

NAS Jax firefighters recognized for achievements



Firefighter/EMT of the Year
Adam Moriarity

By **Julie M. Lucas**

NAS Jacksonville Public Affairs

Three First Coast Navy Fire and Emergency Services employees were recognized by Commander, Navy Region Southeast. Firefighter/EMT Adam Moriarity was named Civilian Firefighter of the Year. Emergency Medical Services Provider of the Year was given to Firefighter/Paramedic Brittany Pellerin and Fire Instructor of the Year to Assistant Chief John Ogletree.

In an email sent out to the command from Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Brian Weiss said, “Congratulations to these superstars! It’s awesome to see their hard work and dedication get recognized.”

Moriarity is an Air Force veteran, who has worked at NAS Jax for four years. He always knew the military would be a part of his life. “Growing up as a military brat, I never thought about doing anything but the military until we were stationed in Tampa. Once I lived in Tampa my mind changed after talking to people, but what made it even better was I could do both jobs being a firefighter in the military,” he said.

Moriarity said while he was in the military he knew someone working at NAS Jax. They really enjoyed their job, so it sparked his interest to work on base as a firefighter.

According to Moriarity, he loves all aspects of



Emergency Medical Provider of the Year
Brittany Pellerin

his job.

“From day-to-day conversations with people from different buildings to helping people in their worst moments, I’m so honored to have the opportunity to help others,” he said.

Moriarity said people might be surprised, “there is more to firefighting than just putting water on fire. We have a numerous amount of specialties from hazardous material technicians to technical rescue specialists.”

Some of his achievements include serving as station expert on the Emergency Vehicle Licensing Program, as well as ensuring 250 AEDs were inspected and maintained.

“Adam’s services are not only vital to our base, but our community through his many hours of volunteering,” said NAS Jax Fire Chief Mark Brusoe.

When off duty, Moriarity enjoys coaching sports and hanging out with his wife and kids.

“I want to take this time to thank the fire chief for believing in me to not only represent the base but the best fire department in the Department of Defense,” he said. “Since the moment I got here, everyone has pushed me at different times to be better, not only at my job, but as a person in general.”

Pellerin began her career at NAS Jax more than 12 years ago due to her desire to help others.

“This happened to be the job opportunity at the



Fire Instructor of the Year
John Ogletree

time and I’ve enjoyed it over the years. I’ve never wanted to go anywhere else,” she said.

Pellerin is the mother of four children, including a one-month-old baby. According to her, she thinks people would be surprised what they can accomplish in the back of an ambulance.

“It’s like a mini-emergency room,” she said.

One of Pellerin’s major accomplishments during the year, was the rescue of six stranded severely hypothermic boaters after their boat capsized in the St. Johns River. Additionally while maintaining and developing EMS training procedures, she ensured 100 percent of fire department personnel maintained proficiency and certification of National Registry EMT-B and EMT-P.

Pellerin enjoys being outside in the Florida sunshine and frequent trips to Walt Disney World.

Ogletree is a retired Air Force firefighter, who also worked civil service at NAS Sigonella, Italy as a firefighter. He has been at NAS Jax for a year. He credits his time in the military to helping him choose his career after retirement.

“I’ve always liked helping people and when I joined the Air Force I wanted to do a job that I thought I’d like to do as a civilian if or when I got out of the Air Force. It turned into a career in the Air Force and has continued with the Navy as a civilian,” he said.

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FLC Jacksonville postal team eases mail delivery to USS Eisenhower

By Jessica McClanahan

NAVSUP Fleet Logistics Center Jacksonville

NAVSUP Fleet Logistics Center (FLC) Jacksonville's postal operations team recently developed an innovative response to help manage the large and steady flow of mail to aircraft carrier USS Dwight D. Eisenhower (CVN 69). By working with USPS to re-route mail and by installing a secure shipping container at NAS Jacksonville, the ship's shore-based mail handling personnel were granted round-the-clock access to mail.

NAVSUP Fleet Logistics Center (FLC) Jacksonville's postal operations team recently developed an innovative response to help manage the large and steady flow of mail to aircraft carrier USS Dwight D. Eisenhower (CVN 69). By working with USPS to re-route mail and by installing a secure shipping container at NAS Jacksonville, the ship's shore-based mail handling personnel were granted round-the-clock access to mail.

According to Michael Heard of NAVSUP FLC Jacksonville, "The CONEX box allows ships' Beach Detachment personnel the 24-hour access that is ideal for early C2 aircraft departures and late evening retro-grade mail arrival, while providing required security for the mail."

In addition to securing postal storage is the work that went on behind the scenes to ensure the mail was appropriately re-routed. NAVSUP FLC Jacksonville Postal Operations Director Otilio Santos stated, "Getting the mail routed to the Air Station seems like a simple task, but USPS muscle memory is that ships' mail is transported to Naval Station Mayport." He went on to say, "Mr. Heard was instrumental in rewiring that muscle memory by working directly with the USPS Network Distribution Center to ensure CVN 69 mail arrives at NAS Jacksonville."

Heard further explained, "The initiative saves valuable time for Beach Detachment personnel as they are no longer required to travel 60 miles round trip on a daily basis to Naval Station Mayport to receive and transport ship's mail. This Mayport run challenged meeting scheduled C2



Photo by MC2 Dean Cates

The Arleigh Burke-class guided-missile destroyer USS Laboon (DDG 58), left, and the Nimitz-class aircraft carrier, USS Dwight D. Eisenhower (CVN 69) transit the Atlantic Ocean, Jan. 25.

flight times and that is no longer an obstacle."

Eisenhower's Supply Officer Cmdr. Andrew Henwood, explained how the effort of shore-based postal personnel connected to the ship's process improvement for mail delivery, "Having gained a better understanding of the mail and cargo routing process during the Composite Training Unit Exercise (COMPTUEX) that IKE completed less than a year ago, we applied lessons learned and decided to be much more aggressive with pushing mail forward from Norfolk to Jacksonville. Rather than wait to load mail onto Military Sealift Command ships to receive during underway replenishment, we maximized the use of our Carrier Onboard Delivery (COD) air assets to ensure every flight leaving the beach and coming to IKE utilized all possible cargo space."

In three weeks, Dwight D. Eisenhower took on more than 37,000 lbs. of mail routed through Jacksonville. Henwood added, "The results were immediately realized and greatly improved crew morale. Ike received more mail during the



Photo by MCSN Ryan Childress

Sailors prepare to perform a mid-air refueling of a MH-60R Sea Hawk, assigned to the "Swamp Foxes" of Helicopter Maritime Strike Squadron (HSM) 74 on the Arleigh Burke-class guided-missile destroyer USS Mahan (DDG 72), Feb. 8. Mahan is currently underway in the Atlantic Ocean conducting operations as part of the Dwight D. Eisenhower Carrier Strike Group.

first three weeks of our 2021 COMPTUEX than we did over the first three months of our 2020 deployment. This would not have been possible with the efforts of the hard-working team at NAVSUP FLC-Jacksonville who went above and beyond to ensure the timely processing and free-flow of mail to IKE as we prepared to deploy."

NAVSUP FLC Jacksonville continues to pursue process improvement in postal operations, as mail remains an essential quality-of-life support service for Sailors and their families.

JAX AIR NEWS

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FIRE

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Ogletree was first in the Department of Navy to train the department on the new COVID-19 decontamination system "Autoclave." He found solutions for numerous problems around the station and saved thousands of dollars, according to Brusoe.

"John served as incident commander at two separate facility roof fires, which is a huge undertaking and he is always up to every task we give him," said Brusoe.

Ogletree said the diversity of the job is what makes coming to work so rewarding.

"I love seeing my department excel as an agency, providing the care and skills necessary to mitigate all types of hazards daily for our community. I facilitate the training and resources so the department is prepared for all hazardous responses," he said. "When they succeed in providing that service, whether it's medical, fire, accident, hazardous materials, aircraft emergencies - that's what makes it my favorite part."

Ogletree says he thinks people would find it interesting that rather than a 40-hour work week, he actually works 56 hours. "One day a week, I cover the operations section for real world responses," he said.

In his off-time, Ogletree is a Washington football fan and he jogs 15 miles per week. He likes watching different TV shows with his wife.

"I also live vicariously through my son who plays baseball at a small college in California," he said.

Ogletree is grateful for his nomination and would like to thank his fellow firefighters for putting up with his training emails and taskers and getting them accomplished.

Additionally, he said, "last but not least I'd like to say thank-you to base leadership for supporting our department in our endeavors to provide the best service to our NAS Jax community."

VP-30 guides final Royal Air Force P-8A class

From VP-30 Public Affairs

Patrol Squadron (VP) 30 has maintained a long and cooperative relationship with the Royal Air Force (RAF). This storied past continues as the final U.S./UK jointly taught RAF crews report to Naval Air Station Jacksonville for their P-8A Poseidon training.

On Feb. 1, 2021, RAF Crews 9 and 10 began their syllabus at VP-30, with a prospective graduation date set for mid-July. Following their training, they will head back to the UK to impart their newfound knowledge to their fellow aviators and execute important missions for the UK. Crews 7 and 8 recently finished their P-8A training prior to the holiday season and returned home, ready to put their expertise to use.

The RAF is currently completing acceptance testing of their own P-8A aircraft at RAF Lossiemouth. Previously, RAF maintenance personnel trained alongside VP-30's maintainers,



Courtesy photo

Patrol Squadron (VP) 30 has been training Royal Air Force pilots and maintainers on their new P-8A Poseidon aircraft for several years. The partnership is coming to an end as the last class of RAF aviators will graduate in July 2021

learning how to keep RAF teams ready to execute at a moment's notice. Each RAF P-8A Poseidon is now going directly to the UK, with crews and planes executing real-world missions.

RAF aviators have been working at VP-30 since the P-8A aircraft entered service in the Maritime Patrol Reconnaissance Force community. This "Seedcorn" program helped keep corporate anti-submarine warfare knowledge alive in the RAF, and bridged the gap until new Poseidon aircraft

were delivered to the UK.

VP-30's Commanding Officer Capt. T. J. Grady said, "We look forward to a continuing and growing relationship with the Royal Air Force." When asked about that relationship, Grady noted, "Our RAF brethren have been instrumental to the development of the P-8A and our combined interests. We are proud to have had the opportunity to train these RAF crews, and believe our collective future is very promising."



NAS Jacksonville Sailor of the Quarter MA2 Justin Roach

MA2 Justin Roach has been selected as the Naval Air Station Jacksonville Sailor of the Quarter for the first quarter. A native of Fayetteville, Arkansas, Roach joined the Navy for the family benefits and the opportunities for travel.

He has been in the Navy for the past six years and has served at Marine Corps Security Force Regiment Bangor, Washington and Naval Support Activity Bahrain. He currently works in the NAS Jax Security Department Training Office.

Roach is extremely appreciative of his selection as SOY. "I would like to thank my chiefs for putting me in for this award," he said. "And, I want to thank the Sailors I work

with for being extremely talented experts who make it easy to look good. And, I would also like to thank my wife and three-year-old son for putting up with the Navy's schedule and being the support that I need."

He offers this encouragement to his fellow Sailors. I would like to tell anyone attempting to stand out to stop trying. Just do your job to the best of your ability and become the expert and the recognition will happen. But if you focus on being the person in the spotlight, then you are doing it for the wrong reasons.

In his free time, Roach enjoys spending time at the beach with his family, traveling and spending time outdoors.

NAS Jax Civilians of the Quarter Recognized

By **Kaylee LaRocque**

NAS Jax Public Affairs Officer

Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Brian Weiss recently congratulated Senior Civilian of the Quarter (SCOQ) Tracie Carter and Junior Civilian of the Year (JCOQ) Adam Moriarity.

“Congratulations to all the nominees – this recognition is a testament to their hard work and dedication that makes this base run so smoothly. We truly have the best employees in the U.S. Navy – HANDS DOWN! And, I know for a fact that XO, CMC and I are extremely proud to serve alongside of you. Thank you and keep up the hard work as we continue to serve the fleet,” said Weiss.

Carter’s earned the recognition as she stepped into the role of acting Fleet and Family Support Center (FFSC) director after the previous director retired. She also skillfully maintained her role as a clinical supervisor and trained a new clinical supervisor.

As FFSC staff moved into a newly-renovated building, Carter created a plan to manage and track furniture movers/audiovisual and signage contracts while FFSC staff moved into a newly-renovated building. She successfully managed the move while juggling a staff of 37 counselors and work/family life employees during a COVID-strained environment. The FFSC staff continued to see clients both in-person and virtually following the Center for Disease Control and Prevention protocols.

Carter, a native of Little Rock, Arkansas, earned a Bachelor’s of Science degree in social work from Troy University and a Master’s Degree in social work from the University of Arkansas at Little Rock. “While working on my undergraduate degree, I was a paralegal and advanced to (what is now) a career counselor for the Army Reserves,” said Carter. “After receiving my degree, I worked for 11 years for the Alabama Department of Corrections in correctional case management. I was a classification specialist (classifying inmates housed at a men’s prison by custody and security level), a supervisor (supervising classification staff) and an analyst (approving institutional recommendations, developing and writing policy, and training new corrections officers).”

She later returned to Little Rock to work as a civilian investigator for the Arkansas State Police in the Crimes Against Children



NAS Jacksonville
Senior Civilian of the Quarter
Tracie Carter

Division. During this time, she completed graduate school. After graduation, Carter worked as an elementary school therapist providing mental health services for children, Pre-K through fifth grade.

When her husband received orders to Virginia, Carter began working the Naval Station Norfolk FFSC. She then transferred to Portsmouth Naval Hospital and joined the NAS Jax FFSC team in 2016.

Carter is grateful to be selected as SCOQ. “I was surprised and humbled but also felt validated. Juggling multiple positions with significant ongoing changes and staffing shortages was challenging,” she stated. “I would like to thank my family who always supports me. And, Carolyn McCorvey, former FFSC director, who taught me about the administrative side of the house and provided support. I also want to thank FFSC Director Ron Downs, who gave me my first lesson on a POAM and has been encouraging and advocating for the FFSC team ever since he landed. And, of course, the FFSC staff who were always willing to help with anything we needed.”

In her free time, Carter enjoys reading, sometimes crafting, or doing absolutely nothing! Pre-COVID, my husband and I traveled often to visit family or take vacations and I look forward to returning to that. I also enjoy spending time with my daughter discovering new places to visit in the community,” she said.

Moriarity, a native of Tampa, Florida is a firefighter with First Coast Navy Fire and Emergency Services. He enlisted in the Air Force after high school and was stationed at



NAS Jacksonville
Junior Civilian of the Quarter
Adam Moriarity

Shaw Air Force Base, South Carolina and Tyndall Air Force Base, Panama City, Florida. During his eight years of military service, Moriarity also completed four deployments to the Middle East and completed his Associate of Science degree in fire science.

He has worked at NAS Jax for the past four years and earned this recognition for acting as lead fire officer for more than 75 structural, hazardous material and medical emergency calls including a vehicle/train accident and a multi-vehicle accident with trapped victims. Moriarity is a CPR instructor, manages the station’s Technical Rescue program and ensures all AEDs aboard NAS Jax are maintained.

Moriarity is grateful to be recognized as JCOQ. “It is truly an honor to represent this amazing Fire Department and to be selected amongst the numerous civilians that work hard on this base to keep the mission going,” he said.

Moriarity acknowledges that he has a team supporting him in his career. “I would like to personally thank my wife Sandra for the continual support and always pushing me to be the best I can,” he said. And, I want to thank everyone who has pushed me in a positive direction including Lt. Joey Fields, my supervisor, Fire Capt. Devan Brown, Assistant Fire Chiefs Scott Bloomer and Rob Pellerin, and Fire Chief Mark Brusoe.”

When he’s not working, Moriarity enjoys spending time with his wife and kids, going to the beach and coaching sports. He also volunteers for Habitat for Humanity and has spent hours helping refurbish local parks.

CNATTU Jax holds change of command

By AMEC Ed Acosta

CNATTU Jacksonville Public Affairs

The Center for Naval Aviation Technical Training Unit Jacksonville (CNATTU JAX) held a change of command at Naval Air Station Jacksonville, Feb. 25. Cmdr. Russell Lawrence was relieved by Cmdr. Freddie Koonce as CNATTU JAX's commanding officer.

Capt. Bryan Hepstall, commander, Center for Naval Aviation Technical Training, was the presiding officer.

Lawrence joined CNATTU JAX team in May 2018.

"It has been an absolute honor working alongside all the outstanding professionals at CNATTU JAX," said Lawrence. "The entire team has made significant strides in curriculum development and equipment configurations during the past three years. I wish you all the best in your future endeavors. To Cmdr. Koonce and family. I hope you enjoy your command tour. Treasure the time, it will go by quickly. Best of luck to you and your family."

Koonce a native of Kinston, N.C., began his naval career in August 1990. In 2001, he was commissioned as an ensign through the Limited Duty Officer Program. Koonce assumed the



Cmdr. Russell Lawrence

duties as the executive officer of CNATTU Jax in October 2019.

"It is a tremendous honor and privilege for me to assume command," said Koonce. "I can't think of a more challenging and hopefully rewarding job. I also would like to say 'fair winds and following seas' to Cmdr. Lawrence and wish him only the best that life has to offer him and his family, as he ventures out in the next phase of his life journey."

"Lastly, I'm supported by the very best CNATTU JAX staff. Training and readiness will



Cmdr. Freddie Koonce

be the top priority as we go forward with our mission. We must ensure the students who walk out of our doors are trained and ready to meet all of the challenges they will face when they are on the front lines defending what we cherish most - freedom and freedom of speech."

CNATTU JAX's overall readiness and success in 2020 included the graduation of 4,653 U.S. Navy, U.S. Marine Corps, and foreign military students to support many different platforms in the fleet and around the world.



Master-at-Arms 2nd Class earns Watch Commander qualification

Photo by Cmdr. Jim Foster

MA2 Daniel Trump, left, assigned to the NAS Jacksonville Security Department, acts as the Incident Commander during an active shooter exercise as part of a final evaluation board for his Watch Commander qualification. Petty Officer Trump became one of only two Second Class Petty Officers at NAS Jacksonville to earn the Watch Commander qualification, which is normally reserved for senior First Class Petty Officers and Chief Petty Officers. The NAS Jacksonville Security Department is responsible for conducting Law Enforcement, Antiterrorism, and Physical Security operations on the Navy's third largest installation.

March Savings

From Defense Commissary Agency

During March, commissary customers will see significant savings with sales promotions linked to National Nutrition Month, Frozen Food Month, NFL ProCamps, the college basketball playoffs, St. Patrick's Day and more.

"As we approach the end of winter, our customers have an abundance of opportunities to save more on frozen food, snacks – whatever menu is planned for meals at home," said Marine Sgt. Maj. Michael Saucedo, the Defense Commissary Agency's senior enlisted advisor to the DeCA director. "Beyond the commissary's regular savings, our industry partners also provide ancillary benefits through giveaways and promotional events."

With March also being National Nutrition Month, the commissary has rolled

out new initiatives to help service members and their families improve their health and wellness, said Deborah Harris, MPH, RD, CDE, dietitian/health and wellness program manager.

"Let this be your guide to building healthier habits by planning and cooking more meals at home with our full library of dietitian-approved recipes; identifying healthy foods that are dense in nutrition from lean proteins, healthy fats and whole grains through our Dietitian-Approved Thumb Program; or accessing our dietitian-approved 'fueling stations,' currently being rolled out worldwide to help busy service members access quick, nutritious meals and snacks," Harris said.

Speaking of nutritious meals, there's also a dietitian-approved recipe for pressure-cooked corned beef and cabbage just in time for St. Patrick's Day.

Customers are reminded to visit the Reward and Savings section to get the Sales Flyer that gives prices on sale products along with other useful information about food and commissary services. They should also check their store for details.

Nease High School NJROTC cadets dominate 2nd and 3rd drill championships

From Nease High School NJROTC

Nease achieved its second win of the season at Stockbridge, Georgia, Feb. 6., followed by a third victory at Mandarin High School, Feb. 20.

Nease is currently the first ranked NJROTC drill team in Area-12 (59 programs covering northern Florida and the state of Georgia), having won the Area-12 Drill Championship consistently the past six years.

In addition to claiming the overall trophy, Nease picked up 9 of 12 first place trophies for Overall Drill, Unarmed Exhibition, Armed Exhibition, Color Guard, Overall Athletics, Push-ups, Sit-ups, Academics and Personnel Inspection.

Nease's drill team needed to bring up several cadets from the practice squad as five cadets fell victim to COVID-19 contact tracing quarantining less than 24 hours before departure.

"I am so proud of the cadets," said Naval Science Instructor Gunnery Sgt. Duane Hanson. "We practiced until nearly midnight in an empty parking lot Friday night polishing up the routines."

Nease next competes at the Northern Florida and State of Georgia Academic, Athletic and Drill Championship in Lee County, Georgia, March 7. The Nease Panthers will seek to successfully defend their title as six-time defending Area-12 champions.

"I believe our best is yet to come," said Color Guard commander Isabella Rivera. "Individually and collectively we all can improve to get better before the state championship."



Courtesy photos

Nease NJROTC's Armed Exhibition team member Daniel Mahoney executes a high rifle toss during their routine at the Mandarin High School Drill Meet, Feb. 20.



Nease NJROTC cadets (l-r) Juan Castillo, Daniel Mahoney, Diego Molina and Benjamin Rider compete during the Armed Basic drill event at Mandarin High School, Feb. 20.



Nease NJROTC's Color Guard team (l-r) Daniel Mahoney, Isabella Rivera, John Alves and Brandon Donovan perform their Color Guard routine at the Stockbridge Drill Meet, Feb. 6.



Nease NJROTC's sit-up team prepares to begin cadence sit-ups at the Stockbridge Drill Meet, Feb. 6. Nease took first place as a team and cadet Isabella Rivera placed first overall with 312 sit-ups.

Fleet Readiness Center Southeast recognizes 2020 Mentor of the Year Award winners

By Ashley Lombardo

Fleet Readiness Center Southeast Public Affairs

Steven Spielberg once said this about mentoring: “The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”

No one understands these ideals better than Joshua Dowler, the 2020 Naval Air Systems Command (NAVAIR) National Mentor of the Year Award winner for FRCSE, and Fleet Readiness Center Southeast’s (FRCSE) 2020 Dora Quinlan Mentor Award winners, Savanna Massey and Aviation Electrician’s Mate 1st Class Brian Woolford.

To earn these awards, a mentor must be nominated by their fellow peers or their mentee through a written submission. Each narrative must identify how the mentor has represented leadership, skill, productivity, and how they improved morale and workforce retention. Mentors are recognized for their ability to align their development and mentoring skills with the mission of Naval aviation.

Dowler was nominated by coworker and mentee Sean O’Toole. The two have shared an informal but highly impactful mentor and mentee relationships since O’Toole was hired nearly three years ago.

“I am so honored to receive the NAVAIR National Mentor of the Year Award for FRCSE,” said Dowler. “I know there are many great mentors within the organization that make a huge difference every day. My receipt of this award is a great reflection of the hard work and dedication that my mentee continuously brings to the job, coupled with his thoughtfulness to nominate me in the first place. I’m honored to be recognized in this way.”

All recipients accepted their honors at a small presentation on site at FRCSE due to COVID-19 restrictions.

Dowler will also be recognized during a virtually broadcast ceremony called NAVAIR’s Mentoring Across the Organization event, an annual celebration that takes place during mentoring month.

“I am usually not one that does well with public recognition, but for me, there is nothing more gratifying than being recognized by my peers for mentorship,” said Massey. “In the multigenerational workforce we are in today, there is a high turnover rate. Mentorship is vital to the continuous evolution of the depot now more than ever.”

Both awards hold plenty of prestige, as each is recognized across COMFRC and NAVAIR. The Dora Quinlan Award is named after the first mentor ever recognized at FRCSE. Sadly, Dora lost her battle with cancer in 2016.

“A dedicated mentor can combine commitment and passion to help inspire, mold and influence others, and that is exactly the case for these award winners,” said FRCSE’s Commanding Officer, Col. Fred Schenk. “Each of these individuals has combined skilled mentoring with individual expertise and a commitment to the warfighter. They are more than deserving of this great honor.”

FRCSE Commanding Officer Col. Fred Schenk, presents Propulsion Engineering Sub-Team Lead Joshua Dowler with the 2020 Naval Air Systems Command National Mentor of the Year Award for FRCSE, Jan. 13.



Photos by Toiete Jackson

Fleet Readiness Center Southeast’s (FRCSE) Commanding Officer Col. Fred Schenk (right), presents AE1 Brian Woolford (left) with the FRCSE Dora Quinlan 2020 Mentor Award, Jan. 13.



FRCSE Commanding Officer Col. Fred Schenk, presents Industrial Processes Deputy Director Savanna Massey with the FRCSE’s Dora Quinlan 2020 Mentor Award, Jan. 13.



Navy strengthens SAIL suicide prevention program

By MC1 Mark D. Faram

Chief of Naval Personnel Public Affairs

Suicide prevention is an all-hands effort, requiring a constant focus on taking care of all Sailors. That need is prompting subtle but important changes to a critical prevention program designed to help Sailors during the 90 days after a suicide-related behavior, the period of highest risk.

"As we start the New Year, I would like to acknowledge all the hard work being done to encourage Sailors to seek help and combat destructive behaviors," wrote Vice Adm. John B. Nowell, the Navy's personnel chief, in NAVADMIN 021/21, released Jan. 25.

"Although the overall suicide rate has started to move in the right direction, we must continue to keep the focus on Sailor support. We are still losing too many Sailors to suicide: 76 in 2020, 80 in 2019, and 79 in 2018."

Key to the Navy's proactive prevention approach to suicide is the Sailor Assistance and Intercept for Life (SAIL) Program.

To be successful, Nowell noted, this critical resource needs top-down, unit-level leadership engagement from start to finish. However, SAIL program case managers are having a hard time contacting many Sailors referred to the program, leading to the Sailor acceptance rate for care remaining around 50 percent, he wrote.

"To close this identified gap, we will implement changes to the SAIL program," Nowell wrote. "SAIL procedures will be modified to require Commanding Officers to instruct and verify that the Sailors who have experienced a suicide-related behavior contact the SAIL case manager at the nearest Fleet and Family Service Center."

Though Nowell called this a "minor change in policy," it is expected to significantly impact getting Sailors into the program by strengthening the communication link between Sailors and case managers.

Command referral remains mandatory when a Sailor exhibits suicidal behavior or attempts to take his or her own life.

Nowell calls on shipmates and leaders to reach out and ACT (Ask, Care, Treat) if they notice a change in a shipmate's behavior or think a Sailor is having difficulties.

"Numerous life circumstances can produce added pressure to a force already stressed by operational demands," Nowell wrote. "If left unacknowledged and therefore unchecked, this pressure can strain Sailors' psychological and emotional well-being."

Sailors and leaders at every level need to learn, understand, and identify factors that could increase suicide risk. Key to this, Nowell wrote, is knowing how your mission, work schedule, environment and other stressors might

contribute to that risk.

"An important part of creating a command climate that encourages help-seeking behavior is intrusive leadership, especially at the deck plate level," Nowell wrote. "Know your Sailors—take actions to get to the left!"

He said that Engaged Deckplate Leaders need to call on their command's existing experts when necessary, including Command Resilience Teams and their Command Resilience Team Human Factors Councils, to identify struggles early, assist Sailors in utilizing resources, support Sailors as they recover from stressors and remain connected with Sailors throughout the entire process.

Extensive research has been conducted showing a caring contacts program to be effective in the vulnerable days following a suicide-related behavior—allowing time for the Sailor to choose safety. SAIL is the Navy's "caring contacts" program. Since the inception of the program, SAIL has helped over 4,000 Sailors during the critical 90-day period after a suicide-related behavior.

Programs that encourage support, provide ongoing caring contacts and help Sailors navigate medical systems following a suicide-related behavior help ensure that no Sailor falls through the cracks and reduce deaths by suicide. To this end, Nowell encourages "warm handoffs," which he says, "are critical for at-risk Sailors."

Commands need to be especially attentive during a Sailor's temporary or permanent transition to another command, as well as any other times their normal social network is disrupted.

These handoffs are just as critical once a Sailor completes treatment. "Reintegration must be done carefully, ensuring no support gaps between the medical provider and command leadership," Nowell said. "Sailors should receive the continual support needed to carry on in their careers and personal lives."

This constant support is "vital" to a successful recovery long-term, Nowell wrote, "regardless of whether that Sailor is transitioning back into the workplace, into another job field or into civilian life."

Finally, Nowell said that the current pandemic's difficulties should not be a reason a Sailor doesn't get needed help.

"Since COVID-19, we have seen our referral rate drop from near 100 percent to 83 percent," Nowell said. "After the Sailor is contacted, participation in the SAIL program remains voluntary, but you as leadership should take an active role in seeing that your Sailor gets the help they need."

Additional guidance for submitting SAIL referrals, including the Suicide Prevention Handbook and SAIL Commanders Toolkit, can be found on the Navy Suicide Prevention Program website:

www.suicide.navy.mil



GO JUICE: VISION

The great painter Michelangelo came across a block of marble.

He looked at the square block and said that he saw an angel inside waiting to get out.

At once, he grabbed his tools and began to make his vision a reality.

We all have thoughts and ideas. Most of us have goals and milestones.

When we combine these elements, it provides a recipe for vision.

Even if our day-to-day may appear as a mundane square block, we all have an opportunity to make our vision a reality.

With vision, that square block can become:

- A promotion
- A bachelors or masters degree
- A financial goal
- A new home
- A healthy marriage
- A beautiful family

It takes vision to accomplish greatness.

The only thing standing between that square block and an angel – is YOU!

Reverend Dr. Zachary C. Parker
Chaplain, United States Navy

Navy modernizes Tuition Assistance payments

From Cheryl Dengler,

Naval Education and Training Professional Development Center

The Navy has modernized the way Sailors, Marines, and Coast Guardsmen can pay back tuition assistance (TA) debts beginning in January 2021.

The new program provides service members with the option to pay their debt on a mobile device or computer using a debit card, electronic funds transfer (EFT) or via a PayPal account. Credit cards will not be accepted through this program, and PayPal can only be used if linked to a debit card or bank account.

Until now, service members were required to repay TA debt using a cashier's check, money order or a payroll transaction—a process that took anywhere from a week to 45 days, according to Tim Driggers, Voluntary Education Business Operations division head.

“This is the first time since the beginning of the tuition assistance program in the mid-nineties that we've done electronic debt payments,” said Driggers.

“The service members can pay with their bank account using a smartphone as opposed to putting a check in the mail. Since the pilot program began, we've seen a reduction in checks by about 60% by doing e-billing on a weekly basis.”

The new capability not only benefits the accounting system, but the service member as well.

“We saw a debt get paid within two hours of service member notification,” said Driggers. “This allows the service member to be in good standing again, so that the TA is available for use immediately.”

The process is streamlined and simple to use for the service members, according to Fred Morales, the TA Collections branch head.

“Once an indebtedness occurs due to a collectible grade, and provided the course has been invoiced by an academic institution, the service member will receive an email with instructions directing them to Pay.gov where they can make the payment electronically,” said Morales. “It's very easy to use.”

In most cases, debt transactions will be posted to the member's WebTA account by TA Accounting the next business day after the service member pays their TA debt using Pay.gov.

If a debt payment is not made within 45 days, a file will be sent to Defense Finance Accounting Service (DFAS) to cancel the e-bill, and the debt amount will be taken from the service member through payroll deduction.

For more information regarding the repayment of TA debts, please call: 1-877-838-1659, option 4.

Free tax service for military families

The United Way RealSense volunteer tax preparers will not work at Naval Air Station Jacksonville due to COVID restrictions.

However, they will offer free tax service at the VyStar Credit Union office building located at 4949 Blanding Boulevard, Jacksonville starting Feb. 12 through tax season. They will be open Monday through Friday from 9 a.m. to 3 p.m. however, they are not offering sit-down tax preparation.

Clients must make an appointment by calling the United Way at 211 or going online to:

<https://unitedwaynefl.org/our-work/financial-security/realsense/free-tax-filing/>

They will be given a date/time to go drop off their paperwork, and a volunteer will ensure the paperwork is in order. A tax preparer will then complete the tax documents and clients will receive a phone call to go back and sign the documents. They will then be submitted to the Internal Revenue Service.

Navy shifts 2021 fitness cycle to July

By MC1 Mark D. Faram

Chief of Naval Personnel Public Affairs

The Navy is shifting the dates of the single, six-month physical fitness assessment cycle during calendar year 2021 to July 1 through Dec. 31, to continue to mitigate COVID-19 impacts to the fleet.

The single 2021 cycle was initially announced in November's NAVADMIN 304/20 and was originally scheduled for March 1 through Sept. 30. That message is now cancelled and replaced by NAVADMIN 024/21, which shifts the dates between July 1 and December 31.

The new message was released on Jan. 27.

“Shifting the PFA cycle to July allows the Navy to execute the PFA after the primary influenza season while allowing time for COVID-19 vaccines to be more widely distributed,” Vice Adm. John B Nowell, Jr., the chief of naval personnel, wrote in the message.

COVID-19 prevention efforts resulted in the cancellation of both of 2020's semi-annual Physical Fitness Assessments. Out of an abundance of caution, the Navy decided to proceed with a single cycle for 2021 as the COVID pandemic is showing no signs of

abating yet.

The Department of Defense has long mandated all services conduct annual fitness testing. That mandate for fitness testing means that no exemptions will be allowed for those who scored excellent or above from the previous 2019 cycle. However, going forward, those who score excellent or outstanding on the 2021 PFA will be exempt from participation in the first PFA cycle of 2022.

A new Physical Readiness Program Guide 15 has been produced outlining just how to conduct all testing to mitigate the possibility of spreading the COVID-19 virus. It is now available for download on the Physical Readiness Program Website.

Twice annual testing cycles are expected to resume as permitted and it is hoped that will happen during calendar year 2022.

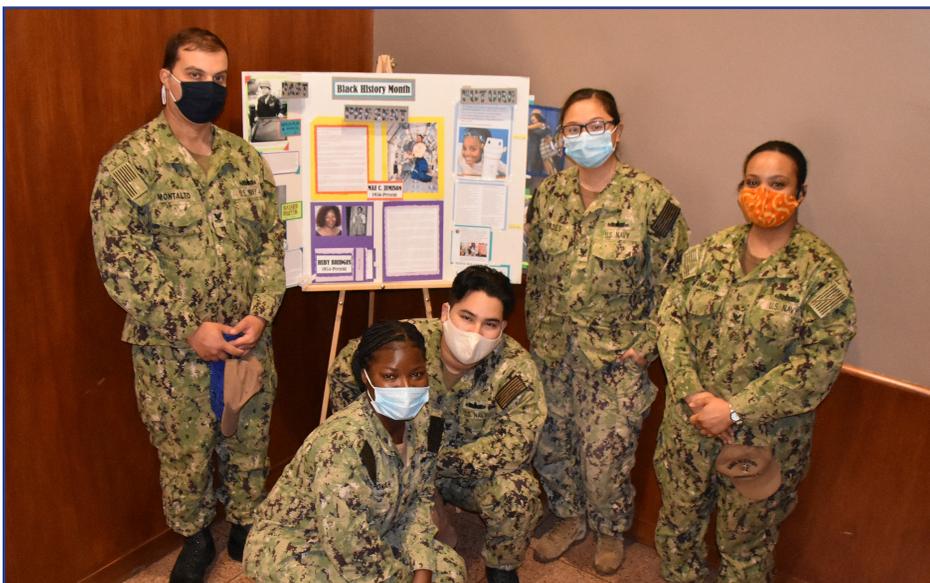
What's not changing is the cycle's big updates to the Physical Readiness Test (PRT). The rollout of the forearm plank, which will replace the curl-up as a test of core strength, and the introduction of the 2000-meter row as a new optional cardio event, will go on as planned.

The 2021 cycle will also be the first for data entry into the new Physical

Readiness Information Management System 2 (PRIMS 2). The Navy is currently migrating the legacy PRIMS data to the new system's database as part of MyNavy HR transformation efforts. This new system will bring the data management for the PFA into the 21st century and also make the process easier for CFLs.

The migration means that all commands will need to provide up-to-date Command Fitness Leader Certification in the new system. Training for commands on the new system is expected to start sometime in February and all command leaders requiring read only access will be able to request their access “in the March timeframe,” the message said.

More information, including guides for conducting a COVID-19 safe fitness test along with initial performance standards for scoring the forearm plank and 2000-meter row are available to both individuals and command fitness leaders on the Navy Physical Readiness Program website at https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx.



NAS Jax Multicultural Committee highlight accomplishments for Black History Month

Photo by Kaylee LaRocque

Members of the Naval Air Station Jacksonville Multicultural Committee gather in front of their Black History Month display in Building 1, Feb. 1. From left, EN2 Kyle Montalto, EM2 Jemima Amponsah, MM3 Roger Penafuentes, EM3 Jessica Lauren Ordes and CS2 Ja'Meisce Simmons. The display highlights the past, present and future accomplishments of prominent Americans who have served their country, continue to stand up for civil rights and who strive to better their world.

Community Recreation Tickets & Travel Office Call 542-3318 OR email nasjxtickets@navy.mil

Monster Jam—TIAA Bank Field, Mar. 6 & 7: \$36.75-\$47.50. Sold in PODS of 2, 4, or 6 tickets.

Clay County Fair—Clay County Fairgrounds, Apr. 1-11: Admission \$5, Ride Wristbands \$15 (wristbands not valid for use on Saturday).

Backstreet Boys—Vystar Veteran's Memorial Arena, June 21, 2021: \$115.

Impractical Jokers—Vystar Veteran's Memorial Arena, July 11, 2021: \$79 & \$62.

Dude Perfect—Vystar Veteran's Memorial Arena, July 31, 2021: \$47.

Hella Mega Tour ft. Green Day, Fall Out Boy, and Weezer—TIAA Bank Field, July 31, 2021: \$113.

Motley Crue, Def Leppard, and Poison w/Joan Jett & the Blackhearts—TIAA Bank Field, Aug. 7, 2021: \$121.25 & \$186.

Michael Buble—Vystar Veteran's Memorial Arena, Aug. 13, 2021: \$166.50.

Lit AF Tour ft. Martin Lawrence, Rickey Smiley & more! Vystar Veteran's Memorial Arena, Oct. 1, 2021: \$70.75.

Jimmy Buffett—Vystar Veteran's Memorial Arena, Dec. 7, 2021: \$100.

Elton John—Vystar Veteran's Memorial Arena, Apr. 23, 2022: \$78.50, \$138, \$246.

Current Ticket Promotions Include the Following:

Autobahn Indoor Speedway: \$25 Gift Card - \$20. \$50 Gift Card - \$40.

Catty Shack Ranch Wildlife Sanctuary: \$10.50-Day Pass Only.

Disney World Orlando Armed Forces 2021 Salute 4-Day ticket with hopper option - \$290.00; 4-Day ticket with hopper and PLUS option - \$319.25; 5-Day ticket with hopper option - \$308.50; 5-Day ticket with hopper and PLUS option - \$337.50. Tickets must be purchased by 12/11/21 and are valid for use NOW through 12/17/21. 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.

IFLY Jacksonville: \$60.50 for two flights.

Jacksonville Icemen: \$12 - \$33.

Jacksonville Symphony: \$31.

Jacksonville Zoo, General admission: \$13 - \$17.50.

Kennedy Space Center Annual Pass: \$64.50 - \$79.25.

Legoland FL: \$63 one day w/2nd day free; Active Duty free at the gate with ID. Must be purchased by Mar. 15, redeemable until Mar. 25.

Orlando Magic Basketball: \$26.50-\$147; prices vary depending on date and seating. Call or visit the ticket office for more details.

Spanish Military Hospital Museum: \$5 - \$8.75.

St. Augustine Alligator Farm Zipline: \$37, Park admission \$10.50 - \$16.

St. Augustine Aquarium: \$5 - \$8. Snorkel Adventure (Includes Admission) \$32.

St. Augustine Old Town Trolley: \$12.25 - \$23 BOGO.

St. Augustine Oldest Store Museum: \$5.75 - \$9.50.

St. Augustine Pirates Museum: \$4.50 - \$8.25.

St. Augustine Potters Wax Museum: \$5.75 - \$9.50.

Universal Military Freedom Pass (Not available at the gate! Maximum of 6 tickets per valid military ID): 2-Park, Park to Park UNLIMITED USAGE (Valid for unlimited admission to Universal Studios Florida and Universal's Islands of Adventure from now until Dec. 31, 2021), Adult \$200, Child (age 3-9) \$195;

3-Park, Park to Park UNLIMITED USAGE (Valid for unlimited admission to Universal Studios Florida, Universal's Islands of Adventure, and *Volcano Bay Waterpark* opens Mar. 1* from now until Dec. 31, 2021), Adult \$235, Child (age 3-9) \$230; "Eligible Service Members"- Active or Retired U.S. Military, the National Guard or Reservists and the U.S. Coast Guard. Spouses of eligible service members also qualify with valid and active U.S. Military ID. Department of Defense (DoD) employees with valid U.S. Military/DoD IDs also qualify. Visit the Ticket Office for further details.

Velocity Air Sports - Flight Fit N Fun Jacksonville: 1 Hr: \$15.50. 2 Hr: \$26. (socks included)

Wild Adventures (Valdosta, Ga.): Gold Pass - \$81 Special—use now until the end of 2021.

Dine on the Go

Order meals to go from Mulligan's or Dewey's online! Download the Dine on the Go Jacksonville app or visit dineonthegojacksonville.com to place your order.

Navy MWR ESPORTS

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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.

Check the MWR website NavyMWRJacksonville.com for more resources, events, and newly-reopened facilities on base.