



TACRON TWELVE
JUNE/JULY 2011

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FROM THE CAPTAIN'S DESK...

I can't believe 15 months have already gone by! It seems like only yesterday that I took command of this squadron. 456 days in command. Time flies when you're having fun. I can honestly say that this has been the most challenging and rewarding tour I've had in the Navy. And I loved every minute of it.

I am immensely proud of what we have achieved, but always remember that YOU are the most important asset.

TACRON TWELVE's systems and equipment meant nothing without you. Working together, you and your shipmates brought this command to life and kept it running. I look forward to hearing what you will achieve in the future. TACRON 12 has the complete confidence and trust of our operational commanders. Continue this momentum shipmates!!

Finally, I want to extend my sincerest thanks and appreciation to the entire TALON team of Sailors, Marines and their families for the outstanding work, continued support and many sacrifices you have made. I am humbled by the devotion to duty, pride and professionalism you have demonstrated each and every day. We have worked together as a team and I am proud to have been part of that team.

I wish each of you the fairest winds and the finest future this life has to offer. May God bless you all.

Aloha,
CDR Mel Yokoyama, USN
Commanding Officer, TACRON TWELVE



The Ombudsman Corner



By Cortney Currier-Holloway
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Hello Talons! Summer is finally here! There is so much to do and see in San Diego during the beautiful summer months! In this edition of the newsletter I have included several links to websites that will keep you up to date on what's happening in our community to make this summer one to remember! As always, please do not hesitate to call or email if there is anything I can do to be of assistance. Take wonderful care and have a safe and happy summer!





Music and Concerts!

La Jolla Concerts by the Sea~ www.ljconcertsbythesea.org

Balboa Park's Twilight in the Park~ www.balboapark.org

Coronado Summer Concerts-in-the-Park~ coronadovisitorcenter.com



Make a Difference- Volunteer!

Beach Cleanups

Visit www.surfridersd.org/beachcleanups.php for complete details

Making a Difference in the Lagoon - Del Mar Fairgrounds

San Dieguito River Valley Conservancy

Price: FREE

Description: Join us to make a difference by rehabilitating the San Dieguito Lagoon, near the Del Mar Fairgrounds. This activity is perfect for families and persons of all ages.



FREE Infant/Parent Swim Classes

Every Wednesday

Ages 6 months-3 years

Admiral Baker Pool in Mission Gorge

Please call for more details (619) 556-5504

Now Available...MWR Swim Lessons!

NASNI Crews Pool (619) 545-2880

NBPL, Main Base Pool (619) 553-0934

Admiral Prout Field (619) 556-8659



A Day the Beach!

Breakers Beach Cabanas

NASNI (619) 545-9203

Perfect for a quiet, family-friendly outing with lifeguards on site.

Reservations required. Call Mon-Thu 7:00am-5:30pm for reservations or click below to download reservation information and forms.

Beach open from dawn to 11:00pm

Lifeguards on duty: 9:00am-6:00pm

PICNIC AREAS IN THE LOCAL AREA



Picnic Area Reservations

NBSD (619) 556-7444

Mariner Park

Across the street from NEX

Snyder Hall

Norman Scott Road NBSD (619) 556-7444

Harborside

Next to Harborside Fitness Center

Gator Beach Cabanas

NAB (619) 437-3028

NMAWC Picnic Area

NMAWC Ph: 524-5465

Reservation/approval required.

Forms and information available at Bldg. 17A, NMAWC

Smuggler's Cove

SUBASE (619) 553-0934

Reservation/approval required.

Forms and information available at Bldg. 1

NAB Turner Field

NAB, Bldg. 162 (619) 437-3065

Corner Bougainville Rd & Eniwetok

Gazebo for command parties, double built-in barbecue grills, extensive field space for party equipment.

**By reservation only*

MWR Weekly Happenings

A great resource for on-base resources and events!

www.mwrtoday.com/sandiego/about/mwrtw

“Operation TOMODACHI- Helping Friends in Need”

By AC2 Jennifer McIntosh

Known for its breathtaking sunsets, Malaysia is a spectacular country with many shops, beaches, and even a Starbucks coffee shop. It was the first time that the USS ESSEX (LHD 2) was pulling into the port of Seppangar in Kota Kinabalu and everyone onboard was excited.

Liberty was called away and swarms of Sailors and Marines exited the ship, eager to see what this new port was all about. Unfortunately, four hours later, the fun had come to an end.

Northern Japan experienced a 9.0 magnitude earthquake followed by a devastating tsunami that caused massive damage to Japanese coastal towns. Everyone was immediately recalled to the ship and, with help from their shipmates and shore patrol, all hands made it back to the USS ESSEX within a couple of hours. The next morning, we were underway heading towards the island of Honshu in Northern Japan, cruising at about 20 knots for a six day transit to participate in Humanitarian Assistance/Disaster Relief (HA/DR) Operations.

As we watched the news, we began to see just how horrible things were in Honshu. Severely damaged nuclear power plants were unable to properly cool the reactors and were leaking radiation. The numbers of the missing and dead were constantly increasing.

For the next three weeks, Det FOUR participated in Operation TOMODACHI. The name Tomodachi is a Japanese word meaning “friend.” Through helicopter and LCU (Landing Craft Unit) operations, the ESSEX Amphibious Ready Group (ARG) and the USS RONALD REAGAN (CVN 76) Carrier Strike Group (CSG) transported food, water, medicine and other pertinent supplies to those affected by the natural disaster

while simultaneously conducting Search and Rescue Operations. Whether it was pushing aircraft to the shore, to “Eagle Control” for tasking, or coordinating HA/DR missions, Tactical Air Control Center (TACC) was busy and working hard to facilitate safe and mishap-free operations.

Two Det FOUR Sailors represented TACRON TWELVE and went ashore to assist with the HA/DR efforts. LCDR Doug Lito was an LNO to the First Marine Air Wing Forward and Carrier Air Wing FIVE at the Atsugi Naval Air Facility. He then moved to Yokota Air Base to act as LNO to CTF-519 and as an Operation TOMODACHI Maritime Response Cell Watch Officer. As a liaison officer he coordinated the flow of tasking between U.S. Forces, Japan, COMPHIBRON ELEVEN and the 31st Marine Expeditionary Unit (MEU). AC3 Daigle volunteered to go ashore and participated in a community relations project on the devastated island of Oshima, assisting with the cleanup of a beachfront and clearing of roads.

During this extremely busy time, Det FOUR personnel managed to continue training on positions, and were able to qualify five Tactical Air Director/Tactical Air Traffic Controllers and three TACC Supervisors in addition to earning two Enlisted Aviation Warfare Specialist pins. Although focused on the mission of humanitarian aid, we didn't lose focus on our other goals of moving forward in our qualifications and maximizing the manning flexibility within TACC.

After nearly a month off the coast of Honshu, things slowed down. The Japanese Government stated they no longer required our assistance, and thanked us for all our help. Japanese Admirals and Generals and other high ranking officials came on board USS ESSEX and shook the hands of those they passed. Several media groups visited the ship to capture a firsthand look at the impressive efforts of the Sailors and Marines. Following a closing ceremony ashore, a final handshake between RDML Katsui, Japan

Maritime Self Defense Forces and RDML Jones, Expeditionary Strike Group SEVEN, and a formal passing exercise between the USS ESSEX and the Japanese Amphibious ship HYUGA, all U.S. HA/DR missions were complete.





Now that summer is finally here, the weather is starting to heat up and things can quickly go from fun to DEADLY. Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. Here are some safety precautions on how to protect you and your family from the dangers of extreme heat.

Go to a cool place: Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Consider going to an air-conditioned mall, library or other public place that will be cool. Go to a neighbor, friend or relative's house that has air conditioning.

Stay in the shade: Direct sunlight can speed up the effect the heat has on your body. Do outdoor activities in the morning or evening hours, avoid being in the afternoon heat.

Stay hydrated: Regardless of your activity level, keep drinking plenty of water, even if you're not thirsty. Don't drink liquids that contain alcohol or large amounts of sugar. These actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

Take showers: A cool shower or bath is a great way to stay cool and much more effective than using an electric fan. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness.

Limit physical activity: Take breaks during the day. Take a break if you are:

- Feeling dizzy
- Your heart is pounding
- Breathing becomes difficult

Wear loose-fitting, lightweight clothing: If you are outside, don't forget to wear a hat or carry an umbrella to protect your head and neck.

Wear sunscreen: Protect your skin and reduce the risk of sunburn. Sunburn affects your body's ability to cool itself.

Now that we have the essentials covered, just remember that hot weather can be a problem for everyone, especially for infants and the elderly. Avoid getting older and have a fun and safe summer!



Welcome Aboard!

LCDR BOGIE

ACCM ELLIS

Fair Winds and Following Seas

LCDR SCHUBERT

MAJ ROSE

1S1 FICKEN

OS2 ADAN

OS2 FAULKNER

AC3 VAUGHAN

TACRON TWELVE

★HAPPY★ BIRTHDAY!

JUNE BIRTHDAYS

AC2 COOPER- 6/1
LTJG SPALDING- 6/4
OS2 PALMITESE- 6/16
YN3 CRAWFORD- 6/23
OS3 PERNA- 6/28
ITSN PLAYER- 6/28

JULY BIRTHDAYS

CDR MARTIN- 7/2
IS3 MCQUAID- 7/5
AC1 ROSE- 7/5
AC2 KATZ- 7/11
OS3 ROBERTS- 7/12
OSSN CRUMP- 7/14
OS2 FAULKNER- 7/15
AC2 VIEW- 7/15
AC3 MCINTOSH- 7/18