

THE MIRROR NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

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www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, August 23, 2007

OFF THE DECK

Be A Storm Spotter

Naval Station Mayport Emergency Management, in conjunction with the Jacksonville National Weather Center (NWC), is offering a Seismic Events: Earthquake/Tsunami and Storm Spotter Basic classes on Aug. 28 at the ATG auditorium, beside Surfside Fitness Center. The classes are available to all hands, including family members.

The Seismic Events class will be held at 9 a.m., followed by the Storm Spotter Basic Class #1 at 10:30 a.m. and the Storm Spotter Basic Class #2 at 1 p.m.

Installation Emergency Management Officer Steve Millican said NS Mayport is on the track to being the first military installation to be certified as "Tsunami Ready" by the National Oceanic and Atmospheric Administration.

One of the ways to do that is to have command decision making leadership attend the hour-long Seismic Events class. It is not unheard of for NS Mayport to suffer the effects of a tsunami, he said. In 1896, Northeast Florida and Mayport was directly hit by a tsunami from an earthquake at the Charleston/Summerville fault. In 1992, Daytona Beach was hit by a 18-foot-high, 250-foot-wide and 20-mile-long rogue wave that caused more than 75 injuries and damaged hundreds of vehicles, he said.

During the Storm Spotter classes, NWS meteorologists will provide training on how to safely observe severe storms, how to identify important features and how to make accurate timely reports. The hour-long class will include training material. All participants 18 years and over will receive a certification card.

Registration for the classes is not required. Just show up on the day of the event.

NEX Optical Shop Hours To Change

Operating Hours for NEX Mayport Optical Shop will change during September. The new hours will be 9 a.m.-5 p.m., Monday-Friday and closed on weekends. The Flower Shop will be open on weekends for pickups only. During normal business hours, the Optical Shop offers the following services, contact lenses, tinting, transition lenses, bifocals/trifocals, \$39.99 single vision lenses.

MWR Mayport Holds Beachfront Movies

MWR Mayport is excited to offer outdoor movies for the entire family on Fridays during the summer months.

Movies will be shown at Sea Otter Pavilion starting at approximately 8:45 p.m., or at sunset. Bring your lawn chairs, blankets and bug spray.

The movie schedule for August is: Aug. 24 - Astronaut Farmer, Rated PG. Aug. 31 - Teenage Mutant Ninja Turtles, Rated PG

There's A New Building 1

From staff

Need to check in with Naval Station Mayport's Quarterdeck? Head down Massey Avenue to the new Building One.

Signs pointing to the old two-story white building on top of the hill behind McDonald's are being changed to redirect to a newly-renovated building across from the Post Office on Massey Avenue.

On maps the building is identified as Building 1363, but when NS Mayport Commanding Officer, Capt. Charles King and his administration staff set up office in the building on Monday, the number changed.

Mayport's Admin and Quarterdeck are the second to the last new tenants to the building, which used to be the old Branch Medical Clinic. Fleet and Family Support Center is scheduled to move into the building in the next couple of weeks as well.

They will join a host of Mayport departments already occupying the building, including The Mirror and Public Affairs Office, Judge Advocate General, Safety Office, CREDO, Urinalysis, Credit Card and Property Administration, Security Manager, Game Warden and Traffic Court Administrator, Financial Management Installation Program Office and Navy-Marine Corps Relief Society.

Numbers to reach NS Mayport Quarterdeck is 270-5401. Due to a new phone system in the building, many of



A Sailor walks away from the new Naval Station Mayport Quarterdeck in the newly renovated Building One, formerly Building 1363, on Massey Avenue. NS Mayport's commanding officer and staff, joined CREDO, NMCRS, The Mirror, Safety and other departments when they moved into the building on Monday.

-Photo by Paige Gnann

the numbers have changed to include an extension. To contact the commanding officer's office, call 270-5202, ext. 1208; CMC office, 270-5688, ext. 1202; Command Master-at-Arms, 270-5688, ext. 1201; Public

Affairs Office, 270-5226, ext. 1012; The Mirror office, 270-7818, ext. 1012; CREDO, 270-6958, ext. 1602; Management Analyst, 270-6912, ext. 1206; Credit Card and Property Administrator, 2770-6912, ext.

1301; Command Evaluator, 270-6912, ext. 1218; Urinalysis, 270-7387, ext. 1901; Administration officer, 270-7387, ext. 1225; Admin assistant, 270-7387, ext. 1224; Correspondence, 270-7387, ext. 1222; MILPERS,

270-7387, ext. 1221; Security manager, 270-7387, ext. 1227; Message Center, 270-7387, ext. 1212; Financial Management Installation Program Office, 270-7387, ext. 1302/3; NMCRS 270-5418.

CDS 14 Officer Receives Bronze Star

By MC3 Bonnie Williams

Staff

Lt. Michael Niznik received the Bronze Star Medal in an awards ceremony at Destroyer Squadron 14 on Aug. 17.

Niznik received the medal for meritorious service while serving as the Deputy Officer in Charge of the 354th Civil Affairs Brigade, a component of the Army Special Forces assigned to the 82nd Airborne Division in Baghdad, Iraq.

The Bronze Star is a United States Armed Forces individual military decoration which may be awarded for bravery, acts of valor or meritorious service. To be eligible for the Bronze Star Medal, a military member must be receiving hostile fire/imminent danger pay during the event for which the medal is to be awarded.

As the Transportation coordinator, Niznik was in charge of tracking and maintaining military equipment, vehicles and



-Photo by MC3 Bonnie Williams

Capt. Thomas L. Reese, COMDESRON 14, presents Lt. Michael Niznik with a Bronze Star Medal during an awards ceremony on Aug. 17. Niznik received the medal for his service as Deputy Officer in Charge of the 354th Civil Affairs Brigade, a component of the Army Special Forces assigned to the 82nd Airborne Division in Baghdad, Iraq.

weapons, as well as electronic upgrades and armor upgrades.

armor shipments and the dispersion of medical supplies. Niznik was also the pay agent

for the Commander Emergency Response Program. He provided the funds to Iraqi contractors to build businesses, schools and training for the airport.

"It is such an honor to receive the bronze star and I'm honored my command considered me for it," said Niznik, "But I couldn't have received it without the incredible hard work of the enlisted servicemembers who worked for me. They were the most highly decorated section of the brigade, and it was a privilege to work with them."

Niznik is originally from Hatfield, Penn. He attended Maine Maritime Academy and graduated with a Bachelor of Science degree in Nautical Science and a Third Mate's License (unlimited tonnage any ocean) in May, 1997.

After graduation Niznik attended Surface Warfare Officer's School in Newport, R.I., and reported to USS Saipan in December 1997 to serve

as First Division Officer. In February, 1999 Niznik reported to USS Klakring and served as Auxiliaries Officer. In 2001, he reported to Naval Postgraduate School in Monterey, Calif., and earned his Master of Arts degree in National Security Affairs in June 2003.

Afterwards, Niznik reported to Surface Warfare Department Head School and upon completion he reported to USS Underwood as Chief Engineering Officer. He then went on for further training at Aegis Training and Readiness School in Dahlgren, Va. in November 2005.

Niznik reported to Destroyer Squadron 14 for preparations for an Individual Augmentation in lieu of a second department head tour. He reported to Fort Jackson, S.C. for IA training in January 2006.

Niznik served in Iraq from April to December 2006.

Patterson Takes Reins As HSL-44 CO

By Lt.jg. Cory Fenton

HSL-44 PAO

Cmdr. Michael Patterson relieved Cmdr. Gary Mayes as commanding officer of HSL-44 "Swamp Foxes" at an Aug. 16 ceremony held in the squadron's hangar bay.

Patterson of Richmond, Va., has served as executive officer of HSL-44 since June 2006. Patterson earned a bachelor's degree from North Carolina State University and a master's degree from the Naval Postgraduate School. His first operational squadron was HSL-42 where he served on multiple detachments.

From 1997 to 1999 Patterson served as Flight Deck Officer and Assistant Air officer along with qualifying as Officer of the Deck (underway) and Command Duty officer while attached to



Cmdr. Michael Patterson

the USS Nassau (LHA-4). In December 1999 he returned to HSL-40 as Maintenance officer, Administrative officer and Instructor pilot. He transferred to HSL-48 in October 2001 to serve as Maintenance officer and officer in charge of



Cmdr. Gary Mayes

Detachment Seven aboard USS Kauffman (FFG-59). Prior to reporting to HSL-44 as executive officer, he served as executive assistant to the Director of Operations.

Mayes is a native of Indianapolis, Indiana, and grad-

uated from Purdue University in April 1988. He was assigned to Naval Air Station Guantanamo Bay, Cuba for his first tour, flying UH-1N Huey. From 1991 to 1996 Mayes was attached to HSL-48 where he deployed aboard various ships: the USS Boone (FFG-28) to the Mediterranean and Red Sea, the USS Spruance (DD-963) patrolling the waters off Haiti, and the USS Comte De Grasse (DD-974) deployed to the Caribbean and South America. In January 1996, Mayes reported to the Navy Office of Legislative Affairs in Washington D.C. as a Senate Liaison officer. In 1998 and 2002, Mayes attended Joint Professional Military Education, phase I and II. He was next assigned to the Office of the Vice President of the United States in Washington

D.C. as the Naval Aide to the Vice President, serving Vice President Richard B. Cheney. In March 2005, Mayes reported to HSL-44 the "Swamp Foxes" as the executive officer and subsequently as commanding officer in June 2006.

Mayes served as commanding officer of HSL-44 from June 2006 to July 2007. During this time, he over saw 10 detachments in support of missions including Global War on Terrorism, counter narco-terrorism, and humanitarian relief, following the nation's greatest disaster, Hurricane Katrina. Under his leadership, HSL-44 was also awarded the Capt. Arnold Jay Isabel trophy for tactical excellence.

The new executive officer

See HSL-44, Page 7

Captain's Column

Welcome to Cmdr. Mike Watson, the new XO for Mayport. He will be taking over for Capt. Bowman as the XO of the base this September. If you see him, (and he will be making his rounds introducing himself throughout the base) don't hesitate to introduce yourself and welcome him to Mayport.

Congratulations to Fleet and Family Services for passing their Accreditation Inspection. All 29 programs were found to be in compliance. They received high marks for their support of the needs of the single and married war fighters. This inspection is every three years and is similar in a lot of ways to a PEB or AMMT teams coming down and opening every file cabinet, program folder and interviewing each FFSC employee. Hector "The Director" Sepulveda and Janis Rand leads an inspired and motivated team of counselors and program managers. Stop in to FFSC and see what they can



Capt. Charles King

do for you and your family. As many of you know, Finegan Elementary School is right outside the gates to Hanna Park. Many of you use this gate to enter and leave base. Please remember to slow down and watch out for children at Finegan during your transit in the mornings and afternoons. School starts soon all over

Jacksonville. Be watchful for kids as they make their way to and from school. Keep in mind they often dart out and cross streets without really checking left and right.

There are new signs at the crosswalk on Massey Avenue at SERMC. New solar panels have been installed along with flashing lights to encourage drivers to slow down for people in the crosswalk. Please remember pedestrians have the right-of-way at Mayport, so slow down at the crosswalks and stay off those cell phones.

Base Security has recognized a rising trend with Mayport drivers. Many have been caught without driver's licenses or proof of insurance and registration. Make sure you carry all pertinent information on base and off. Driving on base is the same as driving out in town. You have to have legal proof of your ability to drive, as well as insurance and current registration. If someone is stopped on

base with a suspended/expired driver's license, they will be issued a traffic ticket and will go before the magistrate on base. During that time, their base driving privileges will be suspended indefinitely. The magistrate will review the case, and a violator's driving privileges could be suspended for up to two years. This applies to everyone on base. We typically do not call JSO for these, however, if there is a WARRANT for arrest out for someone, we WILL make the call. Often, these offenders will spend a night or a few nights in civilian jail. We can still consider suspending base driving privileges. **BOTTOM LINE:** We have had too many incidents lately. Get the word out and make sure people are taking care of their personal driving business. For example, if they do not pay their tickets, their license may be suspended without them even knowing. That's not a valid excuse.

So far this hurricane season

has been quiet, but with the rise of tropical storms in the Gulf and Atlantic everyone should be preparing for the worst. Make sure you know your evacuation routes, have plenty of canned goods and water, batteries, candles, matches, and all important paperwork in a watertight container. All service members should update their recall numbers at their commands. No matter what, it is always better to be ready for the worst case scenario than caught unprepared.

MWR has revamped the sand volleyball courts behind Beachside Community Center. New sand, nets and boundary lines provide better playing for the 4-on-4 volleyball Captain's Cup league. If you're interested in playing with the league on Tuesdays at 11:30 a.m., call Rita at the gym at 270-5451. Check the MWR Happenings weekly to see about great deals, trips for single Sailors, team events and pool hours. MWR Mayport

Special Event Hotline: (904) 270-6015

Mayport is also hosting an All Navy men's Basketball Mini Camp on Sept. 14 from 4-6 p.m. and Sept. 15 from 10 a.m.-noon. For information, call 270-5451.

As always there are many ways to become involved in base activities.

From sports to volunteering, there's much to choose from. Check out The Mirror for information on base activities and sporting events, as well as volunteer opportunities.

Thanks again to everyone for all the hard work you put in everyday to make Mayport the finest military installation in the U.S. We appreciate everything you do, and don't think your work goes unnoticed or unappreciated. Keeping this base a safe, clean and functional is my number one priority. I need everyone's help in making that a reality. Keep those suggestions coming to charles.p.king@navy.mil.

By Fleet Master Chief Tom Howard

Commander, U.S. Pacific Fleet

I am a United States Sailor. I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me. I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world. I proudly serve my country's Navy combat team with Honor, Courage and Commitment. I am committed to excellence and the fair treatment of all.

Aloha, shipmates! As you may imagine by now, we're going to talk about the Sailor's Creed this week, continuing a series of articles on pride and professionalism in our Navy today. Before we jump into the

article, however, please take a moment and reread the Sailor's Creed available above. This time, really pay attention to the words and the meaning behind this passage.

This Sailor's Creed is not just a bunch of words thrown together that your chain of command requires you to recite at quarters, selection boards, awards quarters, or all-hands calls (although all of the above should be done). These words symbolize the Sailors of our past, the Sailors of today, and the Sailors who will lead our Navy into the future. These words should symbolize your commitment to the Navy and who you are as a Sailor.

In 1993, Chief of Naval Operations Adm. Frank Kelso directed and personally participated with a recruit training panel to create a creed for

all bluejackets. Every recruit was given a copy of the final product and was tasked to commit it to memory. The mission was unity and esprit de corps. A year later, the new Chief of Naval Operations, Adm. Jeremy Boorda, tweaked the passage, replacing the word "bluejacket" with "Navy," to best describe all Sailors. Another change in 1997 called for the replacement of "my superiors" to "those appointed over me."

Today, the Sailor's Creed is recited by all Sailors, no matter what profession in the Navy they have chosen, and the mission remains to promote unity and esprit de corps. But, even more so, shipmates, the Sailor's Creed should invoke pride in all of us. Each time I recite our creed, it gives me goose bumps on my arms. When I recite our creed and watch other Sailors

recite it, you can tell when they feel it, when they really feel it. The pride rises up in their voice and they truly stand taller.

No matter what rank I wear on my collar, I am a United States Sailor. No matter what medals, ribbons or warfare devices I have on my chest, I am a United States Sailor. No matter how many hash marks I have on my sleeve, I am a United States Sailor. If you wear the cloth of the world's finest Navy and have taken the oath, you, too, are a United States Sailor. With honor, courage and commitment, we must stand with pride as we "represent the fighting spirit of the Navy and those who have gone before (us) to defend freedom and democracy around the world." It is who we are, what we do!

When Master Chief Petty Officer of the Navy Joe Campa

first became our MCPON, he spoke of what it meant for him to be a Sailor. More specifically, he told a sea story that took him back to the time when he was a young seaman aboard the dock-landing ship Ogden. While on a port visit to Hawaii, his chief took his division to visit the USS Arizona Memorial in Pearl Harbor. The trip to the historic site was not just a lesson in naval history, but instead Seaman Campa's chief told his division about the "service and sacrifice that those Sailors made that day. On that day, the MCPON said he gained the understanding of what it meant to be a U.S. Sailor.

Each day I'm able to look out the window in my office, I stare over at the USS Arizona memorial and USS Missouri memorials and think back to the sacrifices our Navy family has made

over the years. I think of the Sailors who gave their lives in defense of our freedoms, both then and now. They may not have had a Sailor's Creed then, but by god, because of their blood, sweat and tears, we are able to have one now. And, if each of us --you and I - is able and committed to the nation and our future, we'll have the Sailor's Creed for our children's children and those who relieve us as we "go ashore" when the time comes. This creed is for them; this creed is for us.

Until next time, shipmates, sail safe and sail together! I urge you to never stop believing in what it is we stand for.

Remember, if you have any questions or comments regarding my messages to you, drop me a line at cpf.fleetfeedback@navy.mil.

CREDO Corner

Homefront in Focus

By Beth Wiruth

Spouse Support Contributor

School has started and for many military children that means a new school. Did you know the military child moves, on average, every 2.9 years? Did you know from kindergarten to graduation, the average military-connected child attends six to nine schools with two to three high school transitions? Transitions between schools raise issues that include transferability of student records, course grades, and credit hours to name a few.

I have written about Military Child Education Coalition (MCEC) before but with the start of the new school year I want to reintroduce you to them. MCEC grew out of a national conference held in 1997 that discussed ways to support military children. Chartered as a non-profit, MCEC seeks to establish firm alliances between military installations, school systems and national organizations. Their initiatives and programs include parent workshops, education leadership training, an interactive counseling center and transition counselor development.

Resources for parents include an Assessment Resource Center, Secondary Education Parent's Guidebook, Chart Your Course Package, MCEC Magazine and other publications. MCEC Assessment Resource Center is a function of the MCEC website designed to provide parents with a tool to compare and contrast testing policies where military children may be enrolled. The information is maintained and verified to keep the content accurate. Use this tool to determine the testing requirements and policies of schools your children are attending or may attend in the future.

The Secondary Education Parent's Guidebook provides recommendations to improve the transition process for transferring secondary students.

Guidelines and best-practices are offered in this publication to aid parents and students in record keeping, curriculum tracking and planning and much more.

Chart Your Course Package contains an information chart and passport for parents and students to use as a guidance tool and checklist during a student's high school years and beyond. The chart offers parents and students information about high school programs, resources for post-secondary planning, and ideas on smooth transition planning. Included is a year-by-year guide to assist the mobile military child. The pocket-sized passport aids parents in developing the best academic experience for their child.

Seminars for parents provide training and skill-development to aid parents to serve as effective advocates for their children. Issues covered include course selection, transition issues and networking with school personnel.

MCEC conducts two professional development institutes for educators and administrators. Transition Counselor Institute or TCI promotes awareness of issues faced by transitioning military children and a deeper understanding of their social and emotional needs. Their second institute is Special Education Leaders Institute (SELI) which focuses on the transition process for children with special needs.

Certified "Fellows" of TCI and SELI serve as resources for military families before or after a move and are equipped to aid families in move planning, student transition to a new school and negotiation of class placement and course selection for students.

"Getting Your Ducklings in a Row", another publication, aids parents in charting your child's education from pre-school to graduation. Other publications include materials for the

deploying parent and community involvement and support for military children.

Their newest program, S2S or Student-to-Student, is a mentoring/support network of students. Under the guidance and support of trained educators and parents, secondary students are trained to serve as mentors for their military child counterparts. This program, while young, has already produced positive results in easing the challenges of the transitioning military student.

Membership is available for schools, installations, businesses and individuals. Parents are not required to join MCEC to utilize their resources. For more information on MCEC or to order their materials or join this valuable organization please contact them at www.military-child.org or 254-953-1923.

If you have questions or comments for Beth please email her at beth.wiruth@homefrontinfocus.com.

CREDO Corner

By Cmdr. Jon C. Fredrickson

Spiritual Fitness Division SE (CREDO)

It has been said that good people are good because they've come to wisdom through failure. Many of us grew up with rules to do it faster, better or do more. Some of us had families that expected great success, and only success from us. Some of us did very well in that environment, others of us withered because "normal" was simply not good enough. It is important to be celebrated by those we expect should love us simply because we are and not because of what we can become. For those of us who grew up where love was not unconditional and failure was considered disloyalty, we came to expect failure even if we had success.

Nothing can be learned from playing the flute, to hitting home runs, without failing along the way. We cannot grow if we never fail. Attitude is the difference between those who

fail and see it as an opportunity to learn and those who fail and see it as another proof of their incompetence.

This begs some questions: Who or what defines us? What and where do the cues come from that tell us we are OK? Are those things internal or external driven? Most of us don't even take the time to ask those questions, much less try and find an answer. Most of our self-perception is a knee-jerk, gut-level response to a perception that has been implanted in us years ago.

This prompts the most important question: Do we want to stay this way? It has been said that life is journey not destination and as we embrace this journey we will fail, slip, and periodically look back at an action or decision in our life and wonder out loud how we could have possible been so stupid. To mess up; to make a wrong turn in life; to fail, does not make us failures. All failure

does offer us a chance, rather, to learn more about ourselves and how to better plot strategies to avoid or rise above the slippery spots in the future.

It is quite normal to spend a few minutes everyday beating ourselves up about some sort of missed chance in life. It is unacceptable to remain in that place, not only beating ourselves up constantly but expecting only continued letdown. That is a trap that we can all get out of. It is not an easy process, but then there is nothing good that comes easy. If you are feeling ensnared and tired of old patterns in your life that never seem to work, CREDO exists to provide non-religious, spiritually based retreat possibilities that can help break the destructive models that keep us from our best. If you are interested in taking some time for you, give us a call at 270-6958.

Points of Protocol

Naval personnel in uniform but uncovered or in civilian clothes shall render the pledge of allegiance to the flag by facing the flag and standing at attention with the right hand over the heart. Personnel in uniform and covered shall render the military salute.



Chapel Call
Command Chaplain:
Cmdr. Phil Wyrick

SUNDAY
Sunday School.....9 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested

TUESDAY
MOPS (Mothers of Preschoolers).....
.....9:30 a.m.
(First and third Tuesday of the month)

WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.

SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group 2, 4.....6 p.m.

Catholic Services:
Sunday Masses.....9 a.m.
CCD.....10:15 a.m.-11:15 a.m.

BAPTISMS
Please call 270-5212 to arrange a Baptism class.

SERVICES
For shipboard and Waterfront Services, call 270-5403. Personnel of other faiths seeking contact with specific religious groups should call the Chaplain's Office at 270-5212.



Naval Station Mayport

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Capt. Aaron Bowman Executive Officer
CMDMCM Deborah Davidson Command Master Chief

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The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1363, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

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Calendar

On Base

Thursday, Aug. 23

The Naval Officers' Spouses' Association of Mayport will hold a "Beachside Open House" to welcome all spouses new to the Mayport area and to welcome back returning members. The open house will be at the home of Debbie Bowman, 2186 Oakhill Street in senior officer housing, from 7-9 p.m. NOSA welcomes all spouses of officers, active duty and retired, from all branches; Navy, Coast Guard, Marine Corps, Army and Air Force and spouses of Foreign Exchange Services. For more information, please check the NOSA website: www.orgsites.com/fl/nosamayport or call Evelyn Flint at 641-2823.

USS Taylor family support group will be having a fundraiser at the Dick's Wings at San Pablo and Beach Boulevard. Mention you're with the FSG and a portion of the sales from 5-8 p.m. will be donated.

The USS Philippine Sea family readiness group will hold its monthly potluck meeting at 6:30 p.m. at the USO on Mayport Road. Free babysitting will be provided.

Tuesday, Sept. 4

The Naval Officers' Spouses' Association of Mayport welcomes new and returning members to the first meeting of the 2007/08 year at 9:30 am at the USO on Mayport Road. Babysitting is available for a nominal fee. NOSA of Mayport is open to all spouses of officers, active duty and retired, from all branches; Navy, Coast Guard, Marine Corps, Army and Air Force and spouses of Foreign Exchange Services. For more information, please check the NOSA website at www.orgsites.com/fl/nosamayport.

Wednesday, Sept. 5

The USS DeWert family readiness group will hold its monthly meeting at 7 p.m. at the USO on Mayport Road. Childcare will be available.

Thursday, Sept. 13

The USS Carney family readiness group will meet at 6:45 p.m. at the USO on Mayport Road. Childcare will be provided.

vided.

Thursday, Sept. 27

The USS Philippine Sea family readiness group will hold its monthly meeting at 6:45 p.m. at the USO on Mayport Road. Babysitting will be provided.

Tuesday, Oct. 2

The Naval Officers' Spouses' Association of Mayport will meet at 9:30 am at the USO on Mayport Road. Babysitting is available for a nominal fee. NOSA of Mayport is open to all spouses of officers, active duty and retired, from all branches; Navy, Coast Guard, Marine Corps, Army and Air Force and spouses of Foreign Exchange Services. For more information, please check the NOSA website at www.orgsites.com/fl/nosamayport.

Out in Town

Thursday, Aug. 23

Aimed at building mutual trust, collaboration and understanding between residents and the Jacksonville Sheriff's Office (JSO), a "Protecting Communities Workshop," will be held in North Jacksonville as part of Mayor John Peyton's Seeds of Change: Growing Great Neighborhoods initiative at at Joint-Heirs Christian Center, 2100 Dunn Ave., fellowship hall at 6:30 p.m. Participants are encouraged to attend all meetings if possible. The workshop is free and open to the public. Registration is required. To register, call 630-CITY or e-mail Bill David bdavid@coj.net.

Friday, Aug. 24

Duval County Extension Service will host "Gear up for Fall Gardening" from 10 a.m.-1 p.m. at Mandarin Garden Club, 2892 Loretto Rd. Learn landscape tips for fall gardening, plant propagation, and bulbs. The cost is \$10.

Fleet Reserve Association Branch 290 is hosting a "Grilled Chicken Dinner" from 5-8 pm, at the Branch Home at 390 Mayport Road. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner.

Saturday, Aug. 25

Duval County Extension Service will host "Start Your Fall Vegetable Garden 101" from 10 a.m.-noon at the Extension office, 1010 N. McDuff Ave. Learn how to grow your own vegetables and compost. Call 387-8850 for registration. Cost is \$5 at the door.

Sunday, Aug. 26

Christ United Methodist Church Youth will host a Spaghetti Dinner/Auction immediately following church services at 11:30 a.m. Bring your appetites and your wallets as the Youth cook up a great dinner to help them raise money for their community and youth oriented projects. Wilson Hall at Christ United Methodist Church, 400 Penman Road, Neptune Beach, Fla., 249-5370.

Jacksonville Beaches are invited to leave the dictionaries behind and simply enjoy hammentashen and many other Jewish recipes at Chabad @ the Beaches' Second Annual Yiddish Food Festival, "Kosherfest 2007" at the American Legion Hall, 1151 4th Street South, Jacksonville Beach.

Kosherfest 2007 will be the community's second kosher food show. Included in this extraordinary event will be an array of different kosher foods, including all of the Traditional favorites. Knishes, Latkes, Matzah Ball soup and Deli Sandwiches. All those in attendance are sure to have the "time of their life". The event is open to the public and there is no cost for admission. There is a charge for food.

Wednesday, Sept. 5

Atlantic Beach Women's Connection presents "An Artful Brunch" featuring Katrina Brocato of the Cummer

Museum of Art and Gardens from 9:30-11:00 a.m. at the Selva Marina Country Club. Afterwards Deanna Hansen Doying of Port St. Joe, Fla., will share with us how she is "Finding the Balance Between Prudence and Whimsy." Cost is \$12. Complimentary childcare available with reservations/cancellations by Sept. 3 by calling Vivian at 246-2522 or 994-8850 or email atlanticbeachwc@yahoo.com. Sponsored by Stonecroft Ministries (www.Stonecroft.org). All ladies are welcome.

Tuesday, Sept. 11

Fleet Reserve Association Branch 290 will hold a blood drive from 3-7 p.m. at the branch home, 390 Mayport Road. A free steak dinner and drink of choice is available to all donors. The even is open to the public. Steaks will also be on sale to those unable to donate for \$10. For more information, call 246-6855.

Friday, Sept. 14

Fall rummage sale at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach from 9 a.m.-3 p.m. If you have anything you'd like to donate to the Rummage Sale, you can drop it off at the Church Office beginning Sept. 9. For information please contact the church office at 249-5370.

Saturday, Sept. 15

Fall rummage sale at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach from 9 a.m.-3 p.m. If you have anything you'd like to donate to the Rummage Sale, you can drop it off at the Church Office beginning Sept. 9. For information please contact the church office at 249-5370.

Friday, Sept. 21

Fleet Reserve Association Branch Ladies Auxillary 290 will hold a chicken fried steak dinner from 5-8 p.m. Cost is \$8. Take out orders are welcome. Call 246-6855.

Saturday, Sept. 29

Thousands and thousands of pumpkins are returning to the Christ United Methodist Church Pumpkin Patch, 400 Penman Road, Neptune Beach,, a family favorite for years. The Pumpkin Patch will be open for business as soon as the pumpkins are off of the truck! Join us to pick your very favorite pumpkin and enjoy the annual fall tradition that has been passed to families around the Beaches! For more

information, call 249-5370.

The Amelia Island Genealogical Society, in partnership with the Nassau County Public Library System, presents a Genealogical Seminar featuring nationally recognized genealogist George G. Morgan from 9 a.m.-4 p.m. at the LDS Church meeting room, 2800 S. 14th Street, in Fernandina Beach. Cost of seminar is \$30. Mail your name, address, phone/email, and check to AIGS Seminar, PO Box 6005, Fernandina Beach, Fla., 32035. For further information call (904) 321-3460 or check the AIGS website at www.aigen-soc.org.

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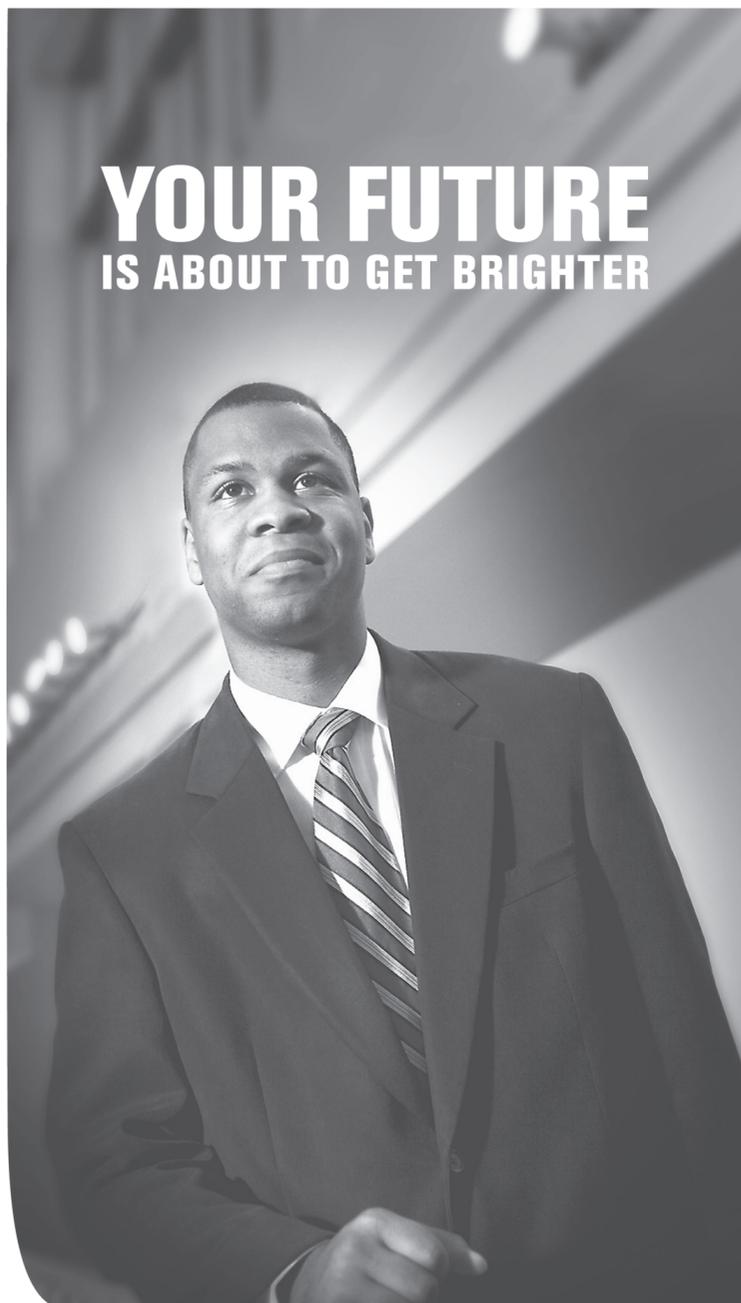
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EOD Unit Gets A Lift

By MCSN Patrick J. Cook
Fleet Public Affairs Center, Detachment
Mayport

Members of Explosive Ordnance Disposal Mobile Unit Six (EODMU 6), Detachment Mayport know what it's like to be left hanging.

The detachment conducted training exercises with HH-60H Seahawks assigned to the Red Lions of Helicopter Anti-Submarine Squadron Fifteen (HS-15) of NAS Jacksonville on Aug. 7. The EOD team spent their afternoon suspended from the bottom of flying aircraft during Special Purpose Insertion and Extraction (SPIE)s, or jumping from and climbing back into the hovering helicopters along the St. Johns River in Jacksonville.

"We train for Cast and Recovery operations as well as Special Purpose Insertion and Extraction to maintain proficiency in different insertion and extraction techniques," said Lt. John J. Stewart, officer in charge of the team.

The drills benefit EOD operations by training the Sailors to respond to explosive ordnance incidents that they might otherwise not have access to. Casting, which involves jumping from an airborne helicopter into the water, is used mainly during floating mine responses so EOD technicians can get to waterborne mines and get

recovered by the aircraft. SPIE is a technique that can be used to place or extract personnel from densely wooded areas or other hostile landscapes which provide unsuitable landings for helicopters. In SPIE rigging, up to eight personnel can be attached to a rope and be relocated without having to land the helicopter.

"It depends on how you feel about heights. I think for most people it does feel a little like flying," said Stewart. "Once you're in the air and moving you can use your arms to swing from side to side. At that point the height doesn't really get to you anymore."

The team was able to complete four high-risk evolutions safely in under an hour with the help of two Helicopter Rope Suspension Training masters/CAST masters and the aircrew from HS-15.

The mission of the Navy EOD force is to identify, render safe, and disposal of hazardous unexploded conventional munitions, chemical munitions, and improvised explosive devices. An EOD technician today can respond to an IED incident in Iraq or Afghanistan, aid the U.S. Secret Service in protecting dignitaries or provide direct support to combat forces including U.S. Navy SEALs or Army Special Forces units.



Officer In Charge, Explosive Ordnance Disposal Mobile Unit Six (EODMU-6), Lt. John Stewart rests after participating in a cast and recovery drill over the St. Johns River. Cast and recovery is a fast means of inserting and extracting troops.



-Photo by MC2 Brian Smarr

Sailors assigned to Explosive Ordnance Disposal Mobile Unit Six (EODMU-6) cling to a line beneath an HH-60H Seahawk helicopter assigned to the "Red Lions" of Helicopter Anti-Submarine Squadron Fifteen (HS-15). The EOD Team was flown over the St. Johns River during Special Purpose Insertion-Extraction (SPIE) training, known as "spy-rigging," an evolution used by the Navy and Marine Corps for hasty placement and extraction in hostile areas.



-Photo by MC2 Brian Smarr

Solis, Explosive Ordnance Disposal Mobile Unit Six (EODMU-6), climbs into an HH-60H Seahawk helicopter assigned to the "Red Lions" Helicopter Anti-Submarine Squadron Fifteen (HS-15) during a cast and recovery drill over the St. Johns River.



-Photo by MCSN Patrick Cook

EODMU-6 Sailors cling to a line beneath an HH-60H Seahawk helicopter during Special Purpose Insertion-Extraction (SPIE) training over the St. Johns River.



-Photo by MCSN Patrick Cook
 Chief Explosive Ordnance Disposal Michael Solis climbs into an HH-60H Seahawk helicopter during a cast and recovery drill over the St. Johns River. Cast and recovery is a fast means of inserting and extracting troops when landing is not an option.



-Photo by MCSN Patrick Cook
 Officer In Charge, Explosive Ordnance Disposal Mobile Unit Six (EODMU-6), Lt. John Stewart receives a hand from his team and the crew of Anti-Submarine Squadron Fifteen (HSL-15) as he climbs into the HH-60H Seahawk helicopter during a cast and recovery drill over the St. Johns River.



-Photo by MCSN Patrick Cook
 Sailors assigned to Explosive Ordnance Disposal Mobile Unit Six (EODMU-6) rest between their cast and recovery drills over the St. Johns River. Cast and recovery operation is a fast means of inserting and extracting troops in locations where landing is not an option.

Mayport EOD Assists In Search For Rockets

From MCSN
 Dmitry Chepusov

Naval Submarine Base Kings Bay Public Affairs

A driver pulled over for speeding by a Georgia State Trooper resulted in Explosive Ordnance Disposal (EOD) Teams in Kings Bay and Naval Station Mayport being called into action Aug. 15.

In the car was a rusting 70 mm rocket the two occupants said they had discovered earlier in the day in the Ogeechee River, which flows near Fort Stewart, just west of Savannah, Ga. Recreational boaters found two additional rockets at the same location.

Lt. John Laney, officer in charge of the Kings Bay EOD detachment, said Mayport and Kings Bay were called because they are the only two units in the Southeast Region with underwater operations expertise.

"We spent three hours sweeping the river's bottom with as many as six divers at the site where locals reported having found the missiles, but there is nothing down there," said Laney. "It is possible there are missiles there that we can't see buried in the river bottom, and more could possibly turn up tomorrow, or fifty years from now."

Laney said the ordnance was identified as Vietnam-era training rockets, in which the war-

head is inert but the motor is live.

Although the search came up empty, it did lead to a training opportunity with the detachment's Army counterparts at Fort Stewart.

"This is the first opportunity I have had to work with Kings Bay, and they have been very responsive," said Army Capt. Dorian Hatcher, commanding officer of the 731st Ordnance Company at Fort Stewart. "They pulled themselves out of training in order to assist us with this sweep."

Fort Stewart officials said the three rockets were safely disposed of by the 731st, and the Army continues to investigate how the rockets turned up in the river.

The air-launched 70 mm rockets were developed in the 1940s by the Naval Ordnance Test Station at China Lake, Calif., to supplement aircraft guns in air-to-ground and air-to-air attacks.

"People must understand these rockets are very dangerous and can possibly ignite and cause death and damage from something as simple as static electricity."

Laney added if someone discovers ordnance, call local law enforcement immediately, and stay away from the area.



-Photo by MCSN Dmitry Chepusov
 Divers assigned to the explosive ordnance disposal divisions of Naval Submarine Base Kings Bay and Naval Station Mayport prepare to dive into the Ogeechee River in search of old ordnance. Local residents have been finding the 2.75-inch rockets in the river near a popular boat ramp and swimming area. A six-man diving team performed a detailed sweep of the river bottom where the 40-year-old rockets have been found.

CDS 24, Comfort Completes First Half Of Mission

By MCSN Jeff Hall

USNS Comfort Public Affairs

Personnel deployed with hospital ship USNS Comfort (T-AH 20) hit the halfway mark of their four-month humanitarian deployment while setting up for medical operations in Ecuador Aug. 15.

Joint forces, civil service mariners, Canadian forces and volunteers from Project Hope and Operation Smile, non-government organizations, spent the first two months working to improve the quality of life for thousands of patients through medical care, training and infrastructure improvement projects.

"Overall, our mission has been incredibly successful," said Capt. Bob Kapcio, Comfort's mission commander and Commander, DESRON 24 based in Mayport. "All of the personnel deployed with Comfort have put in long, hard hours to see this mission get accomplished, and to see the smiles on the patient's faces when they leave Comfort. The reaction of the people we meet shows we are making an impact everywhere we go."

Comfort set up medical treatment sites for patients in Belize, Guatemala, Panama, Nicaragua, El Salvador and Peru. The range of care offered at the



-Photo by MC2 Joshua Karsten

From left, Ingeniero Jose Zambrano, mayor of Manta, Ecuador; Capt. Bob Kapcio, mission commander aboard Military Sealift Command hospital ship USNS Comfort (T-AH 20); Capt. Ed Namartowich, Comfort's civilian master; Capt. Bruce Boynton, commanding officer of Comfort's medical treatment facility; and Capt. Paul Gallie, manager of International Terminals of Ecuador for Manta conduct a ceremonial ribbon cutting to commemorate Comfort's arrival in Ecuador. Comfort is on a four-month humanitarian deployment to Latin America and the Caribbean, providing medical treatment to patients in a dozen countries.

sites included general medicine, optometry, dentistry, pediatrics and gynecology.

Patients in need of more intensive care, including surgeries, were screened at the medi-

cal treatment sites then transported via helicopter or boat to Comfort. Comfort performed

a variety of surgeries, including those to repair a club foot, hysterectomies, hernias and removing tumors.

Operation Smile, which specializes in treating cleft palates, came aboard in Nicaragua and Peru to perform surgeries. Using Comfort's operating rooms, Operation Smile surgeons performed facial surgeries on children and adults.

Project Hope provided medical training to local care providers throughout the six countries Comfort has visited. The training concentrated on first-response care using common household objects to perform procedures from splinting to delivering a baby and cardiopulmonary resuscitation.

Seabees from Combat Battalion Maintenance Unit 202 also provided long-term benefits. Working alongside volunteers, Seabees helped repair hospitals and schools. Their projects included painting, roof replacement, plumbing and electrical repair, and installing new playground and sports equipment, as well as general infrastructure improvements at each site they visited.

Similarly, biomedical repair technicians repaired a range of equipment, from washing machines to sterilizers, in hos-

pitals and clinics. Pre-deployment teams scoured Comfort's potential medical sites to locate equipment in need of repair. Following the visits, the biomedical teams ordered parts and equipment needed to make the repairs.

Comfort personnel also helped deliver donated medical equipment from Project Handclasp. Project Handclasp takes donated materials from around the United States and sends it with Navy ships for distribution around the world.

Each of these operations played into the larger Comfort mission, to create short- and long-term effects for each nation visited.

Comfort departed Norfolk June 15 on a mission of compassion and commitment to the Caribbean and Latin America. The deployment, part of Partnership for the Americas, will take Comfort to six more nations before returning to the United States in mid-October.

"With this group of hard-working individuals, dedicated to helping others around the world, we intend to make the same impact on those we help in the next two months," said Kapcio. "We want to leave a footprint of hope and compassion that will last a lifetime."

POW/MIA Recognition Observance Scheduled

From NAS Jacksonville

NAS Jacksonville will hold a POW/MIA Recognition Observance aboard the base at 1 p.m. Wednesday, Sept. 19.

The program will take place in the All Saints Chapel, on the corner of Mustin Road, and Birmingham Avenue, and will honor all Americans who are former POWs, as well as those who are still unaccounted for and their families.

The keynote speaker is Capt. Henry "Hank" Lesesne, USN (Retired). He was deployed with VA-55 aboard USS Hancock (CV-19) flying the A-4 Skyhawk when he was shot down over Hanoi on July 11, 1972. After ejecting, he was captured and held in Hanoi for more than nine months until his release March 28, 1973.

Lesesne was born and grew up in South Carolina. He graduated from the Citadel in 1958 with a B.A. in History. In October of that year he entered the United States Navy and received his wings in 1960. His first tour of duty was at Naval Air Station Jacksonville, first as an instructor pilot in VA-44, then with VA-176 flying off the USS Shangri-La (CV-38). Lesesne met and married his wife, Linda, during his tour here.

In February 1964, he received orders to VT-7 in Meridian, Miss., as an instructor pilot flying T-2A's. After completing this tour, he reported to VA-81 at NAS Cecil Field, flying the A-4 Skyhawk. While there he made two Med cruises, one on

the Shangri-La and one on the maiden cruise of USS John F. Kennedy (CVA-67).

In July 1969, Lesesne was again assigned to VA-44 as an instructor pilot in the A-4 before reporting in April 1970 to NAS Lemoore, Calif., where he was an instructor for VA-127. He transferred in August 1971 to VA-55.

After repatriation, Lesesne returned to flying status at NAS Lemoore with VA-127, then as an instructor for VA-122. He later transferred to VA-113 where he became commanding officer of the squadron.

After command, he went to the Philippines along with his family. He joined Commander Task Force 77 staff where his assignments included Naval Operations in the Pentagon, Armed Forces Staff College, the Joint Chiefs of Staff, and his final assignment in the Navy was as head of the Navy Command Center in Washington, D.C.

Lesesne retired from the Navy with 31 years of service in 1989. He and Linda live in Ponte Vedra Beach, Fla. They have three daughters, four granddaughters and one grandson.

Lesesne's military awards include the Legion of Merit, the Bronze Star with combat V, the Air Medal (14 awards) with combat V, Navy Commendation Medal/ with combat V,

the Purple Heart, Navy Achievement Medal, Combat Action Ribbon, Navy Unit Commendation, Meritorious Unit Commendation, Navy Expeditionary Medal, National Defense Service Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal, Vietnam Gallantry Cross, Vietnam Campaign Medal, Daughters of American Revolution Cross of Gallantry Medal, and the Prisoner of War Medal.

The POW Pledge of Allegiance will be led by Herman Lodinger, who during World War II was a bombardier with the Army Air Corp 564th Bomb Squadron, 389th Group. A 2nd Lieutenant, his B-24 aircraft was shot down over Nazi Germany. He was taken prisoner and confined at Stalag Luft 3, the camp made famous by the "Great Escape."

Many of the escaped POWs were recaptured and executed, as depicted in the 1963 movie starring Steve McQueen.

A reception with refreshments will take place in the Chapel's Fellowship Hall. Military and civilian employees are encouraged to attend.

Enterprise Strike Group Commences Operations

From USS Enterprise Public Affairs

Enterprise Carrier Strike Group (CSG) commenced operations in the Persian Gulf Aug. 10, where they are currently deployed to support Maritime Security Operations (MSO) as well as Operations Iraqi Freedom (OIF) and Enduring Freedom.

Rear Adm. Daniel P. Holloway, Commander, Carrier Strike Group 12/Enterprise Strike Group, said the strike group is ready to do what it takes to accomplish the mission.

"This is part of what we are out here to do," said Holloway. "We are a nation at war and we will continue to do our part to stabilize the current situation in Iraq and eliminate terrorist threats."

Enterprise CSG's deployment will help reassure U.S. allies in the region of the Navy's commitment to set conditions for security and stability for vessels operating in the Persian Gulf. MSO have a strong track record of providing security and stability in the maritime environment through coordinated operations with coalition partners that complement the security efforts of friends and allies in the region.

The presence of Enterprise CSG in the region allows the coalition to flex multi-dimensional task force capabilities and demonstrate the ability to respond to threats to maritime security.

Enterprise CSG also commenced the first combat missions of their current deployment Aug. 12 in support of OIF.

Aircraft assigned to Carrier Air Wing (CVW) 1, stationed aboard USS Enterprise (CVN 65), conducted multiple-strike missions by providing air support to coalition ground forces.

U.S. naval and air presence in the region is the continuation of a six decade-long U.S. policy to stand by friends and allies among Gulf Cooperation Council nations and protect the free flow of commerce. These relationships support and

encourage regional stability and cooperation.

U.S. forces will continue to maintain this regional presence to deter destabilizing activities, while safeguarding the region's vital links to the global economy.

The squadrons of CVW-1 include the "Checkmates" of Strike Fighter Squadron (VFA) 211; "Knighthawks" of VFA-136; "Sidewinders" of VFA-86; "Thunderbolts" of Marine Fighter Attack Squadron 251; "Dragonslayers" of Helicopter Anti-Submarine Squadron (HS) 11; "Rooks" of Electronic Attack Squadron (VAQ) 137; "Screwtops" of VAW-123; "Maulers" of Sea Control Squadron (VS) 32; and the "Rawhides" of Fleet Logistics Support Squadron (VRC) 40.

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HSL-48 Sailors 'Stay Navy'

By Lt.jg. Samuel Wheeler

HSL-48

Three Vipers from HSL-48 recently took the oath of reenlistment, recommitting themselves to the United States Navy in front of their fellow Sailors, families and the city of Jacksonville.

In downtown Jacksonville next to the Lone Sailor Memorial, Aviation Warfare Systems Operator 2nd Class (AW) William E. Andorfer, Aviation Maintenance Administrationman 2nd Class (AW) Pamela S. Hawkins and Storekeeper 2nd Class (AW/SW) Eric J. Tipton reaffirmed their Navy commitment as boats passed by on the St.

John's River.

The first to reenlist was Andorfer, whose father was present to show his support and pride. Petty Officer Andorfer reenlisted for six years and received a Selective Reenlistment Bonus of more than \$32,000. His reenlisting officer was Lt. Troy J. Dickey, who deployed with Petty Officer Andorfer to the Persian Gulf in 2006.

Hawkins reenlisting officer was her husband, Lt. Corey Hawkins of the Nurse Corps. Their children Corey Jr. and Braylon watched as their father read the oath to their mother.

Tipton has been in the Navy since 1992

and made the decision to extend his career an additional four years. His wife Karen and son Ethan were on hand to show their support, while Chief Warrant Officer 3rd Class David E. Keller administered the oath.

HSL-48's Commanding Officer, Cmdr. John E. Gumbleton, gave the family members a certificate of appreciation from the Navy.

The special occasion was documented by a local television station and the three Sailors were featured on the six o'clock news that evening.



-Photo courtesy of HSL-48

Aviation Warfare Systems Operator 2nd Class (AW) William E. Andorfer, Aviation Maintenance Administrationman 2nd Class (AW) Pamela S. Hawkins and Storekeeper 2nd Class (AW/SW) Eric J. Tipton reenlisted recently during a televised ceremony downtown.

Milestones



AE1(AW) Timothy J. Smeggil

A retirement ceremony for Aviation Electrician's Mate 1st Class (AW) Timothy J. Smeggil of FRCSE Mayport was held at the Ocean Breeze Conference Center July 20 to honor his 20 years of active naval service. Guest speaker was Lt. Cmdr. Lorrinda Seiberling of FRCSE Mayport.

Smeggil reported to Recruit Training Center Orlando, Florida for basic training, in September 1987. Upon completion, he reported to Aviation Electricians Mate 'A' school in Millington, Tenn. After graduating from 'A' school, he was assigned to VFA-195 "The Dambusters" NAS Atsugi, Japan and deployed on USS Midway (CV-41) and USS Independence (CV-62) in support of Operations Desert Shield and Desert Storm.

In 1992, he was assigned to VF-101 "Grim Reapers" NAS Oceana, Va., as an Electrical/ Instruments Technician before transferring to VF-21 "The Freelancers" NAS Atsugi, Japan in 1995. In 1999, he was assigned to Aircraft Intermediate Maintenance Department in Diego Garcia for one year till he reported to VFA-37 "The Bulls" NAS Oceana, Va. He was selected to attend AVC7 Advance Electronic School in Pensacola, Fla., in 2001 and upon completion he reported to HSL-46 "The Grandmasters" NS Mayport.

In 2005, he transferred to Aircraft Intermediate Maintenance Department Mayport, Florida to complete his final tour in the Electrical/ Instruments Branch as the Leading Petty Officer.

Smeggil currently plans on residing in Florida with his family.

TA Waivers Due Now

From Navy College Office

Time is running out for Navy Tuition Assistance (TA) users to apply for credit hour waivers for 2007.

Eligible members must submit their request packages directly to the Center for Personal and Professional Development no later than Aug. 31. Waivers received after Aug. 31 can not be processed.

Guidelines for applying can be found at www.navycollege.navy.mil/tuition/ta10.html.

HSL-44

From Page 1

of HSL-44 is Cmdr. Richard Davis. He graduated from Virginia Tech in 1990 and was designated Naval Aviator in 1992. Davis most recently served on the Joint Staff Strategic Plans Directorate where he was assigned to work Afghanistan and South East Asia and as executive assistant to the Deputy Director Politico Military Affairs-Asia.

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Anything Is Possible At SERMC With 'The Hog'

By MC1 Sonja Chambers
Staff

Southeast Regional Maintenance Center (SERMC) unveiled its 2008 Strategic Plan and supporting "Stretch Goals" Friday during a command-wide rally which included costumes, music and Mexican food.

Capt. Jim Green, Commander SERMC, believes in the "hedgehog concept" made famous in the fable of the Hedgehog and the Fox (and the Jim Collins book, 'Good to Great'). As the fable goes, the hedgehog always wins the challenges mounted by the constantly scheming, shifty fox. As the frantic fox crafts new strategies to attack the hedgehog each day, the hedgehog relies on his one single, tried and true, unbeatable strategy of rolling up into a perfect ball of sharp spines. Hedgehogs focus on what is essential and ignore everything else.

SERMC's "Hedgehog Concept," their "Main Thing" which provides guidance for every decision and action at the command is "to be fanatics about providing Sailors with the best maintained ships in the fleet by making SERMC a world-class service provider."

In the days leading up to the goal-unveiling event, SERMC had become a victim to the

Hedgehog Liberation Front (HLF), which had stolen the Captain's favorite hedgehog, and the command's symbol of world-class service. A play of events, complete with ransom notes and Naval Station Mayport Security Department involvement, got the whole command primed for the Friday morning all-hands event. Green outlined SERMC's 2008 Stretch Goals to the HLF kidnapper in front of the crowd.

The first goal is for Mayport ships to be recognized as the best maintained ships in the fleet.

"We need to make the SERMC 'brand' known worldwide by delivering the kind of world-class service it will take to give our ships and the visiting ships 'a fighting chance,'" said Green.

The second SERMC goal is to do what it takes to have SERMC recognized as having the best trained, most motivated, most flexible workforce in the Navy.

"We'll pull this off by listening to our employees and doing something about their concerns and by building super-highways of communication within the command," said Green. This will include implementing a mentoring program and elimi-

nating the frustration of not having the tools or training required to best use the skills and talents of employees.

The last goal is for SERMC to lead one fully-integrated maintenance organization, always providing world class service.

"We'll do this by aligning Mayport into one high-performing maintenance juggernaut with ship's force, contractors and SERMC maintenance professionals working side by side," said Green. SERMC will look for and capitalize on opportunities to thrill their customers and empower those who do the work to continuously improve processes.

Each person in the crowd received a contract describing these goals in detail. The captain had met all the demands of the kidnappers except one.

"I told you in the last ransom note," said the kidnapper. "I want Mexican food all around!"

Green agreed and a catered Mexican feast was served to the entire command among the Production shops' machine tools and ship repair facilities. The hedgehog was returned to the captain by a giant, dancing hedgehog. The crowd cheered as the kidnapped hedgehog was returned and a new era began at SERMC.



-Photo by MC1 Sonja Chambers
Capt. Jim Green, Commander SERMC, stands with the command's symbol of world-class service, a hedgehog, during an all-hands event to unveil the 2008 SERMC Strategic Plan Friday.

FFSC Class Schedule Set

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 110.

Aug. 23, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 23, 9 a.m.-noon, New Parent Support Playgroup, USO

Aug. 24, 8-11 a.m., Anger Management Class, FFSC Mayport

Aug. 27, 1-3 p.m., FERP "Your Career Connection," FFSC Mayport

Aug. 27, 6-8 p.m., Ombudsman Assembly, CPO Club

Aug. 28, 9-11 a.m., Parenting Class, FFSC

Aug. 28, 9-11 a.m., Resume

Expecting Dads Get Tips From FFSC

From FFSC

Fleet and Family Support Center is offering an Expectant Dad's Class (So You're going to be a Dad) on Sept. 10 from 1-4 p.m. at the USO on Mayport Road.

This highly regarded program is designed for new Dads and Moms. Issues fathers face in today's world of competing demands will be reviewed. Participants will examine the dual roles of father and Sailor and how to grow with your child. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child. Call 270-6600 to register.

Walk-in Review Assistance, FFSC

Aug. 29, 9 a.m.-noon, Tottletyme Playgroup, USO

Aug. 30, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 30, 9 a.m.-noon, New Parent Support Playgroup, USO

Sept. 4, 9-11 a.m., Parenting Class, FFSC

Sept. 4, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

Sept. 5, 9 a.m.-noon, New Parent Support Play Group, USO

Sept. 6, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

Sept. 6, 8 a.m.-noon, Smooth Move Workshop, FFSC

Sept. 6, 9 a.m.-noon, Tottletyme Play Group, USO

Sept. 7, 9-11 a.m., Car Buying Tips, FFSC

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TFLW Takes It On Road

From Chief of Naval Personnel Diversity Directorate

Task Force Life/Work (TFLW) announced Aug. 14 the upcoming locations and dates for the TFLW Roadshow in NAVADMIN 205/07.

The TFLW Roadshow will be in Jacksonville, Sept. 20-21, Norfolk, Oct. 17-18; and Pearl Harbor, Nov. 7-8. A schedule for the Pacific Northwest and Forward Deployed Naval Forces areas will be released at a future date.

These events provide an opportunity for everyone in the Navy to hear directly from the Task Force about current and future initiatives and to provide direct feedback. The Task Force is looking for the thoughts, opinions, and insights of those who are, and will be, the leaders of the 21st century Navy.

Life/work balance refers to the level of satisfaction a person

has about his or her personal life and professional life.

"We need to find a program that is flexible enough to deal with as broad a base of life situations as possible, because that greater career flexibility is going to be important to our ability to attract and keep people in the Navy," said Vice Adm. John C. Harvey Jr., Chief of Naval Personnel. "Deployments are not the issue — it's what happens between deployments. People are frustrated by what they see as either unnecessary or inefficient work practices ashore, unpredictable schedules, and the general inability to have a 'normal' life when not deployed. That's what we're trying address with Task Force Life/Work."

Two other options are available for providing feedback to the Task Force. The first is the TFLW Web site, www.npc.navy.mil/commandsupport/taskforcelifework. The site details the mission and vision of the TFLW, lists announcements, briefs, the Roadshow schedule, and provides an email link to submit direct feedback to Task Force representatives.

The second is the TFLW online community blog, accessed through the TFLW Web site. Anyone can request to join the blog by using a (.dot)mil e-mail account. Current discussion threads include telecommuting, education opportunities, work environment, and life coaches, among others. Members of the blog can either comment on existing discussion threads or begin a new one.

Details regarding changes or additions to the schedule will be released through the TFLW Web site and Navy.mil.

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UF Midshipmen Train At Naval Station Mayport

By Lt. Brigitte M. Aungier
ATG Mayport

Afloat Training Group (ATG) Mayport and Naval Station Mayport hosted 35 midshipmen from The University of Florida as part of their midshipmen orientation on Aug. 15.

The one-week orientation provides first year midshipmen with an introduction to military life and exposure to multiple service communities.

Organized by senior midshipmen, the week also included aviation familiarization at Naval Air Station Jacksonville and submarine training at NSB Kings Bay in Georgia.

"The orientation is positive for the new midshipman and it also allows the senior midshipman to be in a leadership position," said officer candidate Ray Ratliff, a former Gas Turbine Systems Electrician who served in Mayport on board USS Spruance (DD 963) prior to attending University of Florida.

At Naval Station Mayport, the midshipmen had the opportunity to utilize the state-of-the-art Navigation Seamanship Shiphandling Trainer (NSST) laboratory.

The NSST laboratory, which opened in Mayport this year, is a simulator that allows shipboard personnel to practice and hone shiphandling skills while in port. The laboratory is designed to look and feel like the bridge of a U.S. Navy ship. Virtual technology enables multiple training scenarios to be exercised in a single training session.

Capt. Glenn Zeiders, ATG Mayport's commanding officer, warmly welcomed the midshipmen to the NSST laboratory. He told them that in his 23 years of service, ship handling has been the "most fun."

He also expressed that shiphandling skills are a critical element of Surface Warfare and mishap prevention and that even the most experienced shiphandlers must practice to sharpen skills.

Zeiders and a team of junior



-Photo courtesy of ATG
Chief Warrant Officer Tim Hartman of Afloat Training Group Mayport instructs Midshipman Christopher Zumbar in the Navigation Seamanship Shiphandling Trainer (NSST). Midshipman Zumbar is on the University of Florida's swim team and has aspirations to go into the Special Operations warfare community.

officers from ATG enjoyed working one-on-one with the midshipmen in the simulator.

Following the NSST ship handling, the midshipman toured USS Farragut (DD 99).

Lt.j.g. Mark A. Bergland, assistant professor of Naval Science for The University of Florida and former member of USS Farragut's wardroom, was pleased at the "great opportunity for future officers to get

hands-on training and a realistic shiphandling experience."

If your command is interested in scheduling the NSST laboratory for training, please visit the NSST web site at nsstraining.org.

Ships' crews are required to complete a 40-hour bridge resource management course, but other tailored training is available on a first-come, first served basis through the web site.

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Liberty Call South Of Equator For USS Doyle

By Ensign Jason Bilbro
USS Doyle PAO

USS Doyle (FFG 39) pulled into Port Gentil, Gabon, for a Theater Security Cooperation Engagement and some much needed liberty on Aug. 9.

Port Gentil was Doyle's first actual liberty port in its first three months of deployment. Located south of the Gulf of Guinea, Gabon is a country rich with natural resources such as lumber and oil, as well as a strong culture and sense of national pride.

Doyle's Commanding Officer, Cmdr. Michael Elliott, was well received by numerous dignitaries of Port Gentil. Several of the higher ranking officials were not available; as they were away in Libreville, Gabon, preparing for Gabon's Independence Festival, however, Port Gentil Mayor Seiaphin Ndao cancelled travel plans specifically to meet with Elliott, and presented him with the key to the city, as well as a beautiful sculpture.

Afterwards Elliott gave an interview to the local news in which he discussed the importance of Doyle's mission in Africa and the Gulf of Guinea, as well as how Doyle's mission and presence would benefit Gabon.

Elliott explained the beginnings of Global Fleet Stationing, and future opportunities that Gabon's Navy would have to work with Navies from around the world through this process.

Doyle also had the privilege of hosting Gabonese Navy Regional Commandant, Jean Bernard, as well as Port Gentil's Secretary General, Charles Ndong Ondo, and other notable guests for a luncheon on board the ship. Global Fleet Stationing was again a hot topic, and future interactions between the U.S. Navy and the Gabonese Navy were discussed in detail during the meal, which Elliott described as "very successful."

The Doyle crew eagerly explored the beautiful beaches and streets of Port Gentil.

"I wanted to stay longer," said Chief Information Systems Technologist (SW) Marcus



-Photos courtesy of USS Doyle
Lt. Leopoldo Benites blocks out a member of the National Academy of Football while Chief Storekeeper (SW) Jamison Jones runs to assist.

Walton, "Port Gentil was nice, clean, and it was quiet. It was a great place to relax."

The port boasted several hotels, including the lovely Le Meridian, as well as numerous restaurants and clubs. Pastry shops and pizza places were plentiful, as well as stores with accessories for cellular phones, which allowed Sailors the opportunity to get in touch with loved ones.

Personnel who went souvenir shopping discovered many beautiful carvings made of Mbigou, a soft stone found only in the country of Gabon, which is a source of pride for the locals. The majority of the sculptures were of women, which the Gabonese revere for their beauty and gift of life.

Many Sailors spent their days on the beach, swimming in the ocean, playing football, and enjoying the local cuisine with an umbrella over their heads and the sand under their feet.

The ship was also able to find time to host tours for a group of French marines stationed in Libreville, Gabon, as well as a group from the local Marathon

Oil Corporation. The Marines and oil workers were taken on an informative tour of the ship, and purchased memorabilia in the ship's store.

During their final day in port, Doyle's soccer team, "The Mariners," broke out their gear and headed down to the nearby soccer field, home of the "National Academy of Football," located in Port Gentil.

The Mariners put up a strong showing throughout the first half, holding the Academy team to just two goals. The team continued their performance, scoring late in the second half to end the game with a score of 4-1 in favor of the Academy.

"We played a good game," said Mariners coach Lt. Leopoldo Benites. "Those guys were good; you could tell they practice a lot."

"Those kids were so fast," added Lt.j.g. Pete Joukov, "A couple of them were really talented."

Doyle is beginning the fourth month of its six-month deployment off the coast of Western Africa and the Gulf of Guinea.



Cmdr. Michael Elliott is received at the Port Gentil Naval Base by the Gabonese Navy's ceremonial guard.

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USS Doyle 'Wogs' Cross The Equator



Seaman (SW) Justin Butler grins and pauses to give a "thumbs-up" on his journey to become an honorable shellback.

Boatswain's Mate 3rd Class Roy Salas dodges a spray of salt water as a group of slimy pollywogs are led down Doyle's weatherdecks.

By Ensign Jason Bilbro
USS Doyle PIO

Slimy pollywogs began trembling in fear as USS Doyle (FFG 39) made its approach to the equator.

On Aug. 5, Davy Jones, emissary of Neptunus Rex himself, boarded Doyle and made his presence known, calling for all "wogs" to entertain the "honorable shellbacks" among the ships company by means of a talent show in the afternoon, and then be accounted for the following day.

For the talent show, wogs from each department on board Doyle, in addition to wogs from the wardroom and Chief Petty Officers Mess, took turns performing before Davy Jones and his entourage. Each skit poked fun at various personnel and evolutions on the ship, and ranged from imitation to mimicry. The junior officers took shots at the bridge team pulling into port, while the chiefs did a mock Disciplinary Review Board, and the Engineering department performed its epic,

"Shellback Mountain," a tale of two wogs who travel the seas to find out what it is like to be a salty Sailor.

The slimy wogs were awakened early the following morning by the ship's exalted shellbacks and taken through the various stages of the ceremony. The journey to become a shellback ended as wogs were lead before the tribunal of Davy Jones and to answer for his or her charges. When the ceremony ended, the crew cleaned the ship and enjoyed holiday routine and a movie on the flight deck.

The experience for Doyle Sailors, contrary to many ceremonies of this nature, was a positive one for crewmembers who experienced it.

"It was definitely the best time I've had on deployment," remarked Culinary Specialist Seaman Joshua Rondeau.

"It was fun, to me," said Electrician's Mate 2nd (SW) Wayne Wells with a grin, "but it's not something I'll ever do again."



Davy Jones (Lt. James Littleton) motions to CMCDCM(SW/AW) Roger Simmons as he heads to the bridge of USS Doyle (FFG 39) to address the crew.

Information Systems Technologist 3rd Class Kevin Bogue, participating as a shellback for the first time said, "It was a good time. I got to order around my Divo, the Communications officer, which was pretty funny."

More than 60 Doyle crewmembers persevered and ascended to join the ranks of the honorable shellbacks.

Additionally, by crossing both the Equator as well as the Prime Meridian, personnel participating in the ceremony earned the unique title of "Emerald Shellback."

Doyle Commanding Officer, Cmdr. Michael Elliott, said he was exceptionally pleased with the events.

"I thoroughly enjoyed watching my entire crew prepare,



Salty shellbacks of USS Doyle (FFG 39) gather on the flight deck in preparation for the shellback initiation ceremony.

plan, implement and complete this ceremony," Elliott said proudly. "Every Doyle Sailor, chief petty officer, and officer used the golden rule and ensured everyone had a rewarding and memorable experience. This ceremony was enjoyable on so many levels. The most important to me as a commanding officer was that everyone

pulled together - both pollywog and shellback - and ensured this event was completed safely and with the spirit that it should reflect. I am blessed to have a crew and family on board Doyle."

Doyle is nearly three months into its deployment off the coast of Western Africa and the Gulf of Guinea.

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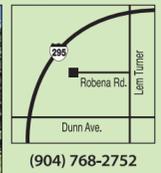
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Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Lea's Place

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

Dogtoberfest

First Coast No More Homeless Pets (FCNMHP) is asking for volunteers, sponsors, and vendors for Dogtoberfest, its annual fundraising dog walk and dog costume contest. The event is scheduled for Oct. 3 at Dog Wood Park. Nearly 1,000 animal companions participated last year and many more are expected in 2007. Proceeds from the event will further the mission of the 501 (c)(3) charitable organization to help families spay and neuter their pets

with free and low-cost spay/neuter programs. Since 2003 FCNMHP has assisted with over 20,000 spay and neuter surgeries. For more information about participation in Dogtoberfest, contact Janet Wesley, 904-338-9039, janetwesley@fcnmp.org.

NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more

than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

Volunteers are needed to help process clothing in order to fulfill the needs of our clients. Volunteers are needed Monday thru Friday 8:30 a.m.-4 p.m. and 9 a.m.-2 p.m. on Saturday. They also can help raise awareness of our mission, introducing us and our cause to their friends. Contact a Michelle Charron at (904) 636-9455 for information on volunteering.

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors

Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747 or by email at

Cultural Center At Ponte Vedra Beach

Cultural Center At Ponte Vedra Beach is looking for volunteers to help mentor children in an after school arts program at Mayport Elementary school. If you are interested in this opportunity, please contact Mary Marx, Executive Director of the Cultural Center of Ponte Vedra Beach at 904-280-0117.

Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters will be providing an in-school mentoring program at Mayport Elementary School. If you are

interested in this opportunity, please visit our website for more information: www.usojax.com

USO Welcome Center

Volunteers are needed to welcome service members and their families, coordinate transportation to local bases, and other assistance as required at the USO Welcome Center ~ Jacksonville International Airport. Volunteers receive free parking during their shift. Contact Lynne, Volunteer Coordinator at 904-305-4467 or lynne@usojax.com for more details.

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency

financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

Nominations Wanted For Navy Community Service Award

From CNO

The Navy is looking for nominations for the 2007 Annual Navy Community Service Awards Program.

Each year, Navy recognizes the most outstanding community service program initiatives by individual commands. The categories include awards for each of the five flagship projects as well as an award for overall excellence. The five flagship projects are:

- A. Personal Excellence Program
- B. Health Safety and Fitness Program
- C. Campaign Drug-Free Program
- D. Project Good Neighbor
- E. Environmental Stewardship

In addition, subcategories based on command size have been established to enhance award competition. The over-

all excellence award, USS Bainbridge (CGN 25) award, is open to all commands, but is only presented to one command regardless of command size. The nomination packages for the USS Bainbridge (CGN 25) award must have at least three of the five flagship projects included in the package. The award period for all categories is from July 1, 2006 through June 30, 2007.

Commands must submit nominations following the format in ref a. Nominations should be submitted to the regional geographic community service coordinator, Dianne Parker at 542-5380. All Navy commands are eligible to compete for the 2007 Navy community service awards.

Regional coordinators are responsible for setting their own dates to hold regional award competitions and select-

ing their most qualified nominees to compete for the Navy-wide awards. Regional winners are due to commander, naval installations command (CNIC (n913)) no later than Sept. 30 for the Navy-wide awards competition.

Only regional coordinators are authorized to submit nominations directly to CNIC for Navy-wide awards consideration. Regional community service coordinators and nominations cannot exceed five pages in length and must describe the educational partnership or community service project. Each command must include their e-mail address in addition to the information requested. Each flagship sponsor will conduct an awards board with judges, representing active duty and reserve Navy and community-based organizations. The awards board will select Navy-

wide winners in each category and flagship. CNIC's board will also consider nominations for the USS Bainbridge (CGN 25) award.

Please contact your regional coordinator for additional information on preparing award packages and deadlines for award nominations. Previous award winning packets are not available.

Award winners will receive commemorative plaques and be announced via NAVADMIN message.

USO News

The Jacksonville Axemen are partnering with two local charities, including the Greater Jacksonville USO and will allow those charities to keep 50 percent of all the ticket sale revenue that they generate. Visit www.jaxaxe.com for full schedule details. Season Tickets are \$20 and will get you entry into all five home games and the 2007 AMNRL Grand Final (National Championship Game) that will be played at the Hodges Stadium at UNF on Saturday Aug. 25. Single Game Tickets will always be available at the gate on game day for \$5.

Mark your calendars! Sept. 1 is the date of the Stars and Stripes Poker Run benefiting the USO. The Fleet Reserve Association (FRA) branch 91 has coordinated this event as a part of their Septemberfest activities Sept. 1-2. Registration for the Poker Run will begin at 8:30 am the day of the ride at the FRA at 5391 Collins Road.

Registration is \$25/bike, which includes a t-shirt and food coupon, and \$10/rider, which includes a food coupon. All proceeds from the ride will be donated to the Greater Jacksonville Area USO. Last bike out is at 10am and last bike in is at 5pm. After the ride, please stay and enjoy food, live bands, a beer tasting and so much more!

If you have any questions regarding the ride or early registration, please call the FRA at 904-264-2833.

The Country of Club of

Orange Park, with the Greater Jacksonville Area USO, will present the inaugural USO Cadillac Invitational on Oct. 15. This golf tournament, presented by Nimmicht Cadillac, is a regional qualifier for the Cadillac Invitational National tournament to be held in mid-January at TPC Sawgrass. The funds raised from this event will benefit the 117,000 military men and women and their families in the Northeast Florida, Southeast Georgia area through programs and services offered by the USO.

All funds raised in the inaugural tournament will benefit the local North Florida/Southeast Georgia USO.

There are many opportunities to play, sponsor, volunteer or participate in this spectacular event. Let's show our troops and their families our support for their dedication to protect our families and homeland.

For more information on participating please contact Charles Raulerson at 458-1001 or Rhonda Ferguson at 234-3434. Look for more information at the Country Club of Orange Park website, www.ccofop.com, at your local Nimmicht Cadillac dealership or at the USO website, www.uso.org/jax.

Tickets to Adventure Landing, on Beach Boulevard, are now available at the USO! Tickets to the Waterpark are \$19 and tickets to the Waterpark PLUS five "dry" attractions are \$31.

Volunteers are needed at the USO Welcome Center

- Jacksonville International Airport to welcome service members and their families, coordinate transportation to local bases, and other assistance as required. Volunteers receive free parking during their shift. Contact Lynne, Volunteer Coordinator at 904-305-4467 or lynne@usojax.com for more details.

USO sells discounted tickets to AMC Movie Theatres, Disney World, Sea World, Busch Gardens, Wet N' Wild, Universal Studios, Islands of Adventure, and Adventure Landing.

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road. USO is open from 9 a.m.-9 p.m., Monday-Friday and 9 a.m.-6 p.m., Saturday.

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Navy News

Navy Can Use Low-Frequency Sonar

**By MC1
Brandan W. Schulze**
Navy Office of Information

The National Marine Fisheries Services issued a final rule Aug. 16 that allows the Navy to continue operating Surveillance Towed Array Sensor System Low Frequency Active (SURTASS LFA) sonar in the western Pacific Ocean for the next five years, subject to a yearly authorization renewal.

SURTASS LFA consists of two separate components. The LFA portion of the system is suspended vertically below the ship and transmits low-frequency sound energy into the

water. SURTASS, the passive portion of the system, is towed behind the ship and is made up of a series of underwater microphones that detect natural and man-made sound energy in the water. This allows underwater objects, such as submarines, to be detected.

"SURTASS LFA gives us a solid capability that has been proven at sea," said Rear Adm. Carl V. Mauney, Director, Submarine Warfare. "It allows us to detect and track diesel-electric submarines at long range, enabling action, if necessary, at a time and place of our choosing."

Deputy Assistant Secretary of the Navy (Environment) Donald R. Schregardus says the ruling "will allow the Navy to continue operations in the western Pacific that are vital to our national defense."

According to Schregardus, the system is vital for use in tracking extremely quiet diesel-electric submarines, which could pose a potential threat to Navy Sailors and ships if they go undetected.

When operating on battery power, these submarines can conduct nearly silent underwater operations. As countries continue to acquire diesel-electric

submarines, the Navy makes tracking them a priority.

"SURTASS LFA sonar is the single best system the Navy has to find and track such submarines at long distances. This system helps keep our service members, our ships and our national interests safe," said Schregardus.

He said SURTASS LFA is necessary for national security, and is operated in a manner that is environmentally sound. Past research has facilitated the development of science-based mitigation measures that allow the sonar to operate in harmony with the ocean environment.

Sonar operators monitor for the presence of marine mammals prior to, during and after sonar activity and either turn off or delay start-up if marine mammals come too close.

Schregardus said that five years of these sonar operations in the western Pacific produced no evidence of any harm to marine mammals or their populations.

"The Navy's extensive operations experience with this system, in combination with thorough scientific studies on the system's effects on marine mammals and fish, confirms that this sonar can coexist with

ocean life," said Schregardus.

Schregardus said claims that SURTASS LFA destroys ocean life and cannot be operated in harmony with the environment are "simply untrue and not supported by scientific fact."

To learn more about SURTASS LFA, visit the Navy's SURTASS site at <http://www.surtass-lfa-eis.com/>.

For more information on the Navy's environmental programs, visit <https://secnavportal.donhq.navy.mil/ie/environment/>.

DEERS Updates 'First Stop' After Life-Changing Events

By MC2 Trevor Andersen
Navy Personnel Command Public Affairs

Sailors who neglect to update the Defense Enrollment Eligibility Reporting System (DEERS) after a life-changing event, such as marriage, will be unable to take advantage of certain benefits and may unknowingly incur debt.

"If you don't update DEERS, you won't get all your benefits," said Senior Chief (SW)

Personnel Specialist Gary Rowe, a DEERS special projects officer at the Navy Personnel Command.

For example, a Sailor's spouse or dependent will not be able to receive health care at DoD medical facilities or receive TRICARE coverage if the Sailor has not updated the DEERS database with spouse or dependent information, said Rowe.

"They can't be covered,

because DEERS registration is the key to getting TRICARE benefits eligibility established," he said. DEERS is DoD's authoritative family member database and the primary way to keep track of a Sailor's family structure and entitlements, Rowe said.

Though all Sailors need to keep their DEERS record updated, it is dual-military families who can create the most trouble for themselves by not doing so,

said Rowe.

Since dual-military spouses are also automatically covered by Family Servicemembers' Group Life Insurance (FSGLI), a military-to-military couple may find they owe several months of FSGLI premiums because they didn't decline coverage or update their DEERS record to reflect having a spouse. In addition, each member must update DEERS, and, if they don't want FSGLI, must

decline coverage in writing. These debts cannot be waived, said Rowe, because spouses were automatically covered.

Remembering to update DEERS is easier for Sailors with civilian spouses, said Rowe. This is because in order for a spouse to receive medical benefits or base decals, that spouse has to be entered into DEERS in order to obtain an ID card, he said.

Sailors are encouraged to

contact their Personnel Support Detachment and update DEERS along with their Record of Emergency Data "page 2" and SGLI beneficiaries after every life-changing event.

For more information on FSGLI coverage, visit <http://www.npc.navy.mil/CommandSupport/CasualtyAssistance/FSGLI/>.

Cell Phone Internet Charges Can Be Financial Nightmare

By Denise T. Ward
Commander Fleet Activities Yokosuka Public Affairs

Being stationed in the "Land of the Rising Sun," Sailors and their families can usually experience cutting edge Japanese technology long before their families and friends back home.

The newest and latest cell phone technology is just one, among many. Long before the new Apple iPhone, basic Japanese cell phones offered music downloads and Internet capability.

But it's the ability to use a cell phone as a modem to connect to the Internet that has gotten a number of local Sailors in big financial binds.

Lt. Patrick Lahiff, department head for the Naval Legal Service Office Pacific (NLSO) Civil Law Department, has witnessed this firsthand. Over the past two months, one Sailor's cell phone bill was \$3,000, three in the range of \$10,000 and another for more than \$40,000. Yes, these are real cell phone bills.

"The big thing is we want people to be aware of this," Lahiff said. "This is preventive."

Lahiff said none of the cell phone companies issuing the

bills did anything wrong. The problem is Sailors either are not reading their cell phone contracts, don't understand them or aren't asking the right questions. Most contracts issued by area companies are in Japanese. Also, many companies require that a bill is paid using a credit card and don't send a bill warning of the massive fee. The charges typically go straight to the credit card on file.

According to Kazumi Takahara, NLSO's Japanese legal advisor, it's easy and quick to rack up the charges.

"Two cases that we've seen didn't really do much," she said. "Both accessed Yahoo mail. That's why they were so surprised (to receive the large bills)."

The ability to connect a personal computer to the Internet using a cell phone isn't a part of standard package deals. This service is different from simply checking e-mail or browsing the Web directly on a cell phone and is much more expensive.

The way it works is that customers are charged, not by the minute for using the service, but by the "packet of information." The fee could also include time spent online and connection speed.

According to information provided by NLSO from the Japanese Ministry of Internal Affairs and Communications, the fee to download one, three megabyte song is about 5,400 yen, or \$50. Simply viewing a Web page at a speed of 300 kilobytes can cost 561 yen, around \$5. Just one hour of use at a 100-kilobyte connection speed can cost 73,828 yen, more than \$600.

"I must stress that this is not a scam," Lahiff said. "The cell phone providers are not ripping off Sailors. The problem is service members don't seem to be aware of the charges they are accruing and the fee schedules that are listed in the contract."

Five Sailors have received massive cell phone bills and are being assisted by NLSO. The fear is that there are others who are using this service and will face shocking financial nightmares that could not only hurt their pockets, but also their careers.

"If you credit goes bad, you run the risk of losing security clearances or could end up in a Japanese court," Lahiff said. "Obviously, (the companies) can only charge the max to your credit card, but they can come after you for the rest as well."

IAs Turn To Navy Knowledge Online For Resource Help

From Naval Personnel Development Command Public Affairs

The Navy Knowledge Online's (NKO) Individual Augmentee Community of Practice (IA COP) is a road map of resources and training for any Sailor heading to an individual augmentee (IA) assignment.

Launched in February 2006, the site provides Sailors with links to support the Navy's IA effort.

"This is a 'one-stop-shop' for Sailors making the transition from Blue Water to Dirt Sailor," said Tony Martin, Naval Personnel Development Command knowledge management specialist. "Our goal is provide Sailors practical information and knowledge that will help them and their families."

The IA COP started with just one page of basic information. Today the site contains 12 pages of deployment, combat training, uniform, cultural awareness, and combat theater information. Each page contains a discussion thread and a feedback mech-

anism so that Sailors can ask questions and share information.

With more than 1 million hits, the IA COP is the official information hub where IAs gain and share deployment knowledge and complete pre-deployment online courses.

In January of 2006, when the Navy IA Program began, deployment information was often scattered and difficult to find. Naval Personnel Development Command created the IA COP on NKO to solve this problem.

"Before the IA COP, we were inundated with questions," said Yeoman 1st Class Rosalyn Reeder, administration leading petty officer at Navy Individual Augmentee Combat Training (NIACT), Fort Jackson, S.C. "The threaded discussion boards and feedback gears reduced the amount of questions we receive by about 85 percent."

According to Martin, the most common questions on the discussion threads are "what will

I be doing and what will I need to do my job?" All questions are usually answered within 24 hours by either a deployed Sailor or the senior enlisted advisor in theater.

For Chief Master-at-Arms Charlene Mayo, NIACT weapons officer, the community of practice provides Sailors a basic understanding of what combat training is and is not.

"Sailors can go on NKO and find out what combat training at Fort Jackson will cover, learn about the weapons that will be issued and take required online training," said Mayo.

To ensure Sailors are getting the right information, the sites content is checked and updated on a weekly basis.

"Accurate and timely information saves lives and money," said Martin. "This community of practice is all about giving Sailors the information and knowledge they need to do their job, take care of their families and - above all - come home.

Volunteer Speakers Needed

From CNRSE

Volunteer speakers are needed at all levels, from senior officers to junior enlisted, active duty and reserve, and from all career fields. Public speaking experience and/or training is great, but not a requirement. Volunteers should be within weight stan-

dards and present a professional military image.

The Speakers Bureau program is designed to tell the "Navy story" in the Jacksonville community. Speaking engagements vary, which is why a variety of volunteers is needed. Here are

some examples:

Speakers are usually matched with speaking engagements in the area of your base.

For more information? Contact Suzanne Speight at 542-4032 or suzanne.speight@navy.mil.

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The Weekly Crossword

By Alan P. Olschwang Huntington Beach, CA

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By Alan P. Olschwang 8/23/07

46 Pop, to some	8 Snake's warning	55 Swiped	61 Fly in the ointment
48 AT&T part	9 Reverberating	57 Lupino and Tarbell	63 Chinawood oil
49 Carpenters, at times	10 Kind of crazy?	58 Blockhead	64 Makes a choice
52 Part 5 of quote	11 Latin being	59 Like a souffle	67 Dove's call
54 Felines	12 Entrance	60 Mil. hooky-player	
56 Greenside hazard	13 Miller and Martin		
57 Utopians	18 Cat's calls		
62 Muse of poetry	22 Sun, oration		
65 Part 6 of quote	24 Half of Mork's sign-off		
66 End of quote	26 Sites for some sales		
68 Veep from Tennessee	27 Massenot work		
69 Tony Randall movie, "7 Faces of Doctor ___"	28 Little yelp		
70 Gallant guy	30 Important time		
71 Did salon work	31 Some trash		
72 Id companion	32 Fencers' foils		
73 Units of work	33 Distributed cards		
	36 Qt. fractions		
	39 Accomplished		
	41 Fireplace shelf		
	42 Emulate Perry White		
	45 Assert		
	47 Come to terms		
	50 Lifted		
	51 Ave. crossers		
	53 House attachment		

Last Week's Answers

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R151280 08/16/07

MWR Fitness Starts Crossfit Exercise Class

By EODC Michael Solis

Contributor

As the Navy continues to pursue its culture of fitness the MWR fitness staff is equally engaged in providing NS Mayport only the best services with a variety of fitness classes, education, and health promotion.

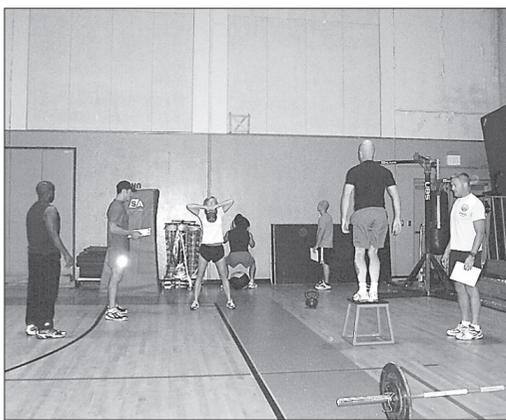
Most of you should be aware of the latest fitness schedule which includes a broader spectrum of classes to meet the growing demands and diversity of the base's fitness enthusiasts. July proved no different as the first Crossfit Fundamentals class was offered for those who were ready to make the transition to the next higher level of fitness.

Crossfit burst on to the fitness scene a few years ago and has recently become a fitness revolution.

Although crossfitters come in all shapes and sizes and from different backgrounds it has been notably popular with the military and law enforcement communities.

Like most fitness trends it started amongst the SF (special forces) and SWAT community and has since trickled down to the layperson. It quickly took root in the MIL/LEO community because the workouts mimicked the same physiological processes and efforts during real world operations; thus, producing better operators and, more importantly, saving lives.

For these people fitness means the difference between life and death. The same can be said for firefighters; hence, the increase popularity amongst this group.



Sailors work out during the new Crossfit class presented by MWR Fitness. Crossfit helps prepare athletes and professionals for a variety of tasks by varying repetitions, sets and time of working out.



Sailors work out with Chief Explosive Ordnance Disposal Michael Solis and MWR Fitness Specialist LaPlace Satterfield at MWR's new exercise class Crossfit Fundamentals.

Crossfit workouts are now being implemented at police and fire academies all over the country. The traditional PT is no longer an accurate predictor of an operator's ability to perform his duties effectively.

For example, a long slow formation run does little to improve a police officers ability to sprint 100 yards in order to take cover or subdue an irrational and belligerent bad guy. Additionally, after a 100-yard sprint he may have to engage this person in order to save his or his partner's life. In this case he cannot afford to be out of gas when the fight is just getting started.

This type of training program is not just for adrenaline junkie professionals. Crossfit-type gyms, in addition to being found

throughout various military commands, can also be found in nearly every major city.

Here, the average person can be seen suffering next to an elite performer while, both utilize the same primitive but functional movements and both reaping the same rewards.

The movements are what make Crossfit athletes effective performers. The program is non-specialized and utilizes a variety of different functional movements from powerlifting, Olympic lifting, track and field, and gymnastics. The result of a completely randomized approach to reps, sets, and time produces a group of people who are ready for whatever life presents in the way of physical challenges.

Most of the movements are

basic but others require practice and reconditioning the muscles and nervous system to produce explosive execution while utilizing correct form.

Both men and women can utilize Crossfit and reap the same rewards. For nearly every exercise there is a variation or a precursor that will set the client on his or her way to mastering the required movement. This varied approach to fitness will minimize overuse injuries, burn more fat, build more lean muscle, and elicit a cardio respiratory response like nothing else.

Traditional programs that utilize bodybuilding and slow running are not sufficient to prepare someone for an elite Crossfit

performance.

Most people who use the traditional beach body fitness approach produce marginal Crossfit times on some of the benchmark workouts. It is important to approach this program without an ego in order to maintain safety and prevent early burnout.

There have been many "in shape" SF and SWAT operators who have been hospitalized for pushing beyond their bodies ability to handle the workouts. These cases are not as common amongst people who aren't accustomed to pushing their

bodies to the limit but can still occur.

Before beginning the program it is recommended that you learn as much as possible about the methodology. More information can be obtained from the crossfit.com website.

Furthermore, if you are interested in joining a local group who meets once per month you can visit crossfiteast.com, which is located in Jacksonville. If you are interested in joining the base class and want more information you can email me at michael.a.solis@navy.mil. Stay fit!

MWR Happenings

Aug. 24-26: Deerfield Beach Dive Trip. Trip includes four dives, two nights of lodging, round-trip transportation, air fills and gear for only \$279. Sign up at Outdoor Adventures. 270-5541/5221

Aug. 24: Summer Outdoor Movie Night, "Astronaut Farmer" Rated PG. Free outdoor movie starts at approximately 8:45 p.m. at Sea Otter Pavilion. Bring lawn chairs, blankets and bug spray. 270-6015

Aug. 24 & 25: Live Band. The Ron Perry Band performs

live at Castaway's Lounge Friday and Saturday 9 p.m. to 1 a.m. No cover. All Hands welcome. 270-7205

Aug. 25: Family Pool Party. 6:30-8:30 p.m. at the base Pool sponsored by MWR's Youth Activities Center. Cost is \$2. Parents must accompany children younger than 10 years old. 270-5680/5421

Aug. 27: National Bowler Week. Xtreme bowling, \$1 per game. Free lunchtime bowling for Active Duty. 270-5377

Aug. 28: National Bowler

Week. 1 free game pass. Free lunchtime bowling for Active Duty. 270-5377

Aug. 29: National Bowler Week. \$1 per game and a drawing every hour. Free lunchtime bowling for Active Duty. 270-5377

Aug. 29: Military Appreciation Day (every Wednesday in August). 18 holes of golf with cart for only \$15. Valid for Active Duty, Retired and DoD employees. 270-5380

Aug. 30: National Bowler Week. Free shoe rentals. Free

lunchtime bowling for Active Duty. 270-5377

Aug. 31: National Bowler Week. \$1 per game and win a free game if you bowl a strike with a red head pin. 270-5377

Aug. 31: Summer Outdoor Movie Night, "Teenage Mutant Ninja Turtles" Rated PG. Free outdoor movie starts at approximately 8:45 p.m. at Sea Otter Pavilion. Bring lawn chairs, blankets and bug spray. 270-6015

Liberty Call

The following activities and events target single or unaccompanied Sailors. For additional information on Liberty events, call Planet Mayport Single Sailor Center at 270-7788 or 7789. Planet Mayport is located in building 46 across from Bravo Pier. Hours of operation are weekdays 11 a.m.-11 p.m. and weekends 10 a.m.-11 p.m.

Aug. 17-19: Tampa Weekend Trip. Cost is only \$50 and includes transportation, two nights lodging and one ticket to the Tampa Bay Devil Rays game. Sailors must use their free voucher to Busch Gardens. E1-E5 Single Sailors only.

Aug. 23: Double Dare's Physical Challenge. We're going to ask you a question and if you don't know the answer you'll either have to guess or take the PHYSICAL CHALLENGE. Program will start at 6 p.m. sharp. Prizes will be awarded to

first and second places.

Aug. 27: Myth Busters at Planet Mayport. Help the Liberty Program debunk a few classic myths and urban legends just like the famous TV show. Program will start at 6 p.m.

Aug. 28: Comedy Zone Trip. When's the last time you've had a good laugh? Join the Liberty Program for a night of comedy and fun at the Comedy Zone in Mandarin. This trip is free and includes admission, transportation and appetizers. There is a one drink minimum purchase. Open to persons 18 years old and older.

Aug. 29: Eight Ball Tournament. Join the Liberty Program in a free, single elimination tournament starting at 6:15 p.m. at Planet Mayport. Prizes will be awarded to first and second places.

Aug. 30: Jags vs. Redskins. Cost of this trip is only \$8. Trip

departs from Planet Mayport at 5:30 p.m.

Aug. 31: Liberty's NFL DRAFT pick for our very own Fantasy Football League.

Details on the event for the entire season are provided at Planet Mayport, Bldg. 46 or call 270-7788/7789.

Donate Your Vehicle Today!

Special Olympics Florida



Open Saturdays!

Also donate boats • campers RVs • motorcycles

Vehicle must be driveable.

1-888-470-9988

R159589

Red Cross Offers Babysitting Class

From American Red Cross

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children with American Red Cross's babysitting courses on Sept. 8 from 9:30 a.m.-3 p.m. at the USO on Mayport Road.

Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitter's Training shows you how to:

- * Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- * Make decisions under pressure
- * Communicate with parents to learn household rules
- * Recognize safety and hygiene issues
- * Manage young children
- * Feed, diaper and care for infants

Length: eight hours; includes an easy-to-use handbook.

For more information or to register, please call the Mayport Service center at 246-1395.



AMC
CANCER RESEARCH CENTER

Cancer Information & Counseling Line
- a free service of AMC Cancer Research Center -
800-525-3777

Medical Information • Emotional Support • Resource Referrals

A CFC PARTICIPANT PROVIDED AS A PUBLIC SERVICE.



THE MIRROR

NS MAYPORT, FLORIDA

OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 MCCORMICK RD/(MT PLEASANT RD)	JAX
GATE	463779 SR 200/A1A	YUL			
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAUTL BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	1605 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	19505 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11820 SAN JOSE BLVD	JAX			

Updated: FEBRUARY 1, 2007

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

R150723

MWR Facilities

Auto Skills Center

Services at Auto Skills include service repair work (weekdays only), monthly specials and self help. Hours of operation are 9 a.m.-7 p.m. Tuesday-Friday, and 9 a.m.-5 p.m. Saturday and Sunday. 270-5392

Beachside Community Center

The Community Center features Computer Cove (free Internet access), a video game room and Castaways Lounge. At Castaway's, enjoy karaoke every Tuesday starting at 9 p.m. and movies and munchies on Wednesdays at 5 p.m. Castaway's welcome live bands every month and DJ entertainment is provided starting at 8 p.m. Wednesday through Monday. Bingo is offered Tuesday, Thursday and Friday from 6:30-10 p.m., Wednesday from 11:30 a.m.-12:30 p.m. and Sunday from 12:30-4:30 p.m. Pizza Hut and Bo Hogs BBQ are located inside the Community Center. The facility is available for private functions at competitive prices. 270-7198 (Community Center), 270-7205 (Castaway's Lounge), 270-7204 (Bingo), 249-9766 (Pizza Hut), 247-8720 (Bo Hogs BBQ)

Child Development Programs

The Child Development Centers offer full-time care and drop-in care (if space is available) for children infant to five years old. 247-7740 (Bldg. 1960, off base), 270-5339 (Bldg. 373, on base)

Voluntary Pre-Kindergarten program hours are 8:30-11:30 a.m. Monday-Friday at the on base and off base centers. Wrap-around care is available from 6 a.m.-6 p.m. at bldg. 1960, off-base. Parents pay for wrap-around care, at a reduced rate from the normal full-time care fees, and the state of Florida pays for the VPK hours. An afternoon session is 12:30-3:30 p.m. at the on base center only. 247-7740

Child Development Homes (CDH) are independent business enterprises operated by Navy certified military family mem-

bers in their own homes. CDH Providers are needed. 270-6961

Fast Lanes Bowling Center & Fast Lanes Grille

Fast Lanes features 24 lanes, weekly specials, pool tables, a video arcade and Fast Action Bingo. This is a terrific place to host your child's birthday party, Command Party, reenlistment or any other gathering. Catering services are available. Fast Lanes Grille serves lunch Monday-Saturday, and dinner all week. Breakfast is served 9 a.m.-10:30 a.m. Saturday. 270-5377

Foc'sle CPO Club/Lounge

The CPO Club is open to all hands for lunch 11 a.m.-1:30 p.m. Monday-Friday. The Club is also open until 8 p.m. daily for active duty, reservists and retired chief petty officers and their guests. The facility is available for special functions such as reenlistments, retirement ceremonies and receptions, command socials and picnics, luncheons and hail and farewells. 270-5431/5432

Gymnasium

The gym is open 365 days per year and includes full-size basketball and volleyball courts, indoor racquetball courts, locker rooms with saunas, universal and free weights, a Nautilus strength training circuit, and a variety of cardio-vascular equipment including treadmills, step mills, stationary bicycles, and cross-trainers. A staff of certified personnel trainers is available for individual, command, and group appointments. Gym hours are Monday-Thursday 5 a.m.-11 p.m., Friday 5 a.m.-10 p.m., Saturday 10 a.m.-10 p.m. and Sunday 10 a.m.-9 p.m. 270-5451/5452.

Information, Tickets and Travel (ITT)

ITT offers hotel reservations, cruise bookings and discount tickets for most major Florida attractions, as well as a few attractions in Georgia and North Carolina. ITT also has Western Union services. Discount souvenirs from Disney World are

on sale daily. ITT hours are Monday-Friday 9 a.m.-5 p.m. Our mobile Recreation Ticket Vehicle (RTV) also offers terrific ticket prices in convenient locations. 270-5145

Ocean Breeze Conference and Catering Center

Ocean Breeze is one of Northeast Florida's premier catering facilities and the perfect place for your reenlistment, commissioning, retirement ceremony and reception, wedding, reception, gourmet dinner, party, etc. Ocean Breeze can comfortably host parties of up to 500 people. Office hours are Monday-Friday 8 a.m.-4 p.m. and closed on holidays. 270-5313

Outdoor Adventures & Southeast Dive Adventures

More than 2,000 items are available for rental including Jon boats, boogie boards, canoes and kayaks, yard equipment, canopies and tents, fishing gear, campers, sleeping bags, tables and chairs, BBQ grills, moonwalk, coolers, bait and more. Southeast Dive Adventures is MWR's full service dive shop offering scuba equipment sales, equipment rental, repairs, instruction of all levels of scuba diving, dive trips and more at very low prices. Outdoor Adventures/Southeast Dive Adventures hours are 7 a.m.-4 p.m. Monday, 8 a.m.-5 p.m. Tuesday, Thursday and Friday, and 8 a.m.-12 p.m. Wednesday and Saturday. 270-5221/5541

Pelican Roost & Osprey Cove RV Parks

The "Roosts" features 49 sites with electric, sewer, water and cable TV service. Roost lodge amenities include kitchen, laundry, TV's, book/video swap library, high speed and wireless Internet, restrooms and shower facilities. Tent campers are also welcome. Fifty additional full service sites are available at Osprey Cove. 270-7808/7809

Pool

The 50-meter Olympic size swimming pool is open for recreation swimming, swim les-

sons and water aerobics May-September. Lap swim is 6 a.m.-8 a.m. and 11 a.m.-1 p.m. Monday-Friday during summer and 10:30 a.m.-1 p.m. Monday-Thursday during winter. 270-5425

Recycling Complex

MWR can recycle: paper products, aluminum and steel cans, cardboard, metal, wooden pallets and waste cooking oil. Recyclable materials can be dropped off at various drop-off boxes throughout the base and housing. Recyclables are also accepted at building 1624 (the Recycling Center) and building 412 (the Scrap Metal Yard and Vehicle Scale). For DITY moves, a vehicle scale is available at the Scrap Metal Yard office, Bldg. 412. Cost is \$5 (cash or check only) per weight. Facility hours are Monday-Friday 7:30 a.m.-4 p.m. 270-5095

Surfside Fitness Center

The Fitness Center features cardiovascular equipment, complete Nautilus Nitro strength training circuit, a full slate of fitness classes and personal trainers. There is no charge for active duty, retirees, reservists, and their family members and DoD and NAF civilians. Guests are welcome with a sponsor for \$3 per day. Surfside also handles reservations for our Licensed Massage Therapist. Surfside hours are 5 a.m.-8 p.m. Monday-Friday, 8 a.m.-4 p.m.

Saturday, and closed on Sunday and holidays. 270-7718/7719

Vehicle Storage Facility

Vehicle Storage provides a secure area to store vehicles, boats, trailers and recreational vehicles. Parking is free for deployed sailors for their primary automobile. Also included with this service is transportation from the storage location back to the command, free jump-starting and air for flat tires. Recreational vehicles are stored at a separate secure location for \$38 per month or \$456 per year. 270-7022

Veterinary Clinic

The Veterinary Clinic offers affordable quality pet care for all Active Duty, Retiree, Reservists and their families. The facility is a wellness vaccine clinic, offering annual exams including canine and feline vaccines, heartworm and fecal tests, and minor sick calls by appointment only. Vet Clinic hours are 7:30 a.m.-4 p.m. Monday-Friday. 270-7004

Windy Harbor Golf Club & Bogey's Restaurant

Windy Harbor Golf Club is an 18-hole, par 72 golf course located on Main Street with a driving range, practice green, pro-shop and men's and women's locker rooms. Hours of operation are 7 a.m.-7 p.m. (closes at 6 p.m. in the winter) seven days per week. Located inside the clubhouse, Bogey's Restaurant is open to all hands seven days a week. Bo-

geys hours are 6 a.m.-dusk with "Premier Hour" held 4-6 p.m. every Wednesday and Friday. Private functions are welcome. 270-5380 (Golf Pro), 270-5143 (Bogey's)

Youth Activities Center (YAC) & Ribault Bay Community Center (RBCC)

YAC offers fully accredited School Age Care programs including before and after school care, Sand Dollar Day Camp, Spring Fun Camp, and Jingle Bell Day Camp. Partnering with Boys and Girls Club of America, the Youth Activities Center holds many additional programs such as Project Learn, Power Hour, Key Stone Club, Torch Club, Fine Arts and Fitness Authority. Movie days, dances, game room tournaments, field trips and other special events are also offered for children ages Kindergarten through High School at the YAC. Meeting space is available at RBCC for reasonable rates. Open recreation alternates daily between YAC and RBCC. Business hours are 9 a.m.-5 p.m. Monday-Friday, closed Sundays and holidays. 270-5680 for YAC or 270-7276 for RBCC

Youth Sports & Classes

Youth sports offered include tee-ball, baseball, soccer, and basketball. Instructional classes are given in martial arts, gymnastics, cheerleading and dance. 270-5680/5018 (Youth Sports), 270-5680 (instructional classes)

AUTOMOTIVE DIRECTORY

ACURA ACURA OF ORANGE PARK 7200 Blanding Blvd. 777-5600 AUDI AUDI JACKSONVILLE 4660-100 Southside Blvd. 565-4000 BENTLEY BENTLEY - ORLANDO 895 N. Ronald Reagan Blvd. Longwood/Orlando Fl 407-339-3443 BMW TOM BUSH BMW 9850 Atlantic Blvd. 725-0911 6914 Blanding Blvd 777-2500 BUICK GARBER BUICK Green Cove Springs 264-4502 KEY BUICK 4660 Southside Blvd. 642-6060 CADILLAC CLAUDE NOLAN CADILLAC 4700 Southside Blvd. 642-5111 NIMNIGHT CADILLAC 7998 Blanding Blvd. 778-7700 PARKER CADILLAC 283 San Marco, St Aug (904)824-9161 CHEVROLET COGGIN CHEVY AVENUES 10880 Phillips Hwy. 260-7777 CREST CHEVROLET 8281 Merrill Rd. 721-1880 GARBER CHEVY Green Cove Springs 264-4502 GORDON CHEV 1166 Southside Blvd. 272-2200 JERRY HAMM CHEV 2600 Phillips Hwy. 398-3036 PINEVIEW CHEVROLET Macdennery 259-6117 GEORGE MOORE CHEV 711 Beach Blvd. 249-8282 NIMNIGHT CHEV 1550 Cassat Ave. 387-4041 CHRYSLER ATLANTIC CHRYSLER 2330 US1 South 354-4421 CARUSO CHRYSLER 1750 Southside Blvd. 725-7300 FRANK GRIFFIN Chrysler of Orange Park 1515 Wells Rd. 269-1033 GARBER CHRYSLER Green Cove Springs 264-2416 MIKE SHAD CHRYSLER JEEP 1736 Cassat Ave. 389-7792 RICK KEFFER I-95 Exit 129, Fern Bch. 1-800-228-7454 DODGE ATLANTIC DODGE 2330 US1 South 354-4421 JACK CARUSO REGENCY DODGE 10979 Atlantic Blvd. 642-5600 GARBER DODGE TRUCK Green Cove Springs 264-2416 ORANGE PARK DODGE 7233 Blanding Blvd. 777-5500 RICK KEFFER I-95 Exit 129, Fern Bch. 1-800-228-7454 WESTSIDE DODGE 1672 Cassat Ave. 384-6561	FORD BOZARD FORD St. Augustine 353-6797 Florida's Super Duty Headquarters PAUL CLARK FORD-MERCURY I-95 N. Exit 129 (Yulee) 225-3673 GARBER FORD-MERCURY Green Cove Springs 264-4502 MIKE SHAD FORD At The Avenues 10720 Phillips Hwy. 904-292-3325 MIKE DAVIDSON FORD AT REGENCY 9650 Atlantic Blvd. 725-3060 MIKE SHAD FORD OF ORANGE PARK 7700 Blanding Blvd. 777-3673 GMC TRUCKS NIMNIGHT PONTIAC-GMC 11503 Phillips Hwy. 854-4826 COGGIN GMC TRUCKS 9201 Atlantic Blvd. 724-2310 GARBER GMC TRUCKS Green Cove Springs 264-4502 HONDA COGGIN HONDA ON ATLANTIC 11003 Atlantic Blvd. 565-8800 COGGIN HONDA OF ST. AUGUSTINE 2898 U.S. Hwy. 1 S. 1-800-456-1689 DUVAL HONDA 1325 Cassat Ave. 899-1900 LOU SOBH HONDA OF THE AVENUES 11333 Phillips Hwy. 370-1300 LUCAS HONDA OF JAX 7801 Blanding Blvd. 269-2277 HYUNDAI HYUNDAI OF ORANGE PARK 7600 Blanding Blvd. 899-0900 KEY HYUNDAI 4660 Southside Blvd. 642-6060 INFINITI ATLANTIC INFINITI 10980 Atlantic Blvd. 642-0200 ISUZU CITY ISUZU 10585 Atlantic Blvd. 998-7111 JAGUAR MATHENY JAGUAR 11211 Atlantic Blvd. 642-1500 JEEP ATLANTIC JEEP 2330 US 1 South 354-4421 CARUSO JEEP 1750 Southside Blvd. 725-7300 FRANK GRIFFIN Jeep of Orange Park 1515 Wells Rd. 269-1033 MIKE SHAD CHRYSLER-JEEP ON CASSAT 1736 Cassat Ave. 389-7792 RICK KEFFER I-95 Exit 129, Fern Bch. 1-800-228-7454 KIA RAY CARTER KIA 6373 Blanding Blvd. 771-6078	LAMBORGHINI LAMBORGHINI - ORLANDO 895 N. 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MWR Fitness

Surfside Fitness Schedule

Mondays: 7 a.m. Victory PRT with Sally; 9:30 a.m. Lo Impact with Sally; 11:15 a.m. 3 B Burn Bosu/Balls/Bar with Ruthie; 11:30 a.m. Fitness Equipment Training (sign up) with Sally; 1 p.m. Moms in Motion with Sally; 4 p.m. Advanced Pilates with Apparatus with Emily

Tuesdays: 7 a.m. Step & Kick with Heather; 9:30 a.m. Resistance with Heather; 11:15 a.m. Kickboxing with LaPlace; 11:30 a.m. Fitness Equipment Training (sign up) with Heather; 2 p.m. Fitness Equipment Training (sign up) with Sally; 3:30 p.m. FEP Training with Sally; 5 p.m. Kids Clinic (sign up) with Sally; 6:30 p.m. Cardio, Combat and CORE with Sally

Wednesdays: 8:30 a.m. Fitness for Mature Audiences Only with Sally; 9:30 a.m. Intro to Resistance with Sally; 11:30 a.m. Intro to Pilates with Sally; 11:30 a.m. Fitness Equipment Training (sign up) with Heather; 4 p.m. Fitness Equipment Training (sign up) with LaPlace; 5 p.m. BOSU & Kick with LaPlace; 6 p.m. Mommy, Daddy & Me with LaPlace

Thursdays: 7 a.m. Step and

Kick with Heather; 9:30 a.m. Pump & Grind with Emily; 11:30 a.m. Sculpt, Step and Stretch with Heather; 4 p.m. Fitness Equipment Training (sign up) with Sally; 5 p.m. Kid's Clinic (sign up) with Sally; 6:30 p.m. Yagalates with Sally

Fridays: 7:30 a.m. Fitness Equipment Training (sign up) with Sally; 9:30 a.m. Yoga with Ruthie

Saturdays: 8 a.m. Intro to Yoga/Kids Yoga with Sally; 9:30 a.m. Aqua with Sally; 11:30 a.m. Extreme Circuit Training for Kids with Sally

Gymnasium Fitness Schedule

Mondays: 6:30 a.m. Conditioning for Running with LaPlace; 8:30 a.m. Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace; 9 a.m. Stoller Strut with Ruthie (Meets start of PRT course); 11:30 a.m. Indoor Cycling with Heather; 12 p.m. Fitness Equipment Training (sign up) with LaPlace; 3:30 p.m. Fitness Equipment Training (sign up) with Heather; 5 p.m. Hot Yoga with Heather (Raquetball Court 1)

Tuesdays: 7 a.m. Command

Cardio Pump with LaPlace; 11:30 a.m. Lunch Crunch CORE Training with Ruthie (Raquetball Court 3); 3 p.m. Fitness Equipment Training with Ruthie (sign up); 4:30 p.m. Indoor Cycling with Ruthie

Wednesdays: 7 a.m. Beach Bootcamp with Heather (meets Field 6); 11:30 a.m. Fitness Equipment Training (sign up) with LaPlace; 11:30 a.m. Indoor Cycling with Ruthie; 2 p.m. Strength Solutions & Flexibility Fix-Ups for Injuries with Ruthie

Thursdays: 6 a.m. Weight Training for Warfighters with LaPlace (meets weightroom); 7 a.m. Command Jump and Jab with Ruthie; 11:30 a.m. Indoor Cycling Interval Training with LaPlace

Fridays: 6:30 a.m. Indoor Cycling with Ruthie; 7 a.m. Beach Bootcamp with LaPlace (meets Field 6); 9 a.m. Strength Training Basics for Women (sign up) with Heather; 9 a.m. Strength Solutions and Flexibility Fix-Ups for Injuries with LaPlace (meets at pool)

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have submitted your form, your application will be processed, and your new decal, date tabs, and/or locator strip will be mailed to you at the address you provide on the form.

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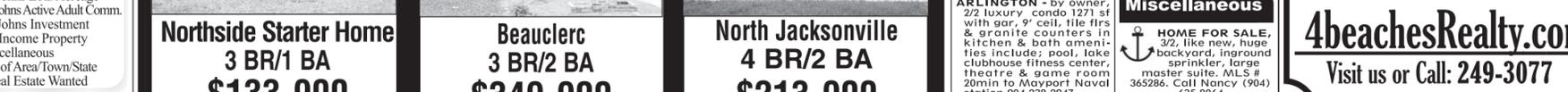
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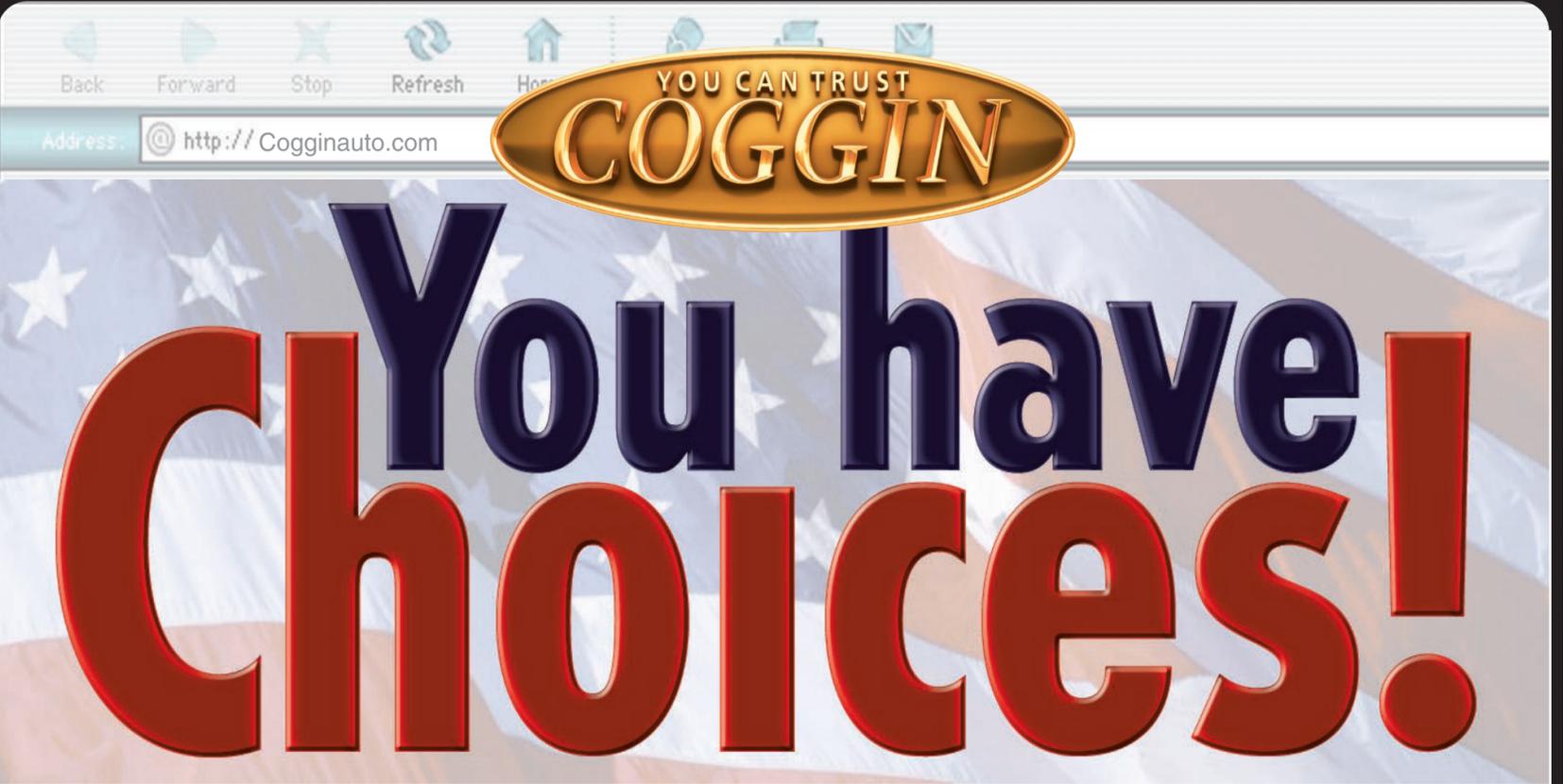
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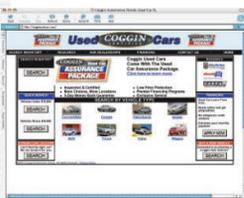
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