



Blackjack Banner



From the Captain's Desk

Hello Everyone!

If you haven't noticed, there is a new face on the cover of this month's newsletter. On Aug 2, I relieved CDR Laubach as Commanding Officer of the Blackjacks. I want to say thank you to Skipper Laubach and his wife Michelle for their friendship, leadership and mentorship. Skipper Laubach did an outstanding job leading this great squadron. Fair Winds and Following Seas to the Laubachs!

It is an honor and privilege to be your Commanding Officer and I look forward to working with you in furthering the squadron's greatness. If you have not heard, my philosophy is that every "Blackjack" requires an ACE. Focusing on the Navy's core values of Honor, Courage and Commitment, we as Blackjacks have to demonstrate Accountability for our actions, exhibit Care for our fellow Sailors and families, and strive for Excellence in our mission accomplishment; hence our A.C.E. These are tenants that I expect from every Sailor and Marine, because our personnel are the essence behind this great squadron. Together we will continue to provide excellent support as aviators, air traffic controllers, operations specialists, information system technicians, intelligence specialists, yeoman and culinary specialists,

while being an asset to the Navy and our country. After spending three months at sea with Detachment TWO, I saw these tenants at work there, as well as at home and I could not be more appreciative and proud.

Hopefully this newsletter finds everyone in outstanding health and spirits as this summer is beginning to draw down in the Hampton Roads area. This month's newsletter is packed with good information on health and fitness and highlights some of the latest events in the squadron, as well as spotlights some of the members from Detachment TWO.

At home we recently completed another swap out of personnel with the Detachment and look to complete one more later this month. The squadron continues to keep themselves busy by supporting the Det, kicking off with the flag football season and raising money for our annual Holiday party. This month we were also fortunate to add one more TACRONite to the Blackjack family – Congrats to AC3 Pugh on his latest addition to the household! The Pughs were blessed with Aubrie Pugh on 12 Aug weighing in at 7lbs 8oz. Our next Family Readiness Group meeting will be held on Sep 5th at the USO bldg on base. Your participation in this meeting falls well in



CDR Lloyd B. Mack

line with the tenant of Care for our fellow Sailors and families.

As a reminder, there are a couple of ways to get the newsletter, either by email or going to our web-site, <http://www.tacron21.navy.mil>, and selecting "newsletter." If you know of anyone that you would like to receive the newsletter, please send their email address to: Deborah.dennler@navy.mil.

Again, I am honored to be your CO and I look forward to continuing the great reputation of this incredible squadron.

Sincerely,

CDR Lloyd B. "Chilly" Mack

SPECIAL POINTS OF INTEREST:

- Promotions
- Re-enlistments
- Health and Fitness
- Photos
- Things to Do

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Senior Enlisted Corner

Hello Blackjacks, family and friends!

Detachment TWO Sailors have reached the halfway mark of the cruise and performing exceptionally well. Congratulations DET TWO! Our Sailors rock, and the support from those back home is critical to their success.

Congratulations to ITC(SEL) Hazen for his selection to Chief Petty Officer, and AC3 Rogers, Petty Officer Rogers was promoted to his present rank in July while

deployed on board USS IWO JIMA.

A special thank you goes out to all who planned, supported and participated in the command picnic-another extremely successful event organized by some of the best Sailors in the Navy. BZ!

Welcome goes out to our newest members and families to our squadron. ITC(SEL) Hazen, AC2 Rowe, ACAN Satxon, ACAN Emmons, ACAN Jones and ACAA Burelson.



ACCM (AW/SW) Smith

RESOURCE OF THE MONTH:

“Troop Swap” check it out on line at troopswap.com

Every day the site features great local deals from businesses that are proud to offer their products and services at discounts up to 90% exclusively for members of the military community. Simply sign up and

follow the prompts to verify your military affiliation. Once verified, you will have access to tons of exclusive deals. Their promise to you: 1) We only source deals that we would buy ourselves, 2) If you are ever dissatisfied with a deal let us know and we will make it right and 3) You will get the best customer service, hands down! Veterans, Service Members, Military Spouses, and their Immediate Family Members are eligible for membership.

Until next time, thanks for all that you do in support of TACRON 21 and our great Navy. Be safe!

Sincerely,

Kelly E. Smith

ACCM(AW/SW)

Welcome Back Shipmates

By: AC2 Hutcherson

After a 3-4 month deployment, the first and second waves have returned. We want to send out a great big welcome home!

Their trip was arduous and hard but it will be something they’ll always remember. The first wave consisted of LCDR Langford, CAPT Lee, OS2 Winchell, and AC3 Pugh. They re-

turned on the seventh of July and immediately went on special liberty. They were very happy to be back on shore and with the rest of the squadron.

Wave 2 consisted of CDR Mack, LT Bravo, AC1 Adkins, and OS3 Grippi. They got back on the fourteenth of July and also went on special liberty and or leave. LT Bravo is still on leave, be sure to welcome him back when he

returns.

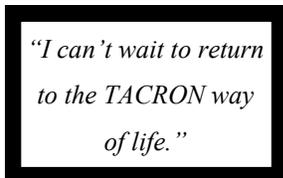
Both waves are happy to be back to their regular routine.

Replacing our shipmates on the ship is CDR Gray, LCDR Ensley, MAJ. Gordon, ACAN Mccloud, and ITSN Doerlfer. They left the last week of June and are currently earning their paychecks out there.

Good Luck IT2 (SW/AW) Julien

By: ACC Bacon

TACRON 21 friends and family would like to say farewell to IT2 (SW/AW) Julien. IT2 handled the majority of the



commands technical problems with professionalism and tenacity. He was also responsible for the training of two new ITSNs coming from IT “A” school. His next duty station is NCDOC also located on JEB Little Creek. In addition, TACRON

would also like to welcome back IS2 Sproul who recently returned from a year long IA tour in Afghanistan. We are proud of his accomplishments and are happy to have him back with us. When asked about how it feels to be back, IS2 stated “ I can’t wait to return to the TACRON way of life.”

Deployed but not Forgotten

ACAN Kamananianhao K. Kauahi

Family? Wife Mahealani, son Malama, daughter Malu
 Hobbies? "Eating, Ukulele, Statboard, sleeping"
 Favorite Meal onboard? "Cereal"
 Favorite thing about deployment? "Seeing different countries."
 Worst thing about deployment? The Ship."
 Short term Goals? "Save money"

OS3 Tara Bustamante, 25

Family? "My family is from PA. I have an amazing support system. My parents and brother are the most incredible people and I feel truly blessed to be a part of their family."
 Hobbies? "Biking, running, enjoying the outdoors, spending time with family and friends, and crocheting. (yes I crochet lol)"
 Favorite Meal onboard? "...anything I can put mayonnaise on..."
 Favorite thing about deployment? "...the gym is a 2 minute walk away..."
 Worst thing about deployment? "...the heat."
 Short term Goals? "Get my pins and become more fit than I am now."

OSCS(SW/AW) Michele Sullivan "You don't ask a woman her age!"

Family? Husband Torice, Son Torice Jr., Son Shawn, Daughter Gabrielle"



Hobbies? "Music, Movies, having fun doing things with my family."

Favorite Meal onboard? "Veggie Lasagna (it's pre-made!)"

Favorite thing about deployment? "Watching the DET Sailors grow personally and professionally. WE CONTROL THE AIR!"

Worst thing about deployment? "Being away from my family"
 Short term Goals? "TACCWO, CIC qualifications, reach my exercise goal."

AC2 Bruce T. Brady, 25

Family? Fiancé Hanna Lives in VA, Mom Kathleen in Colorado
 Hobbies? "Playing Hockey, fishing and shooting."
 Favorite thing about deployment? "Ability to actually talk to aircraft."
 Favorite Food from the mess? "They serve 'food' in the mess?"
 Worst thing about deployment? "Being away from home"
 Short term Goals? "EAWS and ESWS Quals"

AC1(AW/SW) Charles Taliaferro, 37

Family? "Flying Solo."
 Hobbies? "Soccer, Scuba diving, Travel and lets not forget FOOD!"
 Favorite Meal onboard? "PB&J, can't mess that one up!"



Favorite thing about deployment? "Travel possibilities along with adding to the wallet."
 Worst thing about deployment? "Not able to go home at the end of the work day...wait a hoot, is there an end to the work day out here?"
 Short term Goals? "Fully qualified."

AC3 Jonathan A. Norris, 27

Wife Angela and son Kaleb
 Hobbies? "Writing, Drawing, Reading, and Video games."
 Favorite Meal onboard? "They serve food in the mess? I eat a lot of tuna from the ships store."
 Favorite thing about deployment? "Sleeping"
 Worst thing about deployment? "Not Sleeping"
 Short term Goals? "Dual Warfare qualified, TACCSUP, any other shipboard qualifications attainable."

AC1 Peter A. Shaw, 32

Family? Wife Rachel, Julian 4, Calder 1, Everly 1.
 Hobbies? "Working out, creating work for myself, fantasy football."
 Favorite Meal onboard? "Fajita Day"



Favorite thing about deployment? "Spain's Liberty call and LNO in Jordan"
 Worst thing about deployment? "Not being home"
 Short term Goals? "Dual Warfare qualified."

AC1's Shaw and Taliaferro in Jordan



AC1 Shaw sleeping on the way to King Faisal aboard a MV-22 Osprey.

By: AC1 Shaw

Eager Lion is a coalition exercise hosted by the Jordanians that includes Americans, Italians, the British, and many others. As planning for Eager Lion developed it was decided that King Faisal Air Base (KFAB), located in the middle of the country, would be a central hub for all Marine Expeditionary Unit (MEU) aircraft minus the AV-8's. KFAB has a single 1200' runway, certified control tower, high TACAN instrument approach, and a large apron for parking and maintenance. The Mobile Marine Air Traffic Control Team (MMT) has two qualified personnel and projected heavy traffic combined with long hours. The MMT thought it best to ask for two qualified augments from the Marine Augmentation Team (MAT). AC1 Taliaferro and I were ready for the task!

We flew off the ship on a MV-22 with the MMT. Upon arrival at KFAB the MMT leader and assistant team leader touched base with the Jordanian controllers while the rest of us tracked down the gear that was convoyed out. We quickly set up shop then high tailed it to find where we'd be sleeping for the next month. We were pleasantly surprised when we found very large tents set up with air conditioning and rugs covering every square inch of gravel.

We also had showers and sinks for basic hygiene. As far as we were concerned we were living the high life!

The MMT was tasked with operating as LNO's or liaisons for the U.S. military at KFAB. The very first day it was clear a significant language barrier existed between the Jordanian controllers and American pilots. Day two the Jordanians were inviting us to control the aircraft and by day three we were the sole controllers on the microphone. Operations were varied and plentiful. KFAB was hosting H-60's from the British,

CH-53's, UH-1's, AH-1's, MV-22's from the MEU, KC-130's from various bases, and F-18's from the USS Enterprise. Flight ops were continuous from roughly 0900 until 0000 everyday. The biggest obstacle was becoming familiar with the amount of coordination between different Jordanian control agencies, supplying those control agencies with all needed information, and doing all this in a timely manner via telephone. The learning curve was slow for the pilots because it was completely different from anything we practiced state-side and they didn't have the benefit of Jordanian controllers trying to explain it over and over throughout the day.

All said and done, KFAB recorded just

"...by day three we were the sole controllers on the microphone."

under 2000 sorties, was incident free, and the MMT heard complements on a daily basis for the service we were providing. AC1 Taliaferro and I loved every minute of the exercise and can't thank the MMT enough for inviting us to participate. It is impossible that Eager Lion doesn't go down as one of the highlights for this deployment.



Caption describing picture or graphic.

AC1's Shaw and Taliaferro in Jordan

By AC1 Taliaferro:

As we left the boat, we knew what our roles would be, along with what our meals would be... MRE's! We were told we would have only one hot meal per day, although not knowing when and MRE's would supplement the rest of the days meals. Of course before we hopped on the plane, we were down in the mess decks for one last hot meal.

I for one am not a fan of MRE's, however by the end of our month long stay in country; I did find a few that weren't too shabby. We would often hunt for specific meals, or open up a few others for the snacks and drinks. While up in the tower, we would always offer up some MRE's to the Jordanians we worked with, their response was always a simple "no thank you." You can't blame them but after a while, we felt bad, because we didn't have anything else to offer them, as they were taking really good care of us. They were very hospitable! Everyday the Jordanians would have tea, and/or coffee, brought up to us. I for one preferred the hot tea.

The marines had brought a customs card with them, containing information about the country, customs, Arabic phrases, the do's and don'ts. AC1 Shaw and I would end up

asking a ton of questions. We built a good rapport with a couple of Lieutenant's, a Major, Lieutenant Colonel and a Colonel, all of which started off as pilots and becoming air traffic controllers in the Royal Jordanian Air Force, and we learned a lot from them about their country and culture. Most of the information on the customs card, which was brought to the tower with us, wasn't exactly correct according to the Jordanians.

They were always open to discussing their way of life and beliefs, asking us questions about ours as well.

One of the constant questions I asked was to inquire about some of their traditional Jordanian dishes. All of them spoke up and replied

with "Mansef." There are of course others, however, this one dish is the most important one. It's made once a week in their homes, and certainly a



Mansef

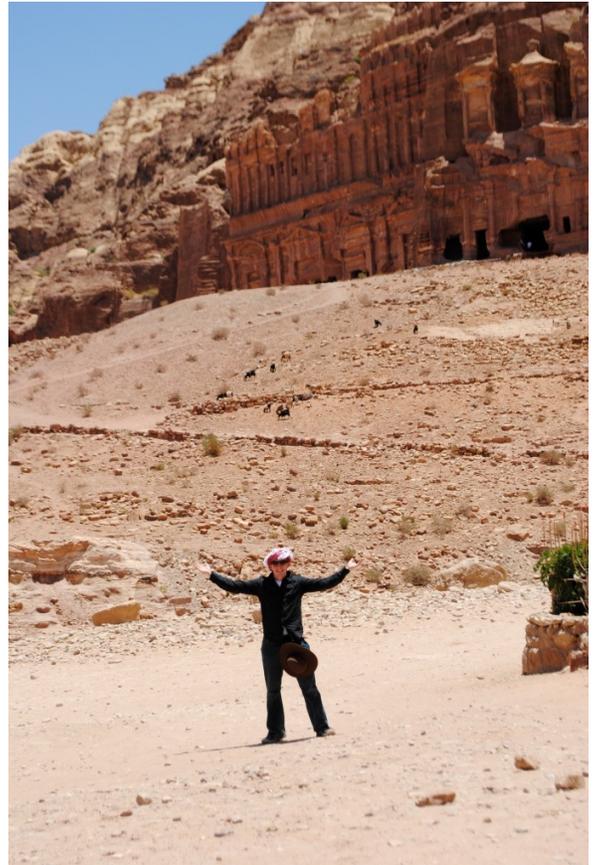
"One evening, they had Mansef made specifically for us. This "explosion in your stomach" meal, as they always referred it..."

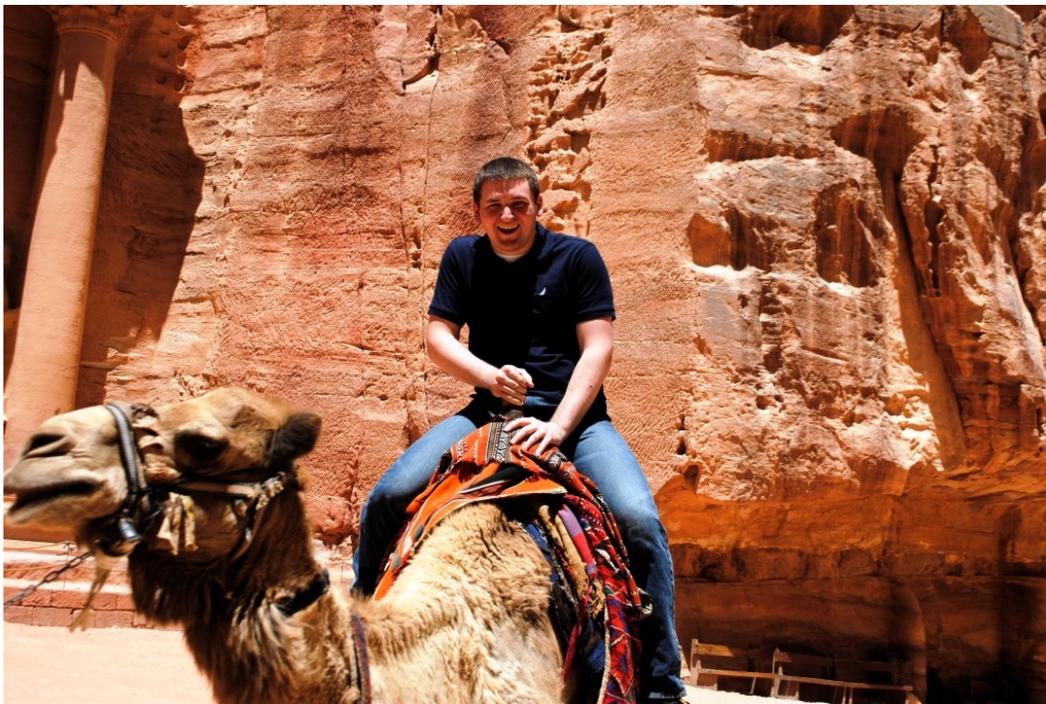
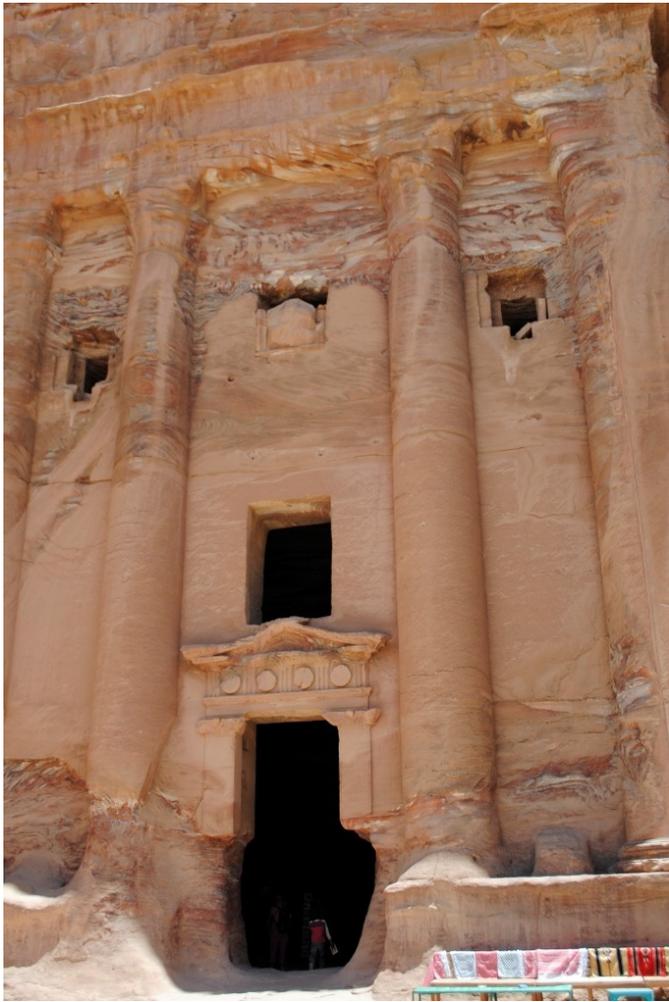
main dish for those "special occasions." We were very lucky to partake in Mansef. The Jordanians always had their meals brought up into the tower for them and they always shared with us. One evening, they had Mansef made specifically for us. This "explosion in your stomach" meal, as they always referred it, is made up with rice, parsley, lamb or chicken, and finished with a sweet yogurt being poured onto it all. This is the one meal they eat only with their hands and is served on a large metal plate. As we dug in, we were not informed of the "rules". Yes, apparently there are rules, which no one told AC1 Shaw and me about. We each have a section of which we are responsible for, and it wasn't until I reached into someone else's territory for a nice piece of chicken, that the rules were brought up. My bad!

It was a great meal to cap off a great time in Jordan, all made that much more enjoyable by the Jordanians we worked with and now call friends.



AC1(AW/SW) Taliaferro firing 200 .50 caliber rounds on a CH-53E.





From DET TWO's LCPO

Family and Friends,

Although we have been on deployment for three months, it seems like only yesterday that we left our homeport. Each of us have settled into our daily routine and our Blackjack's are in full swing. For the most, a daily routine consist of flight operations, physical training in the gym, Enlisted Air Warfare (EAWS) and Enlisted Surface Warfare Specialists (ESWS) programs, college courses, and of course the most important time of the day... chow time. Between those times, many are either playing cards, dominos, video games, reading books, or conversing about some off the wall topic.

We have fortunately had the opportuni-

ty to visit a couple ports and get off the ship to see some attractions, taste the local cuisine, stretch our legs, and get a glimpse of the lifestyle of other nationalities.

Although each port brings excitement and opportunity to adventure, it always reminds me how proud I am to be and American and I am thankful for our blessings.

All of our Sailors have been doing an outstanding job and each member of the team has an important part to ensuring

the mission is safely completed.

One of the most exciting times for our Sailors while at sea is Mail Call. Although it seems far and in-between at times, your letters, packages, and of course all the sweets and goodies are much appreciated. Lastly, I would like to personally thank our families and friends for their support and

prayers and ask that you continue with your support as we push forward in our deployment.

Very Respectfully,
ACC(AW/SW) Mike Presnell

"All of our sailors have been doing an outstanding job~"

DET TWO PT Accountability Program

Physical Training (PT) at the best of times is hard for most to get excited about. DET TWO has been constantly up in the gym from the highest ranking to the lowest ranking and logging their PT in the VTC-21 PT LOG. It has become a way for the DET to take accountability and it sparks some friendly competition amongst both Officers and Enlisted.

DET TWO is also proud to boast a 100% pass rate on the Physical readiness test (PRT) for this springs cycle. Having the constant drive to improve, at first your numbers, turns into a bigger



TACRON 21 PT Log Book.

drive for more results in the gym. A few of our Sailors have said they lost upwards of 20 pounds and a lot are visibly healthier.

AC1(AW/SW) Isom-Brown is in the gym almost every day twice a day working hard on the bike, elliptical or treadmill, while LT Bravo has been encouraging those that tend to snack on watch, to pump out some push-ups, pull-ups, sit-ups or free weight squats in TACC to make up for the unnecessary calorie intake.

Fitness, Health, and Nutrition: Some unknown facts.

Some truth about Sprinting:

Sprinting is one of the most explosive cardiovascular, fat burning workouts you can do. It's also great because it requires no equipment other than an open track or field. It's a full-body workout that targets an array of muscle groups. Your calves, hamstrings, glutes, hip abductors, pecs, lats, biceps and abs are all activated by sprinting. So make like Usain Bolt and run!

Want to know a secret? Every time you lift your leg in the air while sprinting, you're working your abs. Most people think that the best way to train their abs is to crunch or sit-up themselves into oblivion. Not true. Also, sprinting twice a week will elevate your metabolism.

-Obi Obadike June 01, 2012

Working till failure or working to success?

The strongest men and women in the world have never trained to failure! If you do, cut the "do or die" attitude and take a long hard look at yourself, then tell me what are the odds of you becoming "the" exception? If "training to failure and beyond" is so hot, why is your bench press, or any of your weight lifting, hovering around the same number?

You need to push your limits of weight/tension, and not reps/exhaustion if you want to get stronger and improve your physique and over all fitness. Muscle failure is more than unnecessary – it is down right counterproductive and dangerous.

The Fallacy of high rep weight training:

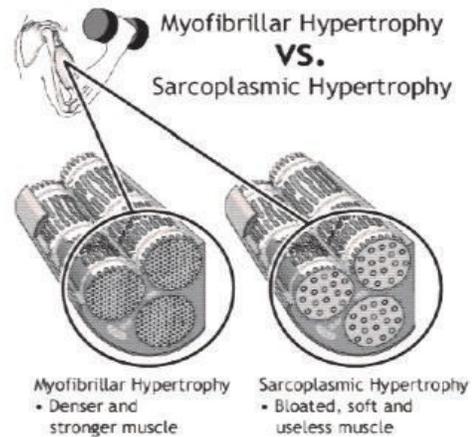
Often people say that they want to lose body fat but don't want to "bulk" up. These people's common misconception is that if they do high repetition lifting with low weight they can accomplish just that. This is unfortunately not true.

There are two types of muscle growth. Myofibrillar hypertrophy, considered real muscle growth, is an enlargement of the muscle fiber as it gains more myofibrils, the things which contract and generate tension. The muscle gets stronger and harder. Myofibrillar hypertrophy is accomplished through training with moderately heavy to heavy weight with controlled slow reps and tensing or flexing at the end of each rep.

Sarcoplasmic hypertrophy, on the other hand, is a worthless increase in the volume of the muscle cell fluid as a result of high rep training. The fluid, sarcoplasm, accounts for 25-30% of the muscle size and is doing nothing for you except bloating your muscles with fluid and will disappear quickly. Sure, if you want to try and pump your arms up before a night out do some high rep

bicep curls, but there is no gain or strength associate with the "pump".

Either of these two muscle growths you are gaining size but only one you are truly getting stronger. The best ways to go about lowering that stubborn body fat percentage is to incorporate Cardio, High intensity aerobics, proper resistance training and most importantly; diet.



What you might not know about water:

- 75% of Americans are chronically dehydrated. (This likely applies to half the world's population).
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters investigated in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Home Guard Physical Readiness

By: AC2 Dennler

Physical Readiness is maintained here at home as well. AC1 Morris has implemented a training plan to better prepare us for the upcoming PRT. Mondays consist of core training, a combination of cardio and strength with exercises such as squats, push-ups, crunches and lunges. Wednesday PT is a long run and Friday is the traditional "free" day. This includes anything from ultimate football, lifting, cardio or the very popular volleyball! In other words, what ever you feel like doing, as long as it's exercise. Tuesdays and Thursdays are optional PT for anyone that wants to participate.

In addition to the PT program we also had a nutrition class taught by Ryan Union. He talked about the fundamentals of healthy eating supplemented with exercise.

Mr. Union talked about the importance of eating 3 meals and two snacks a day with 2-4 hours between, this keeps your metabolism running. For example: meals can equal 1300 calories and snacks 200 calories for a total of 1500 calories a day. You need to calculate the calories you burn with your caloric intake for your weight to make sure you are getting enough but not too much so that you are able to loose weight, if that is your goal.

The food you are fueling your body with is equally as important. Divide your plate into four parts, make half consist of fruits and vegetables, eat more whole grains and foods lower in sodium and stay away from soda (it's just empty calories). Drink more water or low-fat milk.

The importance of water. You can calculate how much water you should drink daily based on your weight with the following equation:

Weight in pounds / 2.2 = kg. 35 x kg = ml. ml / 30 = oz of water you should drink per day based on your weight.

Caloriesperhour.com, sparkpeople.com and calorieking.com are some great online tools to help you keep track of your eating and exercise plan and some even have aps available for your smart phone. For more information you can also check out choosemy-plate.com

TACRON's Adventures Under the Sea



Promotions, Re-enlistments and Awards



OSCS Sullivan gets pinned Senior Chief by OSC McElroy and ACC Presnell



ACC Sweet re-enlistment



AC3 Bustamante and her frocking letter



Left: AC1 Morris receiving award from CDR Laubach.

Right: AC1 Adkins receiving award from CDR Laubach.

Olympic Day

By: AC2 Denbler

TACRON 21 had a little morale booster this month. OS1 Kennedy organized an Olympic Day for everyone to get out of the office and have a little friendly competition.

The day started with arm wrestling, AC1 Fortier and CS2 Sampson came in the big winners. Then the tug-o-war brought some good laughs, although everyone managed to stay out of the pool, the sweltering heat made even the

tinest bit of water look refreshing!

Major Gordon, LCDR Miller and LT Gibson were the reigning champions in tug-o-war, there was talk about the weight they were pulling with, when asked what they were thinking when they put the team together, LCDR Miller replied with, "we were thinking the sign said build a team of 3."

Corn hole, horse shoes and volleyball were also on the list of events, but none as entertaining as the pie in the face.

ACC Sweet, ACC Trammell and AC3 Cunningham were the top three money makers for this event. What did they win?

A pie in the face. All was done in good fun for a good cause. All proceeds went to MWR and everyone had a great time.

"We were thinking...the sign said build a team of 3." LCDR Miller



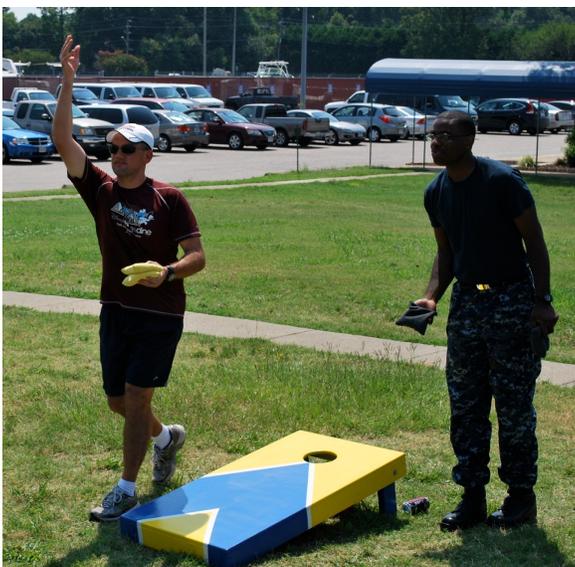
Command Picnic

By: AC2 Dennler

TACRON 21 friends and family came together for a summer picnic on a hot July afternoon. With the sun blazing, AC2 Smith fired up the grill and threw on some chicken, hamburgers and hot dogs for the kids. OS1 Kennedy organized the pot luck to make sure there was a variety of side dishes available for everyone to have plenty to eat. And there was! From deviled eggs, to seafood pasta to delicious fruit trifles.

The kids loved the bounce house and playing games. ACAN Theis organized a scavenger hunt that the little and the older children could enjoy.

In the midst of the mingling, eating and game playing, some got a volleyball game going and others played corn hole. Even with the heat, it was great to bring out the family and have some fun with everyone.





Things to Do in Hampton Roads

Crab Feast Fridays

Bring your lawn chairs, blankets, coolers, food and soft drinks. Norfolk's largest outdoor waterfront party. Serving up locally caught Chesapeake Bay Bue Crabs fresh from the mouth of the Elizabeth River. Admission is free and open to the public, no alcohol or glass permitted.

Aug 24, Kari Werne 5:00-9:00

Endless Summer Beach Bash

Friday, August 31, 8:00 pm-Saturday, September 1, 12:00 am.

Hit the beach one last time to party endlessly for a good cause! Reserve exclusive cabanas, tables for ten or tickets for two. All the fun people, great music, fine food and endless beverages and excitement!

Latino Music Festival

Saturday, August 25—5:00-10:00, Town Point Park, Downtown Norfolk

Free and open to the public

Blues at the Beach

Celebrate one of the most cherished musical genres of all time in two days of free concerts on an outdoor stage with local, regional and nationally-recognized Blues acts. Friday, September 7, 4:00pm—Saturday, September 8, 10:00pm

Verizon Wireless American Music Festival

Friday, August 31, 4:00 pm—Sunday, September 2, 10:00 pm.

The sounds of rock, jazz, country, blues, R&B and more flood the Virginia Beach oceanfront for three sun-filled days. The Festival brings together local, regional and national acts to play on the stage at 5th Street as well as stages in all parks along the oceanfront. Food vendors, beer and merchandise will be available. Exclusive BIP passes are also available and provides a separate entrance to the area with a viewing area right in front of the stage, access to heavy hors d'oeuvres, two free beers or wine and ticket to both Friday and Saturday concerts.

Funk Fest

Friday, August 24-1:00 pm—Saturday August 25-10:00 pm.

FunkFest features bands in free concerts on stage, on the beach at 24th street. FunkFest celebrates the music generated over the years by influential legends such as James Brown, Sly and the Family Stone, George Clinton, and The Ohio Players.

Concerts in Hampton Roads:

August 22

Duran Duran, at the nTelos Wireless Pavilion

August 23

The Doobie Brothers & Chicago, at the Virginia Beach Amphitheater

August 24

Jason Aldean with Luke Bryan, at the Virginia Beach Amphitheater
September 2

Big Bandson the Bay (free), at Ocean View Beach Park
September 11

The Fray and Kelly Clarkson, at the Virginia Beach Amphitheater
September 13

Brad Paisley, The Band, Perry & Scotty McCreery at the Virginia Beach Amphitheater
September 14

Fresh Fest 2012, at the nTelos Wireless Pavilion
September 18

Circa Survive, at The Nova
September 21

Robin & Linda Williams and Their Fine Group, at The American Theatre, Hampton
September 23

Seether, at The Norva



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TACRON 21

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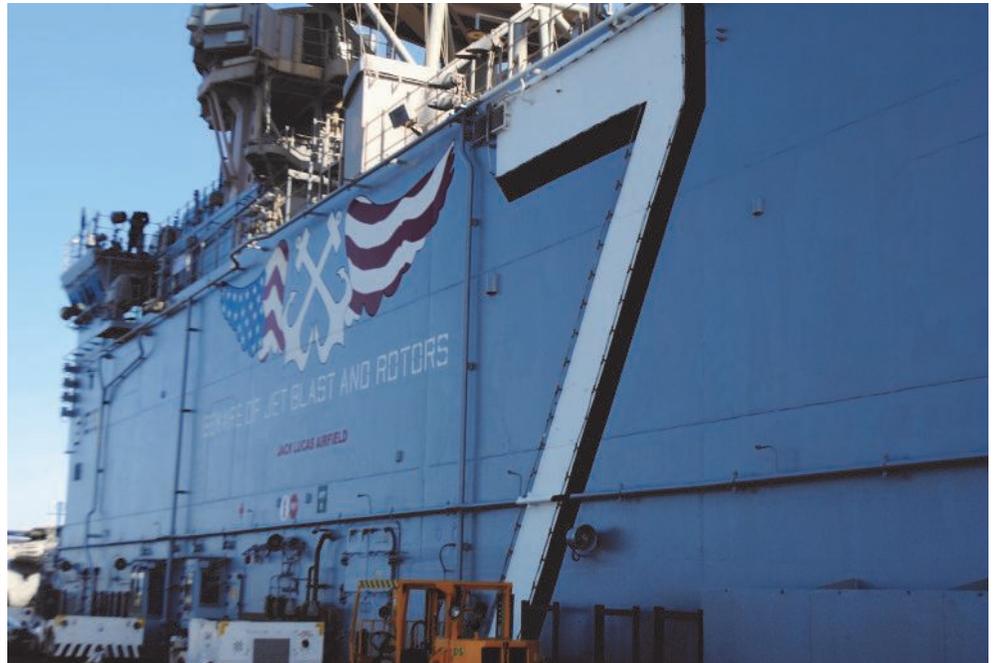
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AC1 Shaw
AC2 Dennler
AC2 Hutcherson
AC3 Bacus
Photos Submitted by:
AC1 Adams
AC3 Peder
AC1(AW/SW) Taliaferro

We're on the WEB!
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**TACRON 21**



Hails and Farewells

Welcome Aboard:

LT Smith
ACAA Burleson



Good Luck and Farewell:

IT2 (SW/AW) Julien
AC3 (AW) Johnson

Happy Birthday to our Shipmates near and far

August 4—AC3 Hunter
August 6—AC3 Martin
August 8—IS2 Camp
August 11—AC3 Shipman
August 12—ACAN Kauahi
August 13—YN3 Abreu
August 19—AC3 Ortiz
August 21—AC3 (AW) Cunningham
August 21—ACAN McCloud
August 28—LCDR Pimper

