

VP-5 and VP-8 return from deployments



Photo by AN Nick Davis

AWO2 Devin Nyvall of Patrol Squadron 8 hugs his girlfriend Megan Kruse after arriving home to Naval Air Station Jacksonville following a six-month deployment to U.S. 5th and 7th Fleet areas of responsibility, May 6.

From VP-5 and VP-8 Public Affairs

The “Mad Foxes” of Patrol Squadron (VP) 5 and the “Fighting Tigers” of VP-8 returned to Naval Air Station Jacksonville following their successful six-month deployments, beginning April 30.

VP-5 operated in the U.S. 5th Fleet area of responsibility (AOR), conducting maritime patrol and reconnaissance operations with P-8A Poseidon aircraft primarily out of Kadena Air Base in Okinawa, Japan in support of Commander, Task Force (CTF) 72 and U.S. Indo-Pacific Command. VP-8 operated between the U.S. 5th and 7th Fleet AOR’s, conducting numerous patrol and reconnaissance missions in support of CTF 57 and CTF 72.

“We were out there to execute tastings from he various theatre commands, everything from protection and determent to search and rescue (SAR),” said Cmdr. Frank Sanchez, executive officer of VP-5.

The “Mad Foxes” sent detachments to Guam, the Philippines, and Palau, and participated in various multi-national exercises, including Exercise SEA DRAGON 21 and several Expendable Mobile Anti-Submarine Warfare Training Target (EMATT) exercises with Helicopter Maritime Strike Squadron (HSM) 51. In addition to these exercises, VP-5 also launched multiple Search and Rescue (SAR) missions over various parts of the Pacific Ocean. During their most successful mission, the P-8A crew located a fishing vessel, which had been reported missing three days prior, over 100 nautical miles off the coast of Saipan. The VP-5 crew worked closely with U.S. Coast Guard and the U.S. Air Force to recover the crew.

During their deployment, VP-5 was awarded the Captain Arnold Jay Isbell trophy. The award recognizes the maritime patrol squadron in the Atlantic Fleet that best demonstrates outstanding performance in the Anti-Submarine Warfare mission set. Also, Combat Aircrew (CAC) 3 was selected as CTF-72’s crew of the quarter for the first quarter of 2021.



Photo by Julie M. Lucas

LS3 Manolfi Fernandez of Patrol Squadron 5 hugs her daughter, Skye, upon returning home to Naval Air Station Jacksonville following a six-month deployment to the U.S. 5th Fleet area of responsibility, May 4.

CAC-3 was the lead crew in the first successful SAR mission mentioned above. CAC-3 also welcomed distinguished visitors from the Japan Maritime Self Defense Force (JMSDF) onboard the P-8A, demonstrating first-hand how the squadron’s mission contributes to the security of the region, and stability of the global community.

While the “Fighting Tigers” of VP-8 were assigned to the 5th Fleet AOR, they provided critical intelligence and reconnaissance in support of Operations Sentinel and Restoring Hope, deterring malign actors and protecting merchant vessels through the free flow of international commerce along strategic waterways, including the Red Sea, Strait of Hormuz, and Bab-el-Mandeb Strait.

Within the 7th Fleet AOR, VP-8 successfully executed three detachments and numerous reposition flights while prioritizing the safety and health of the force, above all else, amidst the COVID-19 pandemic, and doing so across seven different locations within the 7th Fleet AOR, including Japan, South Korea, Philippines, Thailand, Singapore, Guam, and British Indian Ocean Territory Diego Garcia.

“It was rough with COVID and everything, but overall the deployment went really well and we did the best we could with the work we were doing,” said Naval Aircrewman Operator 3rd Class Sierra De Jesus.

These movements were of vital importance to U.S. engagements in the Indo-Pacific region, strengthening key relationships with partners and allies, while promoting interoperability between the U.S. Navy and other armed forces and agencies.

Other operational highlights during the deployment include the monitoring and capturing of imagery of illicit ship-to-ship transfers of cargo on the high seas in violation of a United Nations Security Council Resolution enacting sweeping sanctions on North Korea.



VP-16 holds change of command

From VP-16 Public Affairs

The “War Eagles” of Patrol Squadron (VP) 16 held a change of command ceremony, May 13 aboard Naval Air Station (NAS) Jacksonville.

Cmdr. Timothy Campbell relieved Cmdr. Kevin Kraemer to become the 67th commanding officer of VP-16. The ceremony comes at the midway point of ‘home cycle’ where the War Eagles had previously returned from a 5th and 6th Fleet deployment during the pandemic.

Since assuming command of VP-16 on May 1, 2020, Kraemer has overseen more than 5,000 total flight hours, 3,778 of which were conducted while on deployment. Under his command VP-16 earned the “Safety S” and “Battle E” awards.

“It has been an absolute honor to lead the men and women of VP-16,” said Kraemer. “These resilient Sailors have excelled and relentlessly exceeded expectations. Every single War Eagle, to include the families of these great Sailors, contributed to the accomplishments of this great squadron. I will cherish this experience and look forward to the War Eagle’s future successes.”

Campbell will lead VP-16 through the remainder of their home cycle work ups and into their next deployment to 5th and 6th Fleet area of responsibilities. Campbell’s previous operational tours include: VP-9 “Golden Eagles” at Marine Corps Air Station Kaneohe Bay, Hawaii as naval flight officer training officer; Commander, Task Force 72 as the Pacific plans officer and Maritime Fleet Coordination Center-Air assistant officer in charge; USS George Washington (CVN-73) in Yokosuka, Japan as operations administration officer; Maritime Patrol and Reconnaissance Weapons School as Weapons and Tactics Department head; VP-4 “Skinny Dragons” at NAS Whidbey Island, Washington as the operations officer; Navy Personnel Command in Millington, Tennessee where he served as the Washington D.C. placement officer



Courtesy photos

Incoming Patrol Squadron (VP) 16 Commanding Officer Cmdr. Timothy Campbell delivers his remarks after assuming command during the VP-16 Change of Command Ceremony at Naval Air Station Jacksonville, May 13.



Incoming commanding officer of Patrol Squadron (VP) 16, Cmdr. Timothy Campbell, left, salutes outgoing commanding officer, Cmdr. Kevin Kraemer, to assume command of the squadron as Commander, Patrol and Reconnaissance Wing 11 Capt. Matt Pottenburgh presides over the VP-16 Change of Command Ceremony, May 13.

before taking over as executive officer of VP-16 in April 2020.

“I am truly honored and humbled to serve as the VP-16 commanding officer,” said Campbell. “Thank you to Skipper Kraemer for his leadership over the past year. He has made

a lasting impact for the entire War Eagle family. We will continue to build on his legacy and our Sailors will take this squadron to new heights.”

The War Eagles also welcomed Cmdr. Ves Whittemore as the command’s new executive officer during the ceremony.

JAX AIR NEWS

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Photos by Kaylee LaRocque

Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Jeff Hill presents Installation Training Officer Jim Butters the NAS Jax Senior Civilian of the Quarter award. Butters' job entails coordinating training exercises and ensuring all base training objectives are completed.



Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Jeff Hill presents Tara Mayer the NAS Jax Junior Civilian of the Quarter award. Mayer is the station aquatics manager, overseeing all aspects of the indoor and outdoor pool operations.

NAS Jax recognizes Civilians of the Quarter

By Kaylee LaRocque

NAS Jax Public Affairs Officer

Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Jeff Hill recently congratulated Senior Civilian of the Quarter (SCOQ) Jim Butters and Junior Civilian of the Year (JCOQ) Tara Mayer.

"It is my absolute honor to announce the 2Q FY21 Civilians of the Quarter," said Hill in an email announcing the selection. "As one might expect the superstars we have on this installation make these boards a rough and tumble romp through some impressive accomplishments and dedication to the team. Just to be nominated is no small feat. We're the best because we have the best working, day in and day out, to provide the 110 tenant commands on our little slice of heaven on the St. Johns with the very best services possible."

Butters, the NAS Jax installation training officer, earned the recognition for planning, coordinating and executing three major exercises including Citadel Shield, and environmental hazardous material spill drill and an active shooter at Navy Region Southeast. All exercises were detailed to follow COVID guidelines.

He also managed the Secretary of Defense's required extremism training requirement for more than 1,000 personnel with a 100 percent completion rate. Butters also ensured a 100 percent completion of active shooter training for base employees. Butters works with many departmental and tenant commands to ensure all installation training requirements are executed.

A native of Williamsport, Pennsylvania, Butters is a retired master chief sonar technician (surface) with 28 years of honorable naval service. After retirement, he worked at LSI, Bearing Point and Axom corporations before taking a contractor position as the NAS Jax training officer. He became a federal employee in 2015.

Butters works all aspects of training for both military and civilian employees "My primary role is to coordinate and plan our emergency response drills, but I can be pulled in multiple directions every day by Total Workforce Management Services, Fleet Management & Planning System requirements, general military training/civilian training, Federal Emergency Management Agency Incident Command System training, and planning events," said Butters.

Butters knows how crucial training scenarios are for base personnel which is why he enjoys his job. "I think the best part is completing realistic drills and training that benefits our emergency responders, Sailors and civilian employees, especially when they show their appreciation and thank you for what you do," he said. "I work hard to make training fun and but keep the focus serious to meet our requirements."

He is grateful to be selected as SCOQ. "I'm honored to receive this award personally; but to me, it shows the appreciation of everyone involved in our training program. I have heard many times, 'I would not want your job,' which tells me they understand the amount of work that it takes and appreciate what I do on a daily basis," said Butters.

And, he is thankful for the support he receives. "I would like to thank everyone that I work with who has supported me because you are the reason I do this job," said Butters. "And, the command leadership (past and present) for promoting and maintaining our teamwork concept and letting us excel as individuals."

In his free time, Butters spends time surf fishing and since COVID restrictions have changed, he can be often be found at NAS Jax Freedom Lanes bowling. He also enjoys the outdoors and often goes camping on weekends.

Mayer, a native of Chattanooga, Tennessee, is the NAS Jax Morale, Welfare and Recreation aquatics director but also recently served as the

interim Community Recreation director. While in the role, she not only managed her Aquatics Department, but also oversaw the operations of Freedom Lanes, Liberty Center, Tickets and Travel, and Community Recreation Departments.

One of the first taskings of her temporary position was to open a COVID Vaccination Center at the River Cove Catering and Conference Center. She worked side-by-side Naval Hospital Jacksonville staff members managing lines, helping with the registration process, and tracking vaccination beneficiaries. She has assisted with more than 25,000 vaccinations.

As the aquatics director, Mayer ensures her staff is certified in first aid and CPR, manages group physical readiness testing for Sailors and works with contractors to maintain the safety of the indoor and outdoor pools.

Mayer came to NAS Jax nearly four years ago after working as Florida's First Coast YMCA regional aquatics director. "I really enjoy shaping the young staff of lifeguards and teaching children how to swim," she said.

She is grateful to be recognized as JCOQ. "I am extremely honored and humbled to win this award," said Mayer. "I would like to thank everyone that I come in contact with each and every day. That is what makes my job so much fun and very rewarding. I undoubtedly have the best management team at MWR! Without them and their trust in my leadership skills and abilities, I would have never been put into the position of even being nominated for this award. My leadership allowed me an opportunity to take on a new role and expand my knowledge within our organization and this is where it led me."

When she's not working, Mayer enjoys spending time with her husband, kids and friends, and cheering on the Jacksonville Jaguars.

MWR Director retires after 42 years of service

By Kaylee LaRocque
NAS Jax Public Affairs Officer

Naval Air Station Jacksonville (NAS Jax) is losing a prominent member of the team when Morale, Welfare and Recreation (MWR) Installation Program Director John (JB) Bushick retires, May 31. Bushick's career spans 42 years of civil service in the recreation field.

A native of Mahanoy City, Pennsylvania, Bushick earned his Bachelor of Science in Health and Physical Education with a specialty in athletic training from Lock Haven State University. He also attended Temple University, completing a Masters of Education in Public Administration in 1981.

His first job working in recreation was at NAS Willow Grove, Pennsylvania in 1977. On June 3, 1978, Bushick married his high school sweetheart, Ann, who has followed him on his journeys. In 1983, he transferred to Naval Station Philadelphia where he served as recreation director. Three years later, the Bushicks traveled across the world to Yokosuka, Japan where he worked for Commander, Fleet Activities Yokosuka.

With no guaranteed return rights, he then accepted a job as director of the Athletics/Department Chair Physical Education at Delaware Valley College. "After a year and half, we were ready to move south and in 1991, a position at NAS Jax opened," he said. "I decided to drop anchor and settle in at the greatest base in the Navy with outstanding leadership and alongside a dedicated team!"



Photo by Morgan Kehnert

Retired Morale, Welfare & Recreation (MWR) Director John Bushick stands with a group of the commanding officers he served under throughout his 23 years at Naval Air Station Jacksonville. The MWR staff celebrated Bushick's retirement honoring his legacy and years of service, May 27 at Dewey's.

In 1992, Bushick returned to federal service taking the job as recreation director at NAS Jax. Several years later, he was promoted to MWR deputy director and then installation program director.

"We've remodeled all the MWR facilities over the past 28 years. We built a brand-new Child Development Center which is the largest in the Navy; expanded Youth Programs and the golf course; remodeled the Liberty Center, Bowling Alley, and Tickets and Travel office. Those are probably the most visible changes," said Bushick. "We also reorganized Liberty, Tickets and Travel, supporting command events with bounce house and other gear, and special base events, following the footprint of Community Recreation."

So what is he going to miss the most? "Definitely, the people. We have the best

team here which makes NAS Jax such a great place," he said. "I've worked for 14 different commanding officers here and I've probably worked about 14 air shows. When we did the 2011 Century of Naval Aviation Air Show, we earned the top award for having the best presentation to support this event."

In the future, he plans to 'chill-out and smell the roses,' golf, cook, spend time with Ann and their two dogs, and do some leisure reading. "Family means a lot to us so we'll take some extended visits back to Pennsylvania," he said.

"I want to thank everyone for their friendship, both professionally and personally," said Bushick. "I served the greatest Navy in the world because our Sailors are the greatest. Leading the charge of course are the many MWR professionals who have accepted the same call to duty."

Sailors clean-up the NAS Jax shoreline



Photos by Julie M. Lucas

Sailors from more than four different commands participated in the Volunteer Shoreline Clean Up event at Naval Air Station Jacksonville, May 27. NAS Jacksonville hosts multiple shoreline clean-ups throughout the year.



OS1 Steven Torres, left, of Fleet Area Control and Surveillance Facilities Jacksonville, and OS2 Roberto Gray, assist each other while picking up rubbish around the St. Johns River at Naval Air Station Jacksonville, May 27.

NAS Jax Flight Line Cafe receives 10th consecutive five-star accreditation

By Julie M. Lucas

NAS Jax Public Affairs

Naval Air Station Jacksonville (NAS Jax)'s Flight Line Café recently earned its 10th consecutive 5-star rating from Commander, Navy Region Southeast (CNRSE). Service members heading to chow aboard NAS Jax can rest easy knowing they are getting some of the best meals in the Fleet.

According to Food Service Officer CWO3 Karen Thompson, winning these awards starts with the Sailors who work tirelessly at the galley.

“The reason our dining facility keeps getting the 5-star award year-after-year, is due to the hard work and dedication the Sailors and leaders here put in day in and day out,” Thompson said. “They are passionate about what they do and display it to the crew daily. I couldn’t be prouder of them.”

The galley is rated in 12 different categories ranging from food preparation, sanitation, service, taste, and nutrition. According to Thompson, not much preparation is required for the Flight Line Café because they strive to uphold these requirements year-round.

Thirty-five culinary specialists and 19 Goodwill contractors work daily to serve three meals and keep the facility clean. CNRSE sets a 21-day cycle menu for the galleys that can be slightly altered for special meals in accordance with monthly observances or holidays.

“This job is more than cooking, it also includes the logistics of ordering food and supplies while being very detail oriented and organized,” said CSC Cory Kennedy. “We want to serve good food that our patrons enjoy eating.”

At the Flight Line Café, a rotation occurs to keep everyone’s skills in tune. While some may prefer duties such as cake decorating or baking, all staff get an opportunity to try their hand at every task so that sections are equally skilled.



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

Commander, Navy Region Southeast Galley Program Manager Mike Carter presents Naval Air Station Jacksonville (NAS Jax) Food Service Officer CWO3 Karen Thompson, a certificate in recognition of NAS Jax’s Flight Line Cafe receiving its 10th consecutive five-star accreditation, May 12.

The galley will soon face another inspection, but Thompson isn’t worried about her team.

“I expect we will bring home our 11th 5-star in the next few months,” she said.

Due to the HPCON Bravo+ restrictions, the galley isn’t allowed to hold its monthly all-hands meals, but is ready for the notice that they can go back to regular service.

“The way I’ve seen our Sailors and staff step up and adapt in this extreme environment shows me I have a dedicated team of professionals,” said Thompson.

The Flight Line Café is located on the corner of Saratoga Avenue and Mustin Road. Hours of operation are: breakfast 6-7:30 a.m., lunch 11 a.m.-12:30 p.m. and dinner 4:30-6 p.m. A Sunday brunch is served 10:30 a.m.-12:30 p.m. and Sunday dinner is from 4:30-5:30 p.m. The daily menu line is 542-4245.

What’s your plan? Commissaries offer savings on emergency supplies

By Kevin L. Robinson

DeCA Public Affairs Specialist

In 2020, Mother Nature struck with a historical vengeance, recording 30 named storms – 13 of them hurricanes – to become one of the most active years ever. The storm tally even exhausted its list of names and ran well into the Greek alphabet.

“What’s your plan for the storm that knocks out the lights and closes the grocery stores?” said Marine Sgt. Maj. Michael Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “Your commissary can help you save money while you prepare for that unexpected event.”

From April through Oct. 31, DeCA’s severe weather promotional package includes discounts on the following items: assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, bags, weather-ready

flashlights, tape, first aid kits, lighters, matches, lanterns, candles, sanitizers, etc. Specific items may vary by store.

The North Atlantic hurricane season is June 1 to Nov. 30 and covers the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico. Tornado season is April to July.

The Accuweather forecast for 2021 calls for 16-20 named storms, seven to 10 of which will be hurricanes, with three to five of the hurricanes potentially being category 3 or higher. The spring tornado forecast, according to ustornadoes.com, is calling for a normal season.

Emergency preparedness officials encourage prior planning with a disaster supply kit that include:

- Water – at least one gallon daily, per person (three-day supply for evac., two-week supply for home)
- Nonperishable foods – canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly
- Paper goods – paper, paper plates and towels, and toilet paper
- Writing utensils – pens, pencils, markers
- Cooking items – pots, pans, baking sheets, cooking utensils, charcoal, a grill and a can opener
- First-aid kit – incl. bandages and medicines

- Cleaning materials – bleach, sanitizers, hand and laundry soap
- Toiletries – personal hygiene items, wet wipes
- Pet care items – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags
- Lighting accessories – flashlights, batteries, candles and matches
- Battery-powered or hand-crank radio
- Duct tape, scissors
- Multipurpose tool
- Copies of personal documents (pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Maps of the area
- Extra cash
- Blankets or sleeping bags

“Being in the military community we advise our customers to be ready for any emergency, natural or manmade,” Saucedo said. “So make a plan, stay informed and remember to use your commissary to save money as you prepare.”

For more information about disaster preparedness, go to the DeCA website for lists of resources.

VP-30 holds retirement and change of command ceremony



Photo by MCI (SW/AW) Cory Rose

Capt. T.J. Grady, left, salutes Capt. Jonathan Spore upon relinquishing command of Patrol Squadron (VP) 30 to Spore during a change of command ceremony at Naval Air Station Jacksonville, May 27.

By Lt. Jesse Holian

VP-30 Assistant Public Affairs Officer

Capt. T.J. Grady relinquished command of Patrol Squadron (VP) 30 to Capt. Jonathan Spore during a change of command and retirement ceremony, May 27.

Rear Adm. Lance Scott, commander, Patrol and Reconnaissance Group, was the presiding officer while Capt. Erik Estenson, deputy director, Special Programs, Office of the Chief of the Naval Operations and Capt. William Pennington, director, Navy and Marine Corps Congressional Appropriations Matters Office were the guest speakers honoring Grady after 26 years commissioned service and 10 operational tours of duty.

“Of the many missions and platforms in the history of naval aviation, none is more storied than Maritime Patrol and Reconnaissance,” said Rear Adm. Scott. “Pensacola may be the cradle of naval aviation, but Patrol Squadron Thirty is the heart and soul of maritime patrol.”

Under Grady’s command, VP-30 received the CNO Aviation Safety “S” Award for fiscal years 2019 and 2020. The “Pro’s Nest” also received the 2020 Cmdr. Theodore G. Ellyson Production Excellence Award presented annually by the Chief of Naval Air Training. The Ellyson Award program examines squadrons’ efficiency, ability to meet fleet requirements for production, time to train, and mitigation strategies to combat external resource or execution barriers if present.

“To the men and women of the Pro’s Nest, thanks for caring for each other, for me, and for my family. I’m proud of all of you. I truly hope I lived up to your expectations, because I loved being your Skipper. Capt. Spore, in a few minutes, they’re all yours. You’re a lucky man, lead ‘em well. Best of luck, you’re the perfect guy to fix everything I’ve broken over the past few years,” said Grady as he was piped ashore one last time into retirement.

“This is the second time I have had the opportunity to follow Skipper Grady into a job,” said Spore. “With the exception of poor

taste in football teams, this squadron could not have had a better leader. He certainly leaves big shoes for me to fill.”

A native of Chantilly, Virginia, Spore graduated from the United States Naval Academy in 1997 where his journey then began as a naval flight officer. He completed three operational tours with P-3C squadrons beginning with VP-5 in Jacksonville, Florida, VP-16 in Jacksonville, and most recently in command of VP-4 in Kaneohe Bay, Hawaii. He also served as the operations administrative assistant aboard USS Theodore Roosevelt (CVN 71). In his shore assignments, Spore served as the assistant operations and weapons and tactics instructor on the staff of Patrol and Reconnaissance Wing Eleven; flag aide to Commander, Naval Air Force, Atlantic; Fleet Replacement Squadron training director and instructor at VP-30; deputy executive assistant to the Deputy Chief of Naval Operations, Integration of Capabilities and Resources (N8); staff officer assigned to the Deputy Director for Resources and Acquisition in the J-8 directorate of the Joint Staff; and as the assistant aviation captain detailer at Navy Personnel Command. Prior to returning for assumption of command at VP-30, Spore was assigned to the Operations and Plans directorate (N31) in the Office of the Chief of Naval Operations.

“To the Sailors, civilians, and contractors that come to work here at VP-30 every day, it is great to be back in the Pro’s Nest,” said Spore. “I ask each and every one of you to take pride in your work each day, to be professional, to treat your shipmates with respect, to commit to a standard of excellence and do your part to make this squadron the best it can be. I pledge that I will do the same. Together we will excel in our primary mission and the Fleet will be properly manned to support the defense of our Nation.”

With the ever-growing demand for maritime supremacy, the Pro’s of VP-30 look forward to sustaining their superb record of safety while continuing to train maritime aviators and aircrewmembers.



NAS Jax Navy-Marine Corps Relief Society receives final check for fund-drive

Photo by Julie M. Lucas

Committee members from the Active Duty Fund Drive presented a final check May 18 to the Naval Air Station Jacksonville Navy and Marine Corps Relief Society (NMCRS) for \$332,365.75. Pictured front row from left, David Blyar, June Brennen, Melissa Wilson, and Jamie Kirchert. Back row, Patrol Squadron 30 Commanding Officer Capt. T.J. Grady, Alicia Sawielski, Lt. Kelly Sawielski, Lt. Zachary Collier, Monika Woods and Rear Adm. Wes McCall, commander, Navy Region Southeast. The NMCRS is open to assist military members and their families. Stop by Building 13 or call (904) 542-3515.

Fleet Readiness Center Southeast saves thousands by implementing improvements

By Ashley Lombardo

Fleet Readiness Center Southeast Public Affairs

Fleet Readiness Center Southeast (FRCSE) recently implemented various continuous process improvements (CPI) within the command's Bonded Material Storeroom (BMS), saving the depot approximately \$101,800, and helping to supply materials for 22 Golden Tickets. The new CPI methods streamlined processes and distribution across the storage area.

A lot of magic happens in the BMS. This area operates as a central hub, receiving all raw materials required for manufacturing processes.

"The BMS team is responsible for receiving, evaluating, certifying and distributing every piece of raw material purchased by FRCSE," said Production Controller Daniel Janansky. "We supply material to all the depot's manufacturing shops, as well as MRO Production Lines and FRCSE's satellites, such as Detachment Jacksonville, Detachment Mayport and Cecil Commerce Center. The work performed in the BMS is the first step in what is often a lengthy manufacturing process."

Encouraged by the recent implementation of the Navy Sustainment System (NSS), FRCSE's MRO Manufacturing Execution Branch Head, Gary Joshway, decided during 2020 that it was time to get organized.

"I was challenged to spearhead and improve the receipt and distribution process of all raw materials needed for repair or manufactured parts for our customers," he said. "BMS is the focal point of that request, and it needed a more robust structure so that everyone could truly understand how raw materials flowed in and out during the manufacturing process."

Considering the sheer amount of materials coming in and out of this area, it seemed like a no-brainer to Joshway, Janansky and a team made up of experts ranging from CPI professionals to technicians and upper management agreed that the site should operate in a way that was efficient, effective and financially frugal.

The team quickly delved into the 5S system, but while they sorted, straightened, shined, standardized, and implemented control measures to sustain their newly defined space, a more extensive project evolved.

Poor flow, inaccessibility, delays, a lack of inventory lists, excessive stored metals, and partial and remnant materials were just a few of the areas that needed to be addressed.



Photo by Toiete Jackson

Production Controllers Brian Kajenski (left) and Daniel Janansky (right), with Fleet Readiness Center Southeast's Bonded Material Storeroom, move a piece of bar stock in support of a supply discrepancy report. A recent process improvement project within the BMS created a cleaner work area, smoother product flow and limits the amount of excess raw materials.

In short, something more had emerged from what had begun as an organizational task. BMS was budding with opportunities to continue improving.

Queue FRCSE's Richard Sikorski Continuous Process Improvement Specialist.

At the request of Joshway, Sikorski, among other subject matter experts, began putting their heads together.

"After finishing, the 5S flow map, we stood back and took a hard look at our documented process," said Sikorski. "From there, the team identified that we had several bottlenecks occurring in the area. Our goal was to remove them so that product would flow smoothly in and out of the BMS."

Portable benches with wheels made workstations moveable. Process maps helped promote better workflow and operations. Specific storage areas were designated to hold and organize partial shipments awaiting more material. An extensive inventory list identified how to address, manage and dispose of excessive stock, and allowed sharing among departments to satisfy orders more efficiently.

"By evaluating thousands of pieces of material throughout the BMS, neighboring 'Green Monster' location and off-location warehouses, we were able to post an inventory that accurately represents what FRCSE has available on hand in real-time," said Janansky "This is where our cost avoidance numbers came into play."

By addressing excessive storage, the folks in the BMS were not just able to create an inventory list that would help satisfy expedited manufacturing orders, or Golden Tickets, but they also were able to adequately address remnant and partial materials and dispose of metals costing the depot thousands in unnecessary storage costs.

"Considering that there is an associated cost for storing metal, the team vetted a disposal

process through management that can now be implemented at the shop-level," said Sikorski. "This allows the team to make swift decisions regarding what should be disposed and what should be stored."

Further, remnant materials or scrap materials must be sent back to supply chain vendors for FRCSE to receive a monetary credit. A spinoff from the inventory list was a two-card system used to identify material before and after it has been used in the manufacturing process so the team can store, return and order new items appropriately.

The two-card system for remnant pieces tells the team precisely what raw materials need to be returned to vendors. The partial storage allows for organized, safe storage while the team awaits more shipments, and the final inventory list is shared with the Planning and Estimator Division so that both groups know what material can be issued for future projects and Golden Tickets. Not to mention all three streamlined processes keep money in the command's pocket by minimizing the number of items being stored unnecessarily for extended periods.

"The project is closing in fast on \$110,000 of cost avoidance," said Sikorski. "The cost avoidance is calculated by evaluating the cost of material we can issue directly from inventoried stock instead of repurchasing. This aids in reducing turnaround time for material backorders, delivery and the cost of reordering duplicate metal. The success of the project also goes beyond monetary savings as multiple Golden Tickets can be expedited, by proper inventory utilization."

With a little elbow grease and many great minds, FRCSE's BMS has not just become a clean, organized and highly-productive storage area and workspace, but it has also become a model of collaboration for other areas of the command.

VP-5 “Mad Foxes” hold Change of Command

By Lt j.g. Matthew Skowronski

VP-5 Public Affairs Officer

The Patrol Squadron (VP) 5 “Mad Foxes” held a Change of Command ceremony at NAS Jacksonville, May 21.

Cmdr. Ronald Rumfelt was relieved by Cmdr. Frank Sanchez as VP-5 commanding officer in a ceremony attended by military guests, distinguished visitors, family, and friends.

Capt. Matthew Pottenburgh, commander, Patrol and Reconnaissance Wing 11, served as the guest of honor.

Rumfelt, originally from Los Angeles, joined the Mad Foxes in June of 2019 as executive officer while the squadron was preparing for its deployment to the 7th Fleet area of responsibility. He assumed command of VP-5 in April 2020, as the 70th commanding officer. Rumfelt successfully led the squadron through a rigorous home cycle and a very successful 7th Fleet deployment.

“I could not be prouder of the great work that our Sailors do every day,” said Rumfelt. “It has been the privilege of a lifetime to serve with the exceptional maintainers, aircrews, and support professionals that makeup VP-5. I am optimistic for our future, and firmly believe that this is the finest maritime patrol squadron in the Fleet.”

The change of command was solidified by the reading of the orders. At the time of turning over command, the outgoing commanding officer will call all hands to muster, read the order of detachment and turn over command to his or her relief, who will read the orders of relief and assume command.



Cmdr. Ronald Rumfelt

Sanchez, a native of New York, assumed command, as the 71st commanding officer of VP-5 days after their 2020-21 7th Fleet deployment. Sanchez joined the squadron as executive officer in April 2020, helping lead the Mad Fox Team through their home cycle, operational readiness evaluation, and deployment.

After assuming command, Sanchez addressed the nearly 300 Mad Foxes for the first time as commanding officer. “I am incredibly



Cmdr. Frank Sanchez

honored to assume command and be afforded the opportunity to lead our great squadron,” he said. “The responsibility of our nation’s greatest resource, the men and women of VP-5, is a privilege that I will forever treasure.”

VP-5 is a long-lived maritime patrol squadron of the United States Navy. The Mad Foxes are the second oldest patrol squadron, the fourth oldest squadron in the United States Navy, and the 33rd oldest aviation squadron in all of the United States military services.



GO JUICE: DREAM BIG

John Maxwell states, “Nearly everything a leader does hinges on the type of dreams he or she has. If their dreams are small, so will be the results.”

A high-ranking French official who understood this concept once expressed it thus when addressing Winston Churchill: “If you are doing big things, you attract big people. If you are doing little things, you attract little people. Little people usually cause trouble.”

Big dreams attract big people.

DISCLAIMER: (This is not attacking the size of the person, rather the size of their dreams.) Too often people limit their own

potential. They think small. They are afraid of risk.

People no longer willing to stretch are no longer able to grow.

As author Henry Drummond says, “Unless a man undertakes more than he possibly can do, he will never do all he can do.”

My friend once told me that if I could dream it, I could do it. With hard work, perseverance, discipline, and faith, one day our dreams can become a reality!

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

New leader takes helm at HSM-70

By Lt. j.g. Max Bevill

HSM-70 Public Affairs

Cmdr. Anthony Polo assumed command of Helicopter Maritime Strike Squadron (HSM) 70 from Cmdr. Michael Perez during the change-of-command ceremony at Naval Air Station (NAS) Jacksonville, May 27.

Perez assumed command of HSM-70 in March 2020. He prepared and led the squadron through an extended maintenance period where HSM-70 supported the first three Carrier Air Wing Eight (CVW-8) USS Gerald R. Ford (CVN-78) embarkations, and three CVN-78 detachments. HSM-70 completed 3,749 mishap-free flight hours supporting CVW-8, and was also awarded the Commander, Helicopter Maritime Strike Wing Atlantic and CVW-8 FY20 and FY20Q4 Golden Wrench awards for excellence in maintenance readiness and execution.

Polo graduated from Texas A&M University with a degree in Mechanical Engineering Technology and was commissioned as an ensign in December 2003. Following commissioning, Polo reported to NAS Pensacola, Florida for aviation training. He was designated a naval aviator in February 2005.

Polo's first fleet assignment was in San Diego, California from December 2006-2009 with the "Saberhawks" of Helicopter Anti-submarine Squadron Light 47. He flew the SH-60B during the USS Abraham Lincoln Carrier Strike Group 2008 deployment to the 5th and 7th Fleet area of responsibilities (AOR) in support of Operations Iraqi Freedom and Ensuring Freedom both on the carrier and USS Shoup (DDG 86). After deployment, he transitioned the squadron to Helicopter Maritime Strike Squadron 77 flying the new MH-60R helicopter. While assigned to the Saberhawks, he served as a squadron schedule writer, detachment maintenance officer, and NATOPS officer.

Following his tour with the Saberhawks, Polo reported to the Fleet Replacement Squadron (FRS) HSM-41 as an instructor pilot from 2009-2012 in San Diego. While assigned to HSM-41, he was selected to attend the Seahawk Weapons and Tactics Instructor (SWTI) course at NAS Fallon, Nevada. Following graduation from SWTI (Class 02-11), he was assigned to HSM-41 as the weapons tactics instructor, managing the tactics phase of the FRS syllabus. In 2012, Polo transferred to CVW-17, as the helicopter operations officer in San Diego. Polo deployed onboard USS Carl Vinson (CVN 70) in support of Operation Inherent Resolve (OIR).

Polo reported to the "Battlecats" of HSM-73 attached to CVW-17 in 2015. He deployed as the combat element officer-in-charge onboard USS Dewey (DDG 105) in support of OIR and 7th Fleet AOR operations. He later led the Battlecats as the operations officer through the optimized fleet readiness plan with the USS Theodore Roosevelt (CVN 71) Carrier Strike Group in preparation for their 2017 5th and 7th Fleet deployment.

He was most recently assigned to the U.S. European Command in Stuttgart, Germany as a political-military desk officer for numerous Western European allied countries in the J5/8 - Policy, Strategy, Partnering and Capabilities Directorate.

Polo has accumulated over 2,600 total flight hours. His personal awards include the Defense Meritorious Service Medal, Navy and Marine Commendation Medal (3), Navy and Marine Corps Achievement Medal (2), and numerous other campaign and unit awards. He holds a Master's Degree in Administrative Leadership from The University of Oklahoma and his Joint Professional Military Education from the United States Marine Corps Command and Staff College.



Cmdr. Michael Perez



Cmdr. Anthony Polo

Now is the time to prepare for the 2021 hurricane season.

Florida consumers can purchase qualifying disaster preparedness supplies exempt from tax during the 2021 Disaster Preparedness Sales Tax Holiday. Passed by the Florida Legislature and signed into law by Governor Ron DeSantis, the sales tax holiday begins Friday, May 28 and extends through Sunday, June 6.

2020 Naval Air Station Jacksonville Water Quality Report

The Naval Facilities Engineering Command Southeast (NAVFAC SE) Public Works Department (PWD), as the Naval Air Station Jacksonville (NAS Jax) water utility service provider, is releasing the 2020 Water Quality Report. PWD provides a safe and dependable supply of drinking water through three deep wells which draw from the Floridan Aquifer.

In 2020, the Department of Environmental Protection (DEP) performed a source water assessment that identified no potential sources of contamination near Station wells. Assessment results are on the DEP Source Water Assessment and Protection Program website at www.dep.state.fl.us/swapp. Treatment of the water supply includes aeration for odor control and chlorination for disinfection. In 2003, Station began receiving potable water from JEA, therefore, some of the data in this report is from JEA testing.

PWD Jacksonville routinely monitors for contaminants in your drinking water according to federal and state laws and regulations. Except where indicated otherwise, this report is based on the results of our monitoring for the period Jan. 1 to Dec. 30, 2020. Data obtained before Jan. 1, 2020 and presented in this report are from the most recent testing done in accordance with the laws, rules, and regulations.

Below are the definitions of terms and abbreviations used in the report:

Action Level (AL) - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level - The “Maximum Allowed” (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The “Goal”(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfection Level (MRDL) – The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) – The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants

Non-Detects (ND) –indicates that the substance was not found by laboratory analysis.

Not Applicable (N/A) – No value limit or restriction has been applied to this particular parameter.

Parts per billion (ppb) - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Parts per million (ppm) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.

NON-SECONDARY TEST RESULTS TABLE – NAS JACKSONVILLE							
Radiological Contaminants							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Gross Alpha (pCi/l) (JEA*/NAS)	02/17	N	7.07	ND – 7.07	0	15	Erosion of natural deposits
Radium 226&228 (pCi/l) (JEA*/NAS)	02/17	N	1.296	ND – 1.296	0	5	Erosion of natural deposits
Inorganic Contaminants							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Barium (ppm) (JEA*/NAS)	03/20	N	0.028	0.018-0.028	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Lead (ppb) (JEA* only)	03/20	N	0.2	ND – 0.2	0	15	Residue from man-made pollution such as auto emissions and paint; lead pipe; casing and solder
Fluoride (ppm) (JEA*/NAS)	03/20	N	0.49	0.392-0.49	4	4	Erosion of natural deposits; discharge from fertilizer and aluminum factories. Water additive which promotes strong teeth when at optimum levels between 0.7 and 1.3 ppm
Nitrate (as Nitrogen) (JEA*/NAS)	03/20	N	0.12	ND - 0.12	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium (ppb) (JEA* only)	03/20	N	0.6	ND – 0.6	50	50	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines
Sodium (ppm) (JEA*/NAS)	03/20	N	11	8.32-11	N/A	160	Salt water intrusion, leaching from soil
*JEA results are from the Southwest Regional plant which feeds the interconnect with NAS JAX							
Stage 2 Disinfectants and Disinfection By-Products							
For chlorine, the level detected is the highest running annual average (RAA), computed quarterly, of monthly averages of all samples collected. The range of results is the range of results of all the individual samples collected during the past year.							
For haloacetic acids or TTHM, the level detected is the highest RAA, computed quarterly, of quarterly averages of all samples collected if the system is monitoring quarterly or is the average of all samples taken during the year if the system monitors less frequently than quarterly. Range of Results is the range of individual sample results (lowest to highest) for all monitoring locations.							
Contaminant and Unit of Measurement	Dates of sampling (mo./ yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG or MRDLG	MCL or MRDL	Likely Source of Contamination
Total Trihalomethanes (TTHM) (ppb)	Quarterly 2020	N	71.15	20.59-52.51	N/A	80	By-product of drinking water chlorination
Haloacetic Acids (HAA5) (ppb)	Quarterly 2020	N	16.42	2.44-16.25	N/A	60	By-product of drinking water chlorination
Chlorine Residual (ppm)	01/20-12/20	N	0.95	0.8-1.12	4	4.0	Water additive used to control microbes
Lead and Copper (Tap Water) (NAS only)							
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	AL Violation Y/N	90 th Percentile Result	No. of sites exceeding the AL	MCLG	AL (Action Level)	Likely Source of Contamination
Copper (tap water) (ppm)	06-08/20	N	0.0646	0 of 54 sites	1.3	1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (tap water) (ppb)	06-08/20	N	1.1	0 of 54 sites	0	15	Corrosion of household plumbing systems; erosion of natural deposits

PFAS -What are per- and polyfluoroalkyl substances and where do they come from?

Per- and polyfluoroalkyl substances (PFAS) are a group of thousands of man-made chemicals. PFAS have been used in a variety of industries and consumer products around the globe, including in the United States, since the 1940s. PFAS have been used to make coatings and products that are used as oil and water repellents for carpets, clothing, paper packaging for food, and cookware. They are also contained in some foams (aqueous film-forming foam or AFFF) used for fighting petroleum fires at airfields and in industrial fire suppression processes because they rapidly extinguish fires, saving lives and protecting property. PFAS chemicals are persistent in the environment and some are persistent in the human body – meaning they do not break down and they can accumulate over time.

Is there a regulation for PFAS in drinking water?

There is currently no established federal water quality regulation for any PFAS compounds. In May 2016, the EPA established a health advisory (HA) level at 70 parts per trillion (ppt) for individual or combined concentrations of perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS). Both chemicals are types of PFAS.

Out of an abundance of caution for your safety, the Department of Defense’s (DoD) PFAS testing and response actions go beyond EPA Safe Drinking Water Act requirements. In 2020 the DoD promulgated a policy to monitor drinking water for PFAS at all service owned and operated water systems at a minimum of every three years.

The EPA’s health advisory states that if water sampling results confirm that drinking water contains PFOA and PFOS at individual or combined concentrations greater than 70 parts per trillion, water systems should quickly undertake additional sampling to assess the level, scope, and localized source of contamination to inform next steps.

Has NAS Jax tested its water for PFAS?

Yes. In November 2020, samples were collected from the NAS Jax water treatment plant. The drinking water testing results were below the method reporting limit for all 18 PFAS compounds covered by the sampling method, including PFOA and PFOS. This means that PFAS were not detected in your water system. In accordance with DoD policy, the water system will be resampled every three years for your continued protection.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:
Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.
Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum

production, and can also come from gas stations, urban stormwater runoff, and septic systems.

Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

To ensure tap water is safe to drink, the Environmental Protection Agency (EPA) prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. The U.S. Food and Drug Administration regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. NAVFAC SE is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If there are concerns about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps to take to minimize exposure is available at <http://www.epa.gov/safewater/lead>.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised people such as those undergoing chemotherapy, have undergone organ transplants, those with HIV/AIDS and some elderly or infants can be at risk from infections. Please see advice about drinking water from healthcare providers. EPA and Center for Disease Control guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk.

For more information or questions concerning this report, NAS Jax housing residents should contact the housing office and base employees should contact PWD Jacksonville Utilities at (904) 542-6440.

Navy accepting STA-21 applications

From Naval Service Training Command Public Affairs

The Seaman-To-Admiral (STA-21) commissioning program, which provides an opportunity for qualified Sailors to receive college educations and U. S. Navy commissions, is soliciting applications for fiscal year 2022. The deadline for application packages is July 1. STA-21 applicants must attend the Naval Science Institute (NSI) course at Officer Training Command (OTC), Naval Station Newport Rhode Island, prior to beginning college studies at a Naval Reserve Officers Training Corps (NROTC) affiliated college or university.

NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during summer or fall semesters/quarters after selection. The STA-21 program benefits Sailors as well as the Navy. The average candidate has at least two years and in most cases more than four years of observed performance which assists in the process of selecting the most qualified Sailors to receive a commission. Additionally, STA-21 candidates are on average older than most midshipmen, bringing a maturity

directly reflected in the more than 90 percent completion rate STA-21 program candidates boast. Additionally, many Sailors involved in the STA-21 program already have some college credit and some candidates finish ahead of the three years allotted to earn a degree. All of these factors - proven performance for better selection, maturity for higher completion rates, and previous college credit - save the Navy money while producing top-quality experienced Naval officers. According to NAVADMIN 094/21, the following target options and core are open for application for the FY-22 selection board: Surface Warfare (SWO), Surface Warfare Engineering Duty (SWO/ED), Nuclear (Surface/Sub), Special Warfare, Explosive Ordnance Disposal, Naval Flight Officer, Pilot, Civil Engineering Corps, Nurse Corps and Information Professional. The following target options have zero select opportunity for FY-22: Human Resources, Intelligence, Information Warfare, Medical Corps, Supply Corps, Surface Warfare Officer/Information Professional (SWO/IP), Oceanography (OCEANO) and SWO/OCEANO. The Nuclear (Surface/Sub) target option is now open to Sailors who are serving in the Fleet and hold an active nuclear Navy enlisted classification (NEC) (N1XO, N1XS, N2XO, N2XS) and to those Sailors who are in the nuclear training pipeline with the N91T NEC. Applicants holding a nuclear NEC must receive conditional release,

in line with reference (b), if applying for an option outside the nuclear community, from the Nuclear Enlisted Community Manager (OPNAV N133D). All applicants for STA-21 nuclear option (STA-21(N)) must be able to begin their first day of class in the first semester of their course work prior to commencing their eighth year of service. In many competitive selection processes, it is often a candidate’s extra efforts that can result in selection for the STA-21 program, Reporting seniors who feel they have a sailor with the potential to be selected by STA-21 should comment on their leadership skills and potential in their performance evaluations early in their career. These comments are highly regarded by the boards, even in junior Sailors. All Sailors that are applying for STA-21 should have an endorsing letter from their commanding officers and include their Scholastic Aptitude Test/American College Test (SAT/ACT) scores in their packages. This year’s NAVADMIN includes numbers from last year. It states of the 339 applications received for FY-21, only 318 were board eligible. Fifty-five were selected to participate in the FY-21 STA-21 program. Each year, packages are not considered due to non-qualifying SAT/ACT test scores, missing commanding officer (CO) endorsement/recommendation, recent non-judicial punishment, missing PFA cycles, missing or illegible submission of documents, and not meeting program age or PFA requirements.

CREDO workshops, retreats bring enrichment to NAS JAX

By Julie M. Lucas
NAS Jax Public Affairs

Workshops are being offered aboard Naval Air Station Jacksonville, to active duty military looking to add tools to their personal toolbox. Chaplains Religious Enrichment Development Operation (CREDO) is a Navy program that works to enhance the daily lives of Navy personnel.

“We are here to enrich the daily lives, both at home and work for our service members and base staff,” said Candice Leffingwell, CREDO Southeast facilitator.

CREDO is sponsored by the Navy Chief of Chaplains and offers transformational retreat-based programs and non-retreat events, designed to assist Sailors and their families. Since 1971, CREDO has offered spiritual, personal, and relational growth opportunities profoundly enhancing the lives and service of participants.

“We offer Core + programs such as suicide intervention training (ASIST, safeTALK), as well as personality insights utilizing Myers-Briggs Type Indicator and relationship foundations in a course called Prep,” Leffingwell said. “The results of these core programs are more resilient, balanced, and healthy Sailors and families.”

According to Leffingwell, workshops can be tailored to teambuilding needs of commands around the base. CREDO provides commanders with a key resource by which to care for and strengthen their Sailors and families. The local team will visit commands and conduct team building and other exercises to aid in their success.

Of course, most people are familiar with the retreats that are offered by the program. Some of the retreat topics cover marriage enrichment and dating skills for single service members. CREDO offers retreats at no cost to the participants; however, participants are expected to provide their own transportation and childcare if necessary for a 2-night stay.

The program pays for accommodations in locations, such as hotels and retreat centers, which are conducive to relaxation and comfort so that participants can focus their attention and efforts on personal growth and marital and family enrichment.

“The courses are non-faith based,” said Leffingwell, a recent Navy Religious Program Specialist retiree.

Upcoming courses planned for June include safeTALK on June 10 and 24, Prep on June 23, Covey 7 Habits on June 30 and MBTI on June 28.



CREDO

Chaplains Religious Enrichment Development Operation



CREDO offers YOU the training and tools to face life's challenges with strength and confidence.

SAFETALK: 10 & 24 JUN 0900-1200

The safeTALK workshop prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources. The safeTALK training includes powerful videos illustrations, and opportunities for discussion



PREP: 23 JUN 0900-1200

Improve your marital net worth. These sessions will give you the tools to communicate better, work out those nagging problems and increase couple intimacy.



COVEY 7 HABITS: 30 JUN 0900-1200

Focus on timeless principles of fairness, Integrity, honesty, and human dignity by Identifying areas of your work and personal life where applying these habits will improve your effectiveness and fulfillment, based on 7 Habits of highly effective people, a best-selling book by Stephen Covey.



MBTI & LEADERSHIP: 28 JUN 0900-1100

Learn the different personality types and how they can be used to maximize strengths of your organization inspiring all to meet mission requirements.

For more information and to register contact
LCDR Larry Jones, CREDO Deputy Director

Follow us!  www.facebook.com/CREDO.Southeast

Phone: (904) 542-5645
E-mail: larry.l.jones4@navy.mil

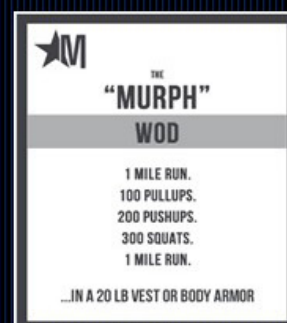
An additional event this month includes the Memorial Day Murph Challenge for all military in Commander, Navy Region Southeast commands. Send a 30-second to 1-minute video of you or a shipmate participating in the Murph Challenge anytime between May 24-June 1 to cnrsecredo@gmail.com and then follow them on the CREDO Facebook page at Credo Southeast. All videos will be posted by June 2.

For questions about these programs, check out their Facebook page at CREDO Southeast, call 542-5179/5645 or email at cnrsecredo@gmail.com.

CNRSE CREDO VIRTUAL MURPH CHALLENGE

- WHO: All Commands In Commander Navy Region Southeast
- WHAT: Cross-Fit Memorial Day Murph Challenge in memory of LT Michael Murphy
- WHEN: Anytime During the Week of MAY 24 – JUN 01
- HOW: Send a 30 Second to 1 Minute Video of you or a Shipmate participating in the Murph Challenge to cnrsecredo@gmail.com and then follow us on our CREDO Facebook page @ www.facebook.com/CREDO.Southeast. All videos will be posted by 2 JUN.

- We must **NEVER** forget those who have made the ultimate sacrifice for our Nation. We must continue to build our **Physical, Mental, Emotional, and Spiritual Toughness** for the life challenges that lie ahead.



- For those who participate, please partner with someone and modify according to your fitness level. Also honor all COVID protocols and be safe. **“NEVER FORGET”!!!!**

Tickets Available for Families at Tickets and Travel Office

Community Recreation Tickets & Travel Office
Call 542-3318 or email nasjxtickets@navy.mil
Baby Shark Live!—Times Union Center, June 25, 2021: \$50.

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

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

Jeff Dunham—VyStar Veteran's Memorial Arena, June 5, 2021: \$64.50.

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.

Gabriel Iglesias a.k.a. Fluffy—Vystar Veteran's Memorial Arena, Dec. 3, 2021: \$85.

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

Justin Bieber—VyStar Veteran's Memorial Arena, Apr. 7, 2022: \$177 & \$233.

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

Motley Crue, Def Leppard, and Poison w/Joan Jett & the Blackhearts—TIAA Bank Field, July 2, 2022: \$121.25.

Current Ticket Promotions Include the Following:

Atlanta City Pass: \$76.75 adult, \$63 child (3-12); admission to Georgia Aquarium, World of Coca Cola, Inside CNN Studio Tour, High Museum of Art OR Fern Bank Museum of Natural History, and Zoo Atlanta or Atlanta History Center.

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

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

Crayola Experience, Orlando, ages 3 and older: \$20.
Disney World Orlando Armed Forces 2021 Salute 4-Day ticket with hopper option - \$290; 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, and the Commissioned Corps of the National Oceanic and Atmospheric Administration "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, Total Experience: \$13 - \$17.50.

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

Legoland FL: \$67.25 one day w/2nd day free;

Legoland \$84.25 one day plus waterpark w/2nd day free; active duty free at the gate with ID.

Orlando Magic Basketball: \$29.75-\$249; 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 until Dec. 31, 2021, Adult \$235, Child (age 3-9) \$230; Eligible service members - active or retired U.S. military, National Guard or Reservists and 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. DoD IDs also qualify. Visit the Ticket Office for further details.

Whitewater Express (Columbus, Ga.): Rafting \$30 - \$40; Zip-line \$35 - \$50. Reservation required at the time of purchase.

Wild Adventures (Valdosta, Ga.): 1-day \$35.75; 2-day \$42.25; Gold Pass - \$86.50

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

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/>.

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

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