talk to department managers,” said Army Command Sgt. Maj. Tomeka N. O’Neal, DeCA’s senior enlisted advisor to the agency director. “But other times you really need to get in and get out quickly. Using these tips will help you efficiently whiz around the store and get all your weekly shopping done in no time at all.”

## 1. Create a master plan

The most effective way to cut time from your shopping trip is to plan. Choose what meals you plan to make during the week and jot down needed ingredients. Then check your pantry, refrigerator and cabinets, crossing out the items you already have on hand. Sort the remaining items on a shopping list by category. When you get to the store, you’ll know exactly what to buy and where everything is located. Use this helpful Weekly Meal Plan Worksheet to make it even easier.

As you are shopping, you might see an item that sparks an idea for an additional dinner that may need several ingredients. Once the inspiration hits, place the item in the child’s seat of the cart as a reminder that you need to pick up the other ingredients or, if you have a pen, jot them down on your list under the appropriate department.

## 2. Look up Sales and Recipes Ahead of Time

Before going to the commissary, look at the sales flyer on commissaries.com to find savings on the items on your list. If a specific brand is on sale, make sure to jot that down beside the item on your shopping list. It will save you time in the store if you know exactly what brand is on sale. Commissaries.com also offers many recipes that will help with your weekly meal plan

## 3. Organize Coupons Before you Get There

Before your commissary trip, visit the Savings Center on commissaries.com to find resources with lots of printable coupons. Download digital coupons right to your Commissary Rewards Card. Print coupons for the items on your list. You may also find industry coupons displayed near the items you purchase.

## 4. Avoid Shopping at Peak Hours

Choosing off-peak hours is a great way to avoid crowds and long lines at the commissary. If unsure of the peak hours for your store, ask your store director. Be sure to check your store website for any COVID-19 operational updates.

## 5. Don’t Shop Hungry

This is a fundamental rule to help you save money when grocery shopping, but it is just as effective when trying to save time. Hunger can be a distraction when you are trying to get in and out of the store as quickly as possible.

## 6. Consider CLICK2GO

CLICK2GO, the online shopping and curbside pickup service, available at select locations is an easy way to save time. Shop from the comfort of your own home and schedule a pick up time. The commissary staff will do all your shopping and have it ready to load in your car when you drive up to the pick-up location. Just pay and go. Remember to bring your coupons and rewards card. Currently CLICK2GO is available at Fort

Belvoir, Fort Eustis, Naval Air Station Oceana and Marine Corps Base Quantico in Virginia, and McGuire Air Force Base at Joint Base McGuire-Dix-Lakehurst, New Jersey; more locations are coming on line in the near future. Keep checking your store website page on commissaries.com.

## 7. Have a Backup Plan for Essential Items

Know your essential items or brands when you do your shopping and have a backup plan in your mind. On the off chance that a product is not available, having a backup prepared will not derail your quick shopping trip.

## 8. Talk to your commissary department managers

During a shopping trip when time is not a factor, talk to the commissary department managers. They have a wealth of information that can help you decide the best times to plan a quick shopping trip. Ask them about their delivery days, when certain products will be at their freshest or anticipated mark down times.

## 9. Use science to choose your checkout line

Choosing a line with one person with a loaded cart may actually be faster than a line with several people with fewer items. Little’s Law, the science behind selecting a queue, takes into account the idle time and interaction between each customer and adds that time to the length of each interaction. With all those “between customer” time additions, it may be quicker to choose the line with the fuller cart.

“We are busier than ever, and our free time has never been more valuable,” said O’Neal. “With these simple tips and the downloadable Weekly Meal Plan Worksheet, you can make your next grocery shopping experience the most time-efficient one yet.”



# BACK to SCHOOL

## DRIVE-THRU EVENT

August 7, 4 - 6 pm





# Flying drones near federal facilities is prohibited

From NAS Jax Public Affairs

The usage of unmanned aircraft systems (UAS), commonly called drones, has risen in recent years. In the past year alone, more than 1.7 million drones have been registered with the Federal

Aviation Administration (FAA). The total hobbyist fleet is expected to reach 4 million drone operators by 2021.

As a result, drone operators must be aware of the changing restrictions on the use of drones in public places and on federal lands. To ensure the safety and security of Naval Air Station Jacksonville (NAS Jax) assets and personnel, drone operations within a five-mile radius of the base and a three-mile radius of Outlying Landing Field Whitehouse must be coordinated with the base's air operations department and FAA.

In order to operate a UAS on a Navy installation, authorization from the commanding officer is required. The use of drones from within the installation is unauthorized and may only be permitted by the commanding officer in accordance with the installation's instruction, applicable law, and FAA requirements.

Flying drones for recreational purposes can be a lot of fun but it can also be dangerous. All drone pilots must thoroughly understand the rules and safety precautions where they fly. First, check with base operations and FAA. Never fly near ships or other aircraft, always ensure you know the latest policies and rules, and never fly over groups of people.

Other rules for recreation flyers include:

- \* Register and mark drone
- \* Fly drone only for recreational purposes
- \* Fly at or below 400 feet above ground level
- \* Obtain authorization before flying in controlled airspace
- \* Keep drone within visual line-of-sight (LOS)
- \* Do not fly at night unless lighting allows for

maintaining LOS

- \* Give way and do not interfere with manned aircraft
- \* Never fly over any person or moving vehicle
- \* Never interfere with emergency response activities
- \* Never fly under the influence
- \* Do not operate drone in a careless/reckless manner

To help drone users safely operate their aircraft, the FAA has published guidelines regarding recreational drone use at <https://www.faa.gov/uas/> and <https://udds-faa.opendata.arcgis.com>. They have also created the B4UFLY app to help pilots safely operate their drones by providing no drone zones around your GPS location. It also provides a flight planning function so drone users can ensure a safe and successful flight.

The Department of Defense (DoD) supports civilian law enforcement investigations and the prosecution of unauthorized UAS operations over military installations. Operators who do not comply with FAA guidelines can be charged by the U.S. Government with criminal violations, civil penalties and have FAA certificates or authorizations revoked to operate unmanned aircraft. The DoD may also take security actions that result in the interference, disruption, seizure, damaging, or destruction of unmanned aircraft considered to pose a safety or security threat to protected DoD assets.

For more information on drone operations aboard the installation, contact Lt. Greg West at [Gregory.T.West@navy.mil](mailto:Gregory.T.West@navy.mil). To report suspicious activities, contact the NAS Jax watch commander at (904) 542-3222.



## Curbside Crafts Pick-Up

Aug. 3

Pick-up times are from 11 am - 1 pm and from 5 - 7 pm at the Community Recreation Office, Bldg. 622 on the corner of Birmingham Ave and Jason St.

## Back to School Drive-Thru

Aug. 7

We invite you to drive-thru the River Cove Catering & Conference Center anytime

between 4 - 6 pm! Just follow the directional MWR signs. This is a Drive Thru Event – please do not exit your vehicle.

Activities include:

Craft & Goodie Bags for Kids (While Supplies Last), Balloon Art, Stilt Walker, Juggler, DJ Music

## Virtual Paint Night – Aug. 21

The cost is \$25 per person which covers all supplies needed for the class. To pick up your supplies for this class, visit the Community Recreation Office, Bldg. 622 on the corner of Birmingham Ave. and Jason St. on August 20, 4 – 6 pm or August 21, 11 am - 1 pm. Register by Tuesday, August 18 to save your spot.

## Dine on the Go

Order to go meals from Mulligan's between 6:30 am - 5:15 p.m. every day. Download the Dine on the Go Jacksonville app or visit <https://www.dineonthegojacksonville.com/> to place your order.

## Navy MWR ESPORTS

Be part of the upcoming Navy MWR ESPORTS Tournaments! Top winners receive gift cards. Cheer on Sailors & friends from around the world as they compete in Navy MWR ESPORTS events! Visit <https://www.navymwr.org/programs/esports> to learn more.

## Navy MWR Digital Library

Offers thousands of free resources, including printable activity sheets, feature films, music, hobbies & crafts, concerts, e-books, audio books, documentaries, ancestry records, repair manuals & so much more! Open 24/7/365. Visit <https://www.navymwrdigitallibrary.org> to register.

## Navy MWR at Home

Stay active. Stay informed. Stay connected. Navy MWR compiled a list of resources to help keep you busy & entertained while you are home. Explore fitness activities & resources, daily surprise videos from musicians, comedians, magicians & other entertainers, recipes in the cooking section, or travel the world virtually through online content from museums, theme parks, & historic sites. Visit <https://www.navymwr.org/navy-mwr-at-home/> to discover more.

