



# Blackjack Banner



## From the Captain's Desk

FEBRUARY 2013

Hello Everyone! I hope you all had a blessed and happy holiday break. This is our first newsletter for 2013 and I look forward to another outstanding year for the Blackjacks.

December provided us with a very special blessing with the safe return of Detachment TWO. Arriving five days before Christmas, we were extremely grateful to ACU-4 for allowing the DET to return to Little Creek via Landing Craft Air Cushions (LCAC). This opportunity provided a personal touch for families and friends as they did not have to fight traffic pier side at Norfolk Naval Base to welcome home their sailors.

Although the detachment is home, we cannot forget two of our sailors who are still forward deployed: AC1 V. Anderson, who is in Djibouti and AC2 Cunningham who is in Bahrain. I ask that you keep these Sailors in your thoughts and prayers.

Our holiday party in January turned out to be a huge success! Many prizes were given out, to include several gift cards, fragrance gift sets, a couple of Kindle Fires and a XBOX 360. AC3 Rogers was our grand prize winner, taking home a 51" big screen TV. My sincere thanks to OS1 Kennedy, AC2 Smith, and OS3 Grippi for all their hard work to ensure our party was successful!

With both DETS home, our focus has shifted to reintegration, job changes, and maintaining and increasing our operational proficiency. This month we continue planning for participation in BOLD ALLIGATOR 13. We also have several Sailors temporarily assigned to the West Coast conducting test and evaluation on the Theater Battle Management Core System (TBMCS); and we will send more Sailors out with USS BATAAN to conduct training and system grooming in preparation for our 2014 deployment. Additionally, we will assume the duties as the Ready Duty ARG

(RDA) later this month. So as you can see, the Blackjacks have plenty to keep themselves busy.

Once again, there are a couple of ways to get the newsletter, either by email or going to our website, <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 or  
Victoria.Laginess@navy.mil

Again, I am honored to be your CO and I look forward to the continued success of this Great Squadron!

Let's make 2013 a remarkable success!

Sincerely,  
CDR Lloyd B. "Chilly" Mack

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## Senior Enlisted Corner

Greetings Blackjacks, family and friends! It's awesome having all our personnel back home from deployment. Your service to our great Navy and country are truly appreciated and it's a pleasure serving with you all.

Another holiday season has come and gone, and our Holiday Party was a blast. BZ goes out to OS1 Kennedy, AC2 Smith and OS3 Grippi for all their hard work in putting on a great even-

ing.

Welcome goes out to the following newest members of our TACRON 21 family:

CDR J. Smith

OSSN Myers

OSSN Huering

OSSN Martinez

Congratulations 2012 Sailors of the Year: IT1 Calkins, AC2 Cespedesurena and OS3 Laginess!



Looking for a little competitive advantage? U.S. military personnel, federal employees, international government employees, and even some civilian contractors can sign up for Distance Learning with the Naval Postgraduate School. Various fully accredited programs are offered from four main areas Science/Engineering, Business/Public Policy, Operational/Information Sciences, and International Studies. Tuition is free for Navy and Marine Corps personnel, while others must have their organization pay for tuition. Applications are easy and online--please visit <http://www.nps.edu/DL/index.asp> or contact the NPS office in Norfolk, at [norfolkFCA@nps.edu](mailto:norfolkFCA@nps.edu) or 757-444-3910.

## Resource of the month

CREDO Norfolk, located at Naval Station Norfolk, Virginia, conducts a variety of retreats and workshops. This includes Personal Growth, Marriage, and Family Enrichment Retreats, a two-day "Personal Growth Workshop" portion of the BEARINGS program as well as additional retreats and programs, such as Divorce Recovery retreats, Women's retreats, and Men's Retreats.

Supporting Armed Services personnel and their spouses, we offer resources to strengthen the lives of the Department of the Defense's most important asset -- our people.

All CREDO retreats are free, including meals and lodging. Registration is required. Due to high demand, registration for the marriage retreat opens 60 days prior to the first day of the retreat. On the day of the retreat, active-duty and reserve personnel E-5 and below must present no-cost TAD orders, a special request chit, or leave authoriza-

tion covering the retreat period. Transportation is provided to some retreats but varies with the type and location of the retreat.

While CREDO programs are distinctly but not solely spiritual, looking beyond behaviors to affirm each person as a unique creation of God with value and significance, our goal is to build trust and facilitate an experience of unconditional acceptance. Each retreat offers an environment that invites reflection but does not attempt to "fix" people, define their religious or spiritual experience, or force them to work on issues.

For more information about any of these programs, please call CREDO at (757) 444-7654 (DSN 564-7654).

### Eligibility

All CREDO retreats are open to all active duty military and their immediate family

members and members of reserve components in an active duty status and their immediate family members. Please contact CREDO for additional information on family member age requirements for the different retreats. Participants are responsible for their own child care arrangements.

The Marriage Enrichment Retreat is for married couples. If you are engaged, consider pre-marital programs offered in your military or civilian community, or contact Fleet and Family Support Center (FFSC) for information on their workshops (444-NAVY).

Until next month, thanks for all that you do in support of TACRON 21 and our great Navy.

Sincerely,

Kelly E. Smith  
ACCM(AW/SW)

## HOME COMING: FIRST HAND



December 20th 2012 was a long awaited and happy day for all the sailors of Det 2, as well as their families and friends. At 7:00am that morning, the entire Det anxiously awaited their departure on the well decks of the USS Iwo Jima. Everyone was all smiles, and in disbelief that the homecoming had finally arrived after being extended for a month. The



Det was underway for a total of 268 days on the USS Iwo Jima. Once the LCACs lifted up, and pushed out of the ship into the Atlantic, everyone cheered and was in high spirits with the thought of seeing their loved ones in a short 30 minutes. As the LCACs reached the beach of ACU4 on Little Creek base, everyone was standing to get a glimpse of the land and their loved ones. Once off the LCAC



and bags in hand, everyone rushed to meet their families. Tears of happiness were shed, hugs and kisses were given, and children and parents were reunited. Many sailors of the Det went on leave immediately upon their return home for the holiday season and enjoyed some much deserved down time.

Written by: AC3 McCloud





AC3(AW) ROGERS



AC2(AW/SW) DENNLER



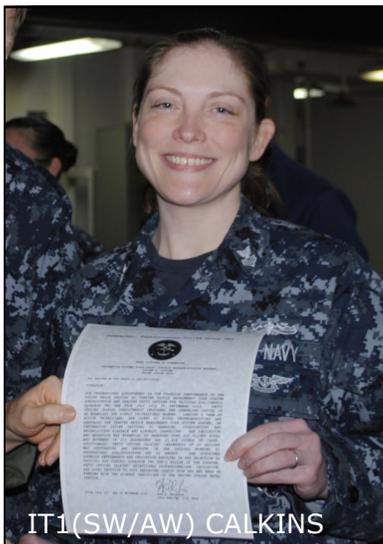
OS3(SW) BUSTAMANTE

**S  
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R  
S**



FROM LEFT TO RIGHT: LT BRAVO, AC2(AW/SW) CESPESURENA, OS3(SW) LAGINESS, AC3(AW) ROGERS, OS3(SW) BUSTAMANTE, AC3(AW/SW) SIMPSON, AC2(AW/SW) DENNLER.

**in the SPOTLIGHT.**



IT1(SW/AW) CALKINS

**Sailor of the Year**



AC2(SW/AW)  
CESPEDESURENA

**Junior Sailor of the Year**



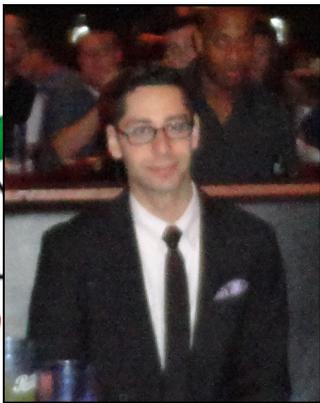
OS3(SW) LAGINESS

**Bluejacket of the Year**

# AC3 Robbins' Reenlistment



# Holiday Party 2012



Home Guard and Det 2 reunited at the Funny Bone Comedy Club in Virginia Beach to celebrate the Holiday season as one. The evening began with appetizers, mingling, gift giveaways and a surprise, well deserved promotion for AC1(AW) Anderson. Gifts included gift certificates from various shops and restaurants and various electronics, to include the grand prize of a 52" flat screen tv that AC3(AW) Rogers is now the proud owner of. We even enjoyed entertainment from CDR Mack, CDR

Bushman, CDR Gray and AC1(AW/SW) Isom-Brown showing off their dance moves on stage. Dinner was served, drinks were enjoyed and the comedians filled the atmosphere with jokes that brought fits of laughter. Thanks to OS1(SW/AW) Kennedy, AC2(AW) Smith and OS3(SW) Grippi for putting together this wonderful event.



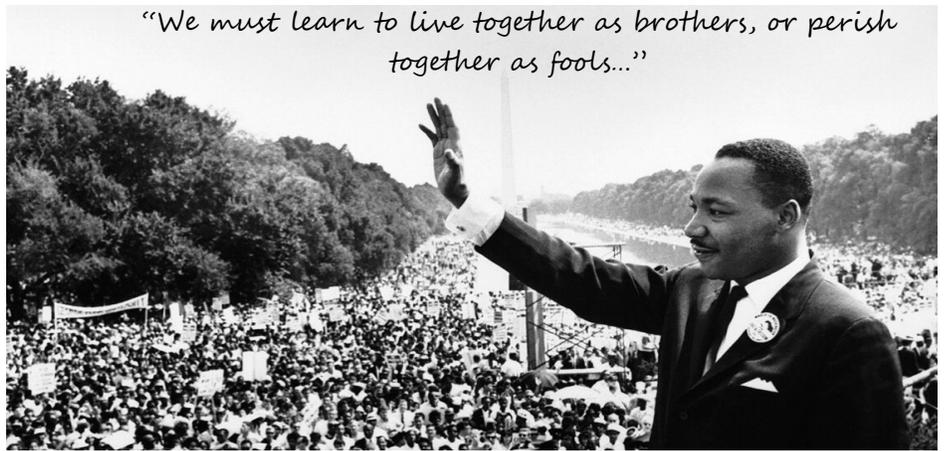
**CONGRATULATIONS AC1!**



# M.L.K. Day

TACRON 21 and TACRON 22 came together on Friday, January 18, 2013 to honor the life of Dr. Martin Luther King, Jr. in remembrance of his birthday (honored on Monday). OS1 Kennedy, OS2 Macias, AC3 Simpson and AC3 Beach gave a riveting presentation talking about the meaning of the holiday. Topics ranged from Dr. King's birth to education, civil rights activities, his assassination and the legacy he left behind. On Monday, January 21, a group of volunteers went to Calvary Revival Church and dedicated their time to helping and serving. In honor of Dr. Martin Luther King, Jr., make it a day on, not a day off!

*"We must learn to live together as brothers, or perish together as fools..."*



# Are you ready for cold and flu season?

Cold and flu prevention tips to keep you healthy during this flu season.

- 1.** WASH YOUR HANDS for at least 20 seconds with soap and water. This is probably the number one thing you can do to prevent illness. Be sure your children are washing their hands regularly or using hand sanitizer.
- 2.** Don't touch your face. Even if germs are on your hands they cannot enter the body unless you touch your nose, eyes or mouth. (You will be amazed how often you touch your face when you start paying attention!)
- 3.** If your doctor recommends it, get the flu shot for your entire family!
- 4.** Do not share food, drinks, chap stick/lipstick or toothpaste with other people, not even family members. Germs can carry from one person to another very easily.
- 5.** Avoid kissing on the lips if you're feeling sick. (This is especially hard with younger children, but try to refrain.) Try to avoid letting people touch your child's hands as well.

**Q:** What are the symptoms of the flu versus the symptoms of a cold?

**A:** In general, the flu is worse than the common cold. Symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense. Colds are much more milder than the flu.

6.

Clean doorknobs, bathrooms and children's toys often.

7.

Yogurt has shown to stimulate production of an immune system substance that fights disease. SO EAT IT UP!

8.

Let fresh air into your house at least once a week. Even if it's extremely cold outside. Studies have shown that the air inside your home is 2 to 5 times worse than the air outside. Letting fresh air in will help remove stale, unhealthy air.

9.

Get plenty of sleep and drink plenty of water so that your body will be able to fight off illnesses.

10.

STAY HOME IF YOU'RE SICK! No need to spread your germs to others.

# 2012 Military suicides hit record high of 349.



Suicides in the U.S. military surged to a record 349 last year, far exceeding American combat deaths in Afghanistan, and some private experts are predicting the dark trend will worsen this year.

The Pentagon has struggled to deal with the suicides, which Defense Secretary Leon Panetta and others have called an epidemic. The problem reflects severe strains on military personnel burdened with more than a decade of combat in Afghanistan and Iraq, complicated by anxiety over the prospect of being forced out of a shrinking force.

Pentagon figures obtained Monday by The Associated Press show that the 349 suicides among active duty troops last year were up from 301 the year before and exceeded the Pentagon's own internal projection of 325. Statistics alone do not explain why troops take their own lives, and the Pentagon's military and civilian leaders have acknowledged that more



needs to be done to understand the causes.

Last year's total is the highest since the Pentagon began closely tracking suicides in 2001. It exceeds the 295 Americans who died in Afghanistan last year, by the AP's count.



Military suicides began rising in 2006 and soared to a then-record 310 in 2009 before leveling off for two years. It came as a surprise to many that the numbers resumed an upward climb this year, given that U.S. military involvement in Iraq is over and the Obama administration is taking steps to wind down the war in Afghanistan.

The analysis of 2011's 301 military suicides also found that the suicide rate for divorced service members was 55 percent higher than for those who were married. It determined that 60 percent of military suicides were committed with the use of firearms—and in most cases the guns were personal weapons, not military-issued.

The stresses of everyday life including spouses, children, extended family and money can take its toll on anyone. Add the stress of deployment, homecoming and daily workloads, life can seem overwhelming at times. The important thing to remember is that there are resources available to help. If you feel you need someone to talk to and nowhere to turn, please seek help.

**The Fleet and Family Support Center is a great source. 757-444-6289**

**The Defense Department's toll-free military crisis number is 800-273-8255**

# Upcoming Events



## **TOUGH MUDDER: Probably the toughest event on the planet!**

**Tough mudder events are hardcore 10-12 mile obstacle courses to test your all around strength, stamina and mental grit. Tough mudder will be taking place in Virginia Beach Sat, Jun 1st and Sun Jun 2nd. Everyone is more than welcome to come out and have fun! If you have any questions, contact AC1 Shaw, and he will give you any information you need. Also you can visit their website at [toughmudder.com](http://toughmudder.com)**

# Black History Month



# Things to Do

JEB Little Creek

Gator Theater

\$3 Movies

757-462-7534

Check [www.discovermwr.com](http://www.discovermwr.com) for movies playing.

Gator Bowl

1455 Gator Blvd., bldg. 3560

757-462-7952

Parents Night Out

Saturday, Feb 9, 6-10pm

\$16 for the night or \$4 per hour, includes dinner.

Family Dance

Friday, March 15, 6-10pm

Free family dance night to bring families together through dancing competitions, activities and more!

Annual Easter Egg Hunt

Saturday, March 23, 11am-1pm

Free games, inflatables, food and fun for all AND an egg hunt for children 12 and younger.

JEB Fort Story

Free Photo Scavenger Hunt

March 14-17, sign up March 1-8

Starting Thursday, March 14, participants have 2.5 days to find and take creative photos of given list items. Enter as a couple, team or as an individual. Return pictures March 17, 4-5 pm. Prizes awarded! All photos will be displayed. Use any camera device as long as the photos can be saved on a computer or USB drive.

Spring Cleaning Flea Market

Saturday, March 9, 8am-2pm. Sign up and \$5 fee deadline March 5, 1pm. After deadline, fee is \$10. To be held inside Sandpiper Auditorium. If weather permits, event will be held on tennis courts. Sell, swap, bargain or trade clothes, toys, games, sports gear, furniture, your car or other personal home items. Bring your own change!

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# Things to Do (Cont.)

## Angelo's Murder Mystery Dinner Theater

Fully interactive and scripted comedy murder mystery dinner show. Maverick has performed thousands of shows in resorts, hotels, restaurants, banquet rooms, clubs, and private homes across the nation and we will gladly bring our show to you. If you are looking for a fully interactive Murder Mystery show with professional actors you may have seen in films on prime television, professionally written scripts and a production company committed to making your next event a great success, then your search is over. Since 1994 our clients have come to expect nothing but the very best from Maverick Productions.

## DMV Services

For those that don't want to deal with the DMV out in town, the DMV2Go mobile center will be offering services on base once a month.

Location will be in the NEX parking lot from 0900 to 1600 on the following dates:

- **February 5, 2013**
- **March 28, 2013**
- **April 25, 2013**
- **May 23, 2013**
- **June 27, 2013**
- **July 18, 2013**
- **August 22, 2013**
- **September 26, 2013**
- **October 24, 2013**
- **November 14, 2013**
- **December 12, 2013**

# HOUSING AVAILABILITY HOT SHEET

Lincoln Military Housing  
Hampton Roads

Norfolk, Virginia Beach, Portsmouth, Chesapeake, Newport News – Virginia

757.961.3783

[www.lincolnmilitary.com](http://www.lincolnmilitary.com)

[jamtaylor@lpsi.com](mailto:jamtaylor@lpsi.com)

\*\*\* January 15, 2013 \*\*\*

\*\*\*Availability subject to change based on pending offers and qualifications determined by government partners. Page 2 and orders must be provided with application in order to determine qualification\*\*\*

### **\* 2 Bedroom Homes \***

STANLEY COURT – PORTSMOUTH (E1-E9)

20 available NOW through end January \*currently leasing to families and single sailors\*

HAMILTON – YORKTOWN (E1-E9)

6 available NOW – end January

SANDPIPER – LITTLE CREEK (E1-E9)

4 small apartment style avail NOW - end January \*currently leasing to families and single sailors\*

### **\* 3 Bedroom Homes \***

NORWICH - NORFOLK (E1-E9)

2 available NEXT WEEK

SANDPIPER - LITTLE CREEK/VA BEACH (E1 - E9)

2 available NEXT WEEK

COVENANT TRACE - YORKTOWN (E1-E9)

4 available NOW- end January

JFSC – NORFOLK (E1-E9)

1 available NEXT WEEK

PECAN CRESCENT - CHESAPEAKE/NW ANNEX (E1-E9)

2 available NOW

QUEENS WAY – NORFOLK (E1-E9)

1 available end January

STANLEY COURT – PORTSMOUTH (E1-E9)

1 available NOW

WADSWORTH – OCEANA/VA BEACH (E1-E9)

25 avail NOW - end January

### **\* 4 Bedroom Homes \***

STANLEY COURT – PORTSMOUTH (E1-E9)

6 available NOW

NEW GOSPORT - PORTSMOUTH (E1-E9)

2 available NEXT WEEK

NORWICH – NORFOLK (E1-E9)

2 available NEXT WEEK

WADSWORTH – OCEANA/VA BEACH (E1-E9)

9 available NOW - end January

HAMILTON – YORKTOWN (E1-E9)

8 available NOW – end January

**\*\*\*Availabilities published weekly and subject to change based on pending offers\*\*\***

**JEB LITTLE CREEK Pierside Gym**

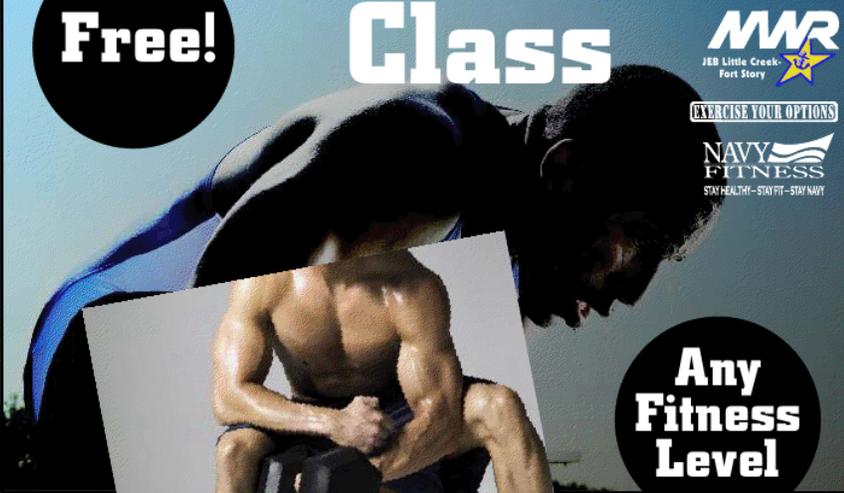
**Free!** **Multi-Functional Class**

**Any Fitness Level**

**Every Monday, Wednesday and Friday at 6 a.m. and Wednesdays at 11:30 a.m.**  
**Come and enjoy our new fitness class and push yourself to your ultimate goal!**

Multi-functional classes provide strength and conditioning with constantly varied, high intensity, functional movement. This improves fitness and therefore general physical preparedness. Workouts are typically short (20 minutes or less) and intense, demanding all-out physical exertion. Combine movement such as sprinting, rowing, jumping rope, climbing rope, flipping tires, weightlifting, carrying heavy objects and many bodyweight exercises. Equipment used includes barbells, dumbbells, gymnastics rings, pull-up bars, kettlebells, medicine balls and boxes for box jumps.

**Call 462-2399 for more informations.**



**MWR**  
 JEB Little Creek Fort Story

**EXERCISE YOUR OPTIONS**

**NAVY FITNESS**  
 STAY HEALTHY - STAY FIT - STAY NAVY



**STAY CONNECTED!**  
[www.cnic.navy.mil/jebcd/mwr](http://www.cnic.navy.mil/jebcd/mwr)  
 Visit MWR online for the latest on events and activities at JEB Little Creek-Fort Story.

**ICE** Interactive Customer Evaluation  
 We need your feedback!  
<http://ice.disa.mil>

Receive event info on your cell phone! In the "TO" window, type 30364. In the "MESSAGE" window, type your area of interest: JEBLIBERTY, JEBTHEATER, JEBFITNESS, JEBFAMILY or JEBMWR

Become a fan of "Joint Expeditionary Base Little Creek-Fort Story" on Facebook!

**We're on the WEB!**



**TACRON 21**  
**Facebook Page**

**TACRON 21**

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**Welcome to the Blackjack Family:**

LCDR Beam  
AC2 Guilford  
AC2 Toro

**Best Wishes to the following family members as they depart TACRON 21 and move one to future endeavors:**

CDR Gray	AC2 Martin
AC1 Anderson	AC3 Robbins
IT1 Calkins	ACAN Pearce

**JANUARY/FEBRUARY BIRTHDAYS**

OS2 Davis	JAN 19
AC3 Johnson	JAN 19
LCDR Vandervelde	FEB 6
ACAN Pearce	FEB 6
AC3 Vicioso	FEB 23
IS3 Lohkamp	FEB 24
AC3 Peder	FEB 25