

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, April 24, 2008

## OFF THE DECK

### EOQ Lunch Is April 28

Naval Station Mayport will hold its Employee of the Quarter luncheon April 28 at 11:30 a.m. at Ocean Breeze Conference Center. The selectee, nominees and Department Heads/Supervisors should attend. All Naval Station employees are encouraged to attend to support those nominated. Please RSVP for the luncheon by 3 p.m. on April 24 to Sandra Barrett, 270-5228 or email [sandra.barrett1@navy.mil](mailto:sandra.barrett1@navy.mil). Cost is \$7 at the door. Employees nominated for the First Quarter are Frederick Barton of Security, Keith Ford of Air Ops, Martha Mazzini of MWR, Russell Garrison of FFSC and Ralph Batten of PWD.

### Save Lives, Give Blood

Naval Station Mayport will hold a blood drive on April 29 from 8:30 a.m.-2:30 p.m. in the Post Office parking lot on Massey Avenue. Donors will be entered for a drawing for a complimentary three-night weekend stay for four, including four Disney World two-day passes and four Delta Air Lines roundtrip tickets.

### Jag To Visit NS Mayport

Jacksonville Jaguar Defensive Lineman #98, John Henderson, will be on Naval Station Mayport from noon-1 p.m. on April 25 at Bogey's to meet with Sailors and their families and sign autographs. For more information, call Windy Harbor Golf Club at 270-5380.

### New CNRSE Tapped By CNO

Chief of Naval Operations Adm. Gary Roughead announced on April 10 that Rear Adm. (lower half) Townsend G. Alexander is being assigned as commander, Navy Region Southeast, Jacksonville, Fla. Alexander is currently serving as commander, Navy Region Hawaii/ commander, Naval Surface Group, MIDPAC, Pearl Harbor, Hawaii. A change of command has not been scheduled at this time.

### Thrift Store Moves To New Location

Naval Station Mayport's Nearly New Shop is moving to a new location.

Sponsored by Navy Wives Club of America, the thrift store has been located at Building 27 for the past 11 years. Those doors closed Sunday as NWC began moving its inventory to the new site, 709A/B Everglades Court. Donations are still being accepted at the old building until May 2. NWC and NS Mayport are sponsoring a grand opening celebration on May 3 starting at 9 a.m. at the new site. There will be a ribbon cutting, door prizes, face painting and refreshments.

## CDS 14 Holds Change Of Command

By Ensign Christine Campbell  
CDS 14/FFG Classon PAO

Capt. Thomas L. Reese was relieved by Capt. Glen Zeiders III as Commander, Destroyer Squadron 14/ FFG Class Squadron on April 18, during a change of command ceremony pier-side USS Klakring (FFG 42).

Rear Adm. Kevin Quinn, Commander Naval Surface Force Atlantic, was the distinguished guest speaker.

Zeiders graduated from Dickinson College in 1983 with a B.A. in Economics, and was commissioned via Officer Candidate School in Newport, Rhode Island in 1985.

Zeiders' first sea duty assignment was on board USS Moosbrugger (DD 980) where he served as Auxiliaries Officer, Main Propulsion Assistant and Anti-Submarine Warfare Officer. From 1988 to 1990, he attended the Naval Postgraduate School in Monterey, California, graduating with a M.S. degree in Information Systems.

Following Department Head School in 1990, Zeiders reported to USS Callaghan (DDG 994) where he served as Engineer Officer from 1991 to 1992. Following this tour, he served as a Gas Turbine Examiner on the Commander in Chief, U.S. Atlantic Fleet, Propulsion Examining Board from 1992 to 1994.

From 1994 to 1997, Captain Zeiders was assigned to the staff of Commander in Chief, U.S. Atlantic Command, where he served as Chief, Networks



-Photo courtesy of CDS 14

Outgoing Commander, Destroyer Squadron 14, Capt. Thomas Reese, salutes Rear Adm. Kevin Quinn, Commander Naval Surface Force Atlantic, as incoming Commander, Destroyer Squadron 14, Capt. Glen Zeiders stands nearby.

and Special Projects and Chief, Programs and Projects in the Command, Control, Communications and Computer Systems (J6) Directorate.

In 1997 and 1998, Zeiders served as Executive Officer in USS Gonzalez (DDG 66). Following his Executive Officer tour, he was assigned as NATO Training and Exercises Officer on the staff of Commander, Striking Fleet Atlantic and Commander, Second Fleet from 1998 to 2001.

Zeiders next assignment was as Commanding Officer, USS Ticonderoga

(CG 47) from January 2002 to September 2004. During his tour in Ticonderoga, the ship was awarded all Mission Area Excellence Awards, the Golden Anchor Retention Excellence Award, and the Arleigh Burke Fleet Trophy.

Following his tour in Ticonderoga, Zeiders served as Flag Surface Operations Officer on the staff of Commander, Carrier Strike Group 6 embarked in USS John F. Kennedy (CV 67), where he completed a deployment to the Arabian Gulf in support of Operations Iraqi Freedom and Enduring

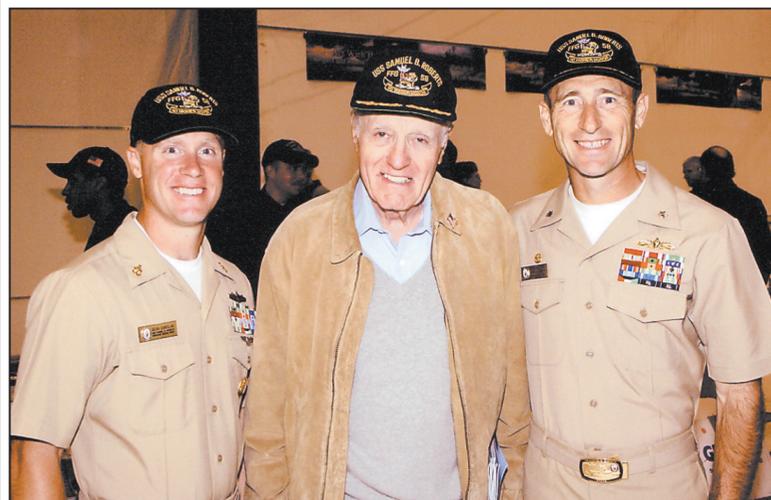
Freedom. From February 2006 to February 2007, Zeiders deployed to Djibouti, Africa where he served as the Maritime Coordination Element Officer in Charge on the staff of Commander, Combined Joint Task Force Horn of Africa (CJTF HOA).

Zeiders served as Commander of Afloat Training Group Mayport from March 2007 to February 2008.

Reese assumed command of DESRON 14/ FFG Class Squadron in November 2006. Under his charge, DESRON 14 was able to meet every require-

ment pertinent to fleet readiness during his two years of service as well as pioneer the new FFG Class Squadron. Reese's next assignment is in Arlington, Va.

DESRON 14 can be traced back to November 1920, when it began as a reserve organization in Philadelphia, Pennsylvania. The Squadron was decommissioned at the end of World War II and re-commissioned in October 1946 and homeported in Newport, Rhode Island. In June, 1959, the Squadron's homeport was changed to Mayport, Florida, becoming the first Destroyer Squadron ever homeported at this Naval Station. In July 2004, the Squadron's mission changed and the staff was restructured from a tactical deploying DESRON to a Training and Readiness Squadron and ISIC for 11 ships homeported in Mayport, FL. DESRON 14 supervises and coordinates the maintenance and unit level training of each ship providing surge ready assets to conduct independent and ESG-CSG deployments to SECONDFLT, THIRDFLT, FIFTHFLT and SIXTHFLT areas of responsibility in support of global naval presence, Counter-Narco terrorism and homeland defense. DESRON 14's ISIC responsibilities include 13 ships, all homeported in Mayport. In addition to being the Navy's largest destroyer squadron, DESRON 14 provides medical, career counselor, legal, religious and equal opportunity services to the 21 warships homeported in Mayport, Fla.



-Photo courtesy of USS Samuel B. Roberts

USS Samuel B. Roberts Commanding Officer, Cmdr. Wally Lovely and CMDCS Sean Carolan stand with Jack Usen, a crewmember of the first USS Samuel B. Roberts (DE-413), which was sunk on Oct. 25, 1944. Several members of USS Samuel B. Roberts traveled to Portland, Maine, on April 11 to help commemorate the 20th anniversary of a mine blast to the ship while deployed to the Persian Gulf.

## USS Samuel B. Roberts Honors Ship's Past

From USS Samuel B. Roberts

USS Samuel B. Roberts (FFG 58) joined former shipmates in remembering a blast in the ship's history.

On April 14, 1988, Sammy B. was rocked by a mine blast while underway in the Persian Gulf. USS Samuel B. Roberts Commanding Officer, Cmdr. Wally Lovely, and five other crewmembers traveled to Portland, Maine on April 11 to commemorate the 20-year anniversary of the mine blast. The weekend of remembrance included a welcoming reception, a presentation from Bath Iron Works Corporation, the company that built Sammy B., and concluded with a ceremonial dinner in downtown Portland. The opening ceremonies

began with a reception at the Eastland Park Hotel, which was hosted by the original crewmembers of USS Samuel B. Roberts (FFG 58). The atmosphere during the reception resonated with energy. There was chatter in every corner of the room and the feeling of camaraderie was overwhelming between all of the former Sailors. The bond between the Sailors that served on Sammy B. 20 years ago and the group that traveled from Mayport was immediate and heartwarming.

"The energy and camaraderie between the men of FFG 58 was definitely present throughout the weekend," Lovely said. "Those gentlemen showed that they truly cared for each other." The morning of April 12

provided the current Sammy B. crewmembers the opportunity to journey further north of Portland to Bath, Maine. There they were treated to a presentation alongside 1,000 Bath Iron Works (BIW) company employees who had either been part of the original build of Sammy B. 22 years earlier or who repaired the ship after it courageously survived the mine blast.

Sammy B. Anti-Submarine Warfare Officer, Ensign Corey Leewright, was among the crew to visit BIW. He spoke of the emotion that existed throughout the weekend, "it was easy to sit with people you felt comfortable with, everyone there treated us like family." The presen-

See SBR, Page 9

## HSL-46 Gets 'The Wrench'

By MC2 Daniel Gay  
Fleet Public Affairs Center Detachment Southeast

Helicopter Anti-Submarine Squadron Light (HSL) 46 was presented with the coveted Sikorsky Aircraft "Golden Wrench Award" for maintenance excellence, April 10. This was the same day they celebrated their anniversary, 20 years from when they were commissioned, aboard Naval Station Mayport.

"It means a tremendous amount to me to receive the [Golden Wrench] award because this squadron was founded on strong ideals and it makes me very honored to hold up those ideas that were put in place 20 years ago," said Cmdr. Chris Dennis, commanding officer of HSL-46.

The ceremony was also attended by Commander Helicopter Maritime Strike

Wing Atlantic, Capt. Glen Doyle.

"It's great to come back here, whether I liked or didn't like my job, I don't think I could ever leave it because I still get the opportunity to attend these events with these great people," said Doyle.

After the award was presented to Dennis, the first official "Golden Wrench" uniform patch was handed to HSL-46's Maintenance Master Chief, Avionics Master Chief (AW/SW) Charles Lovely.

"It sets the standard for this seaway, and it defines how good the people we have are, how good our maintenance department is from the lowest level to the highest rank," said Lovely.

The "Grandmasters" of HSL-46 were commissioned on April 7, 1988.

## USS Gettysburg Lands Air Qual

By Lt.j.g. Dennis Panos

USS Gettysburg PAO

USS Gettysburg can check off another qualification.

During April 7<sup>th</sup>-17<sup>th</sup>, USS Gettysburg (CG 64) was evaluated by the Aviation Facilities Certification (AVCERT) Inspectors. AVCERT is the first aspect of a three-phased inspection that also includes Aviation Readiness Qualification (ARQ) and concludes with inspectors verifying actual operations during the Flight Deck Operations demonstration. These qualifications are required for the Commander, Naval Surface Forces Aviation Certification, which authorizes a ship's commanding officer to conduct rou-

tine flight operations without outside observers.

AVCERT is a rigorous inspection that covers all aspects of shipboard flight operations material readiness. The inspectors checked and rechecked all aspects of the helicopter operating area from every pad eye on the flight deck up to the light bulbs required to operate and land helicopters. The wear and tear on the ship, which is inherent to helicopter operations, requires diligent attention to detail and continuous effort. This constant effort

It was executed by Deck Division working on the flight deck, repairing and replacing

See Gettysburg, Page 9

## CREDO Corner

By Lt. Cmdr. D.C. Dowling

Spiritual Fitness Division SE

"How do they do that?" I ask that question every time I pass a construction zone where they are putting up a new overpass. I am amazed that someone can figure out not only what height and distance to place bridge supports, but that they can figure out the angle at which to build the next support. And if that isn't enough, someone had the intestinal fortitude to believe in their engineering and go ahead and order the massive (and very expensive) beams that would span these supports. I wouldn't even try to compete with that. Frankly, I have problems just ordering the right sized uniform online, and getting the shelf in my garage level is a major undertaking for me.

I also don't beat myself up for not being able to engineer a bridge, nor do I exorcise myself for the myriad of other tasks for which I am ill-suited. Instead, I let these construction sites remind me and help me appreciate the gifts others have. Without them where would any

of us be? It's easy to appreciate these differences in light of such grandiose examples, but what about small everyday moments of life?

Sometimes I fail to properly appreciate my wife's different ways. In my better moments, and hopefully they are growing in number, I've found that she has a different perspective that I need, but don't have. I don't know how she figures out people's thoughts and feelings, but I'm glad when I trust her competence in "interpersonal engineering."

If you have children, I bet you've found that each one is different in their own way. One may be reflective, another outgoing and still another intuitive or sensitive. Parents have a way of seeing these differences, and yet they love each child equally.

At work I've come to appreciate the differences of my colleagues. Each of us has his own strength. It seems that things go the best when we rely on the strengths of one another and appreciate them, rather than compete with them.

Too often our society encourages us to be in competition in such a way as to dishonor the differences of others rather than celebrating them. I challenge you to look for your "construction sites;" Those places in your life where you can look on at the accomplishments of others with awe and wonder. Honor the differences of others in your heart and express them to those around you in your life. In that way you will build bridges that will last an eternity by spanning the gap between you and another person whether it be your spouse, child, friend, co-worker, or acquaintance.

The Navy offers you a way to construct a better way of life through CREDO Marriage Enrichment Retreats and Personal Growth Retreats. These retreats are provided free of charge as a way of improving our sailors and the families of married sailors. For more information contact us as CRNSE\_CREDO@navy.mil or phone (904) 270-6958 ext. 1602.

### Status Update



-Photo courtesy of Navy League

The March dinner meeting of the Mayport Council of the Navy League was held at Ocean Breeze Conference Center. Guest speaker was the Commanding Officer of the base, Capt. Aaron Bowman. His message was the ongoing assessment of the base and future configuration of ships in port. The Navy League is a civilian organization made up of men and women who support the achievement of our goals. All are invited to join to carry on the tradition. For more information, call Pat Pumphrey, 403-7604. Pictured is Bowman with Mayport Navy League President Diane Wright presenting him with the book, Navy League of the United States.

## Homefront in Focus

By Beth Wilson

Military Spouse Contributor

My husband has played golf for many years, starting as a young man. He is not a frequent player; rather he is a 'few-times-a-year' golfer. Recently I purchased golf lessons for his birthday. The instructor complimented my husband on several parts of his game but quipped, "Everyone has to review the basics on a regular basis to keep their game sharp."

I'm not a golfer but the wisdom of this instructor could not be ignored. Whatever our endeavor reviewing the basics is important. For military spouses the basics include basic knowledge and resources. Let's take a moment to review a few mili-

tary spouse basics.

Service member basics: We need to know certain things about our service member. Take time to get this info from your Sailor/. These include:

- Rank (Pay grade)
- Rate (military job title)
- Command/Unit (including department and/or division)
- Quartermaster number
- Unit/command mailing address
- Social Security Number
- Copy of Page Two
- Copy of most recent Orders
- Ombudsman contact information
- Recent copy of LES (Leave and Earning Statement)

In addition to these items your service member should

also provide you with a current power of attorney which empowers you to make decisions and take certain actions on behalf of your service member in his absence. If your service member is deploying soon he will have deployment specific information to provide for you. Take the time to talk to him about any upcoming pre-deployment events that you should attend, even if this is not your first deployment.

Know your resources. As a Navy spouse there are basic resources and information you should know.

•Military One Source - an 'employee assistance program' provided by the Department of Defense for all military

(both active duty and Reserve/National Guard) and their immediate families. Services include everything from assisting in finding local childcare, relocation assistance to pre-deployment readiness, financial counseling, confidential counseling and limited free legal services. www.militaryonesource.com 800-342-9647

•Local Support - Whether you are Army, Navy, Reserve, regardless of branch or duty status you are able to access support services at the base nearest to you. So if you are on vacation 1,000 miles from your base but 15 minutes from an Army installation (even if it is not your branch) you can access that local base for medical, fam-

ily support, legal support, even to replace your ID.

•Local Family Support - Your installation Fleet and Family Service Center (FFSC) can be your lifeline for information, counseling, seminars, referrals and other services to support you in your success as a Navy spouse. Contact them for a current listing of upcoming events and services. Get on their email list. Not sure where the FFSC/ACS is located check your installation website or logon to www.ffsp.navy.mil.

•Command Family Support - A Navy Command Family Ombudsman is your command's family-support resource. These volunteers will be able to offer you insight, information and

referral for military life. But perhaps more importantly they are the official resource for command specific information. Be sure to get on their email tree and mailing lists. Keep their numbers handy.

•Dependent ID Cards and Vehicle Decals - check your ID and decals for expiration dates. Your service member is required to complete paperwork for renewal of your ID.

Take time to assemble this information and update it as necessary on at least an annual basis. These are the basics that will keep 'our game' sharp.

Questions or comments for Beth? Contact her at beth@homefrontinfocus.com.

## NMCRS Program Helps Widows Meet Basic Expenses

By Lisa Aszklar

Navy-Marine Corps Relief Society Staff Writer

American Sailors and Marines the world over know they can turn to the Navy-Marine Corps Relief Society (NMCRS) for help in meeting their financial needs, from unexpected vehicle repairs to college tuition expenses.

Few realize, though, that the Navy-Marine Corps Relief Society continues to extend a helping hand, even beyond the death of the retired service member!

Through its Widow Supplement Program, NMCRS helps surviving spouses of retired Sailors and Marines meet their basic living expenses, thereby allowing them to live with dignity.

In fact, the Society was founded over a hundred years ago for exactly that purpose—to help widows and orphans who had insufficient financial resources to meet their basic needs—and has grown from that core focus.

In those days, monthly



Photo courtesy of NMCRS

Navy widow Paula Hodges is one of hundreds of surviving spouses that have their income supplemented by the Navy-Marine Corps Relief Society Widow Supplement Program.

"income supplements" of as little as \$5 were given to widows whose husbands had served their country as members of the Navy and Marine Corps. In many instances, the Society also assisted with educational needs and job placement to allow these women to become self-sufficient.

By expanding the program to also include widowers of

deceased Navy and Marine Corps retirees, the Society's Widow Supplement Program has evolved with the times to reflect the changing needs of our service members and their families, as well as those of the Navy and Marine Corps.

Today, program applicants must be 65 years of age or older, prove that their deceased ser-

vice member retired from either the U.S. Navy or Marine Corps, and demonstrate financial need based on a detailed evaluation of their financial records.

Along the way, each widow or widower is assured that all personal information remains confidential and is reviewed only by Society personnel who have the applicant's best interests in mind.

The roster of available resources on which the Navy-Marine Corps Relief Society caseworkers rely has grown, too. Today, the Society works closely with dozens of federal, state, and local agencies to assist surviving dependents in obtaining every possible benefit available to them.

Although financial education has always been a hallmark of Navy-Marine Corps Relief Society's work, it's more important now than ever, says Martha Hodnett, Senior Caseworker at the Society's Headquarters.

"We stress the importance of budgeting to meet the rising cost of basic needs, like rent,

electricity, heat, and food," Hodnett says. "We explain that there are more economical ways to obtain necessary medications than going to the local corner pharmacy, and we discuss the dangers of relying on credit cards, which sometimes have up-front fees that accrue whether they are used or not. In short, we become a lifeline of sorts for these elderly military widows."

Navy-Marine Corps Relief Society Director of Casework, Dotty Clayton, is quick to point out that "supplement" doesn't mean "entitlement," rather, it is a gift from the Society.

"A supplement may be raised, lowered, or removed altogether, depending on the yearly evaluation that each case undergoes," she says. "That way, if the individual's circumstances change, their benefit changes, too."

Because the Widow Supplement program is strictly need based, help from the Society invariably means the difference between living and subsisting, and Paula Hodges is proof.

When her husband died of a heart attack nine years after retiring from Naval duty, Mrs. Hodges threw herself into her job—then, she learned she had cancer. Unable to work while she received medical treatment, her bills quickly mounted, and she turned to Navy-Marine Corps Relief Society for help.

Today, Mrs. Hodges is proud to be living on her own, thanks in part to the monthly assistance she receives from the Society's Widow Supplement Program.

"Navy-Marine Corps Relief Society has been a lifesaver for me," she says. "Without them I couldn't make ends meet. The Society personnel have done everything in their power to help me, and they make me feel like I just belong. Their work really is a donation of love."

Navy-Marine Corps Relief Society is proud to stand behind our Sailors, Marines, and their families, as we have for the last 104 years. Contact your local NMCRS office for more information on their programs or to schedule an appointment.

## Learn First Aid With Red Cross

From American Red Cross

American Red Cross is offering first aid, CPR and AED programs April 26 from 9:30 a.m.-5:30 p.m. at the USO on Mayport Road.

The programs are designed to give participants the confidence to respond in an emergency situation with skills that can save a life. Red Cross courses prepare participants to prevent and respond to life-threatening emergencies.

Adult, Infant and Child CPR and First Aid with AED-Teaches emergency procedures

that prepare individuals to deal with breathing and cardiac emergencies for infants and children (birth to age 8) and adults (age 9 and up), and administering first aid to all ages. Participants learn techniques such as rescue breathing, chest compressions, CPR and Automated External Defibrillation; as well as bandaging, splinting and treatment for burns.

Anyone with a Military ID card gets a \$5 discount.

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



**Chapel Call**  
Command Chaplain:  
Cmdr. Jerome Dillon  
SUNDAY  
Sunday School.....9:15 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)  
Nursery is provided.  
WEDNESDAY  
Women's Bible Study.....9:30 a.m.  
Choir Rehearsal.....7 p.m.  
FRIDAY  
Catholic Mass.....11:30 a.m.  
Confessions.....7 p.m.  
SATURDAY  
Men's Prayer Breakfast.....9 a.m.  
Youth Group.....6 p.m.  
(Second and Fourth Saturdays of month)

Catholic Services:  
Mass.....Monday-Friday, 11:30 a.m.  
Confession.....Before and after mass  
Religious Education.....10:30 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**

Capt. Aaron Bowman..... Commanding Officer  
Cmdr. Mike Watson..... Executive Officer  
CMDCM Deborah Davidson..... Command Master Chief

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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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CO Actionline: 270-5589 or 1-800-270-6307

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**Does Your Command Have An IA Sailor Returning Soon? Contact, The Mirror at 270-7817 Ext. 1012.**

# Calendar

## On Base

**Saturday, April 26**

US Naval Sea Cadet Corps, Mayport Division meets for drill from 8:30 a.m.-4 p.m. at the C-12 hangar (small hanger across from McDonalds). This is a fun-filled character-building program of adventure for young people 10 -18 years of age. Visitors welcome – come check us out. For additional information, visit [www.mayportseacadets.org](http://www.mayportseacadets.org) or call Instructor LeAnna Boudreaux 904-412-3690 or Francis Floyd 904-704-6987.

**Tuesday, May 6**

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](http://www.orgsites.com/fl/nosamayport).

**Wednesday, May 7**

USS De Wert family readiness group will meet from 7-8:30 p.m. at the USO on Mayport Road. Childcare will be provided at no charge.

**Thursday, May 15**

USS DeWert family readiness group will hold a 'Gas and Glass' from 10 a.m.-2 p.m. at the base gas station.

USS Philippine Sea FRG will meet and hold a potluck on the

third Thursday of the month at 6:30 p.m. at the Mayport USO.

**Tuesday, May 20**

The USS John L. Hall family readiness group is inviting all families and friends of the ship to our monthly FRG meeting at the USO on Mayport Road from 6:30-8 p.m. Childcare will be available for \$1 per child. Monthly meetings are scheduled for the third Tuesday of every month. For more information, contact the FRG at [ffg32fmg@hotmail.com](mailto:ffg32fmg@hotmail.com).

## Out in Town

**Friday, April 25**

The Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. Carry out orders are accepted. The public is always invited to dinner. After dinner, enjoy the music DOUG BRACEY from 9 p.m. to 1 a.m.

**Saturday, April 26**

Tree Hill Nature Center, 7152 Lone Star Rd., will hold its 7th annual Butterfly Festival from noon-5 p.m. There will be a mass native butterfly release, butterfly encounters, childrens crafts, special vendors and environmental education. Guest lecturer Peggy Sias Lantz is the author of "The Young Naturalist's Guide to Florida." The Florida Times-Union Children's Book Editor Brandy Allport and Tree Hill's Bella the Butterfly will be storytellers. PiliPili will perform at 4 p.m.

Join a park ranger at 10:30 a.m. at Little Talbot Island State Park for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. Meet at pavilion 1 on Little Talbot Island. No reservations are necessary and the program is free with admission to the park. The Florida Park Service is dedicated to providing programs that are accessible to all. If you have any special needs which may limit your opportunities or enjoyment of any program, please advise us in advance so we may assist with reasonable accommodations. For additional information, call the Talbot Islands Ranger Station at 251-2320. For more information on Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

**Saturday, May 3**

Retired CPO Nicholas Patrizio will be honored at the 3rd Annual Dolphin Cove Military Appreciation Day Celebration for his 40 years of service. The celebration will be held at the Dolphin Cove Community Park (DeLeon Shores Park), in Ponte Vedra Beach starting at 11 a.m. The park is located off A1A about a mile south of JTB. A 28-year resident of Dolphin Cove, Mr. Patrizio enlisted into the U.S. Navy in June 1933, and his career saw his participation in WWII, the Korean War and the Vietnam War. All residents of Dolphin Cove and all surrounding communities are invited and

encouraged to attend this event. A ceremony will also be held honoring those in the community who have served, or who are now serving, in the Armed Forces. Provided seating will be limited, please bring your own chairs or beach blankets. Food, sodas, snacks will be available. Parking is free but limited in the immediate area. Other scheduled events include: a fly in and a tour of a HSL-44 helicopter, a free rock wall climb, a pull up challenge, a Navy Dive Tank demonstration, a Drill Team exhibition by the Nease HS NJ ROTC, and many other activities. Military representatives will be on hand with exhibits and give aways. A banner that will be sent to Iraq will be on hand to be signed by all in attendance. For more information: [www.dolphincovevfb.com](http://www.dolphincovevfb.com) or contact Ronda McCoy at 285-3215.

**Monday, May 5**

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a strawberry preserves workshop from 9 a.m. to noon. Celebrate the gardening season by learning how to make strawberry preserves and take some home for your family to enjoy. The cost is \$20 per person, which includes all materials. You will take home approximately two half-pints. Space is limited. You must pre-pay to register. Send your \$20 check made payable to DCOHAC and mail to Canning, 1010 N. McDuff Ave., Jacksonville, Fla. 32254.

Deadline is May 1. If your group is interested in making a different item, call our office for information at 387-8850.

**Wednesday, May 7**

The Atlantic Beach Women's Connection presents A Heavenly Makeover Brunch from 9:30-11 a.m. at Selva Marina Country Club with one of the professional stylists from The Master's Touch. Guest speaker Nikki Jatindranath will share her inspiring message "Running on Empty... Time to Fill Up!" Cost is \$12 inclusive. Complimentary childcare available with reservations. Call Kate @ 534-6784 or [atlanticbeachwc@yahoo.com](mailto:atlanticbeachwc@yahoo.com) for reservations. All area women are welcome.

**Tuesday, May 13**

Decorative Artists of Jacksonville are holding their regular monthly meeting at 7 p.m., Riverside Avenue Christian Church, 2841 Riverside Ave. Beginning artists welcome – no experience necessary. Visit [www.decorativeartistsofjacksonville.org](http://www.decorativeartistsofjacksonville.org) for

more information and to see the wide variety of workshops and seminars planned for the year.

**Saturday, May 31**

Osher Lifelong Learning Institute (OLLI) will hold its first OLLI Gala dinner/dance fundraiser from 6-11 p.m. at Hyatt Regency, Jacksonville, Riverfront featuring music of the 50s, 60s, & 70s by the Fabulous Korvettes. Tickets are \$100 and a percentage of the ticket price is tax deductible. Cocktails, dinner, live music, dancing and a silent auction are included in the ticket price. Proceeds to help support Transformational Learning Opportunities (TLO) and the UNF Foundation for OLLI. The OLLI program is part of the Division of Continuing Education at UNF. It began 2 years ago to provide life enrichment opportunities for adults 50 and above. For tickets and more information, call Billie Lombardo, 620-1159, or the customer care team at 620-4200 or log onto [www.unfolli.com](http://www.unfolli.com).

## NWC Fleet Seminar Program Available

From Naval War College

The Naval War College's College Of Distance Education will again offer its fleet seminar program in the Mayport area. This academic year (September '08 – may '09), the strategy and war, and the joint maritime operations courses will be offered in Mayport and the national security decision making course will be offered in the Jacksonville area. This highly acclaimed program parallels, to

a major degree, the course of study followed by students in the college of naval command and staff in Newport, Rhode Island. Three-hour classes are held in the evening (one night per week for approximately 35 weeks). A top quality adjunct faculty member leads each seminar from the local area. Students can earn a NWC diploma, JPME Phase I credit, and up to 21 graduate credit hours. All books and materials are pro-

vided on a loan basis, and there is no tuition charge. Enrollment is open to USN/USMC/USCG 03 or above, USA/USAF 0-4 or above, or DoD GS-11 or above. All applicants must possess a baccalaureate degree. Call

Professor Dave Fay at (904) 317-7902 or email [dfay@lsc-jax.com](mailto:dfay@lsc-jax.com) for more information. Applications will be on-line beginning April 1 at <http://nwc.navy.mil>. Applications are due by June 30.

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**"Hypnotist" - Chuck King**  
 April 25th & 26th



Chuck is a Master Certified Stage Hypnotist and a World Champion Magician. He has performed with Bill Cosby, Jay Leno, Tim Allen and others at over 100 comedy clubs, including the IMPROV, the Comedy Store, Icehouse, Magic Castle and Caesar's Palace.  
 \* "XXX" show Fri. 25th @ 10:00pm

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**Rich Vos**  
 Rich was the breakout star on NBC's "Last Comic Standing". He was also a regular guest on Tough Crowd and wrote for Chris Rock when he hosted The Academy Awards in 2005.  
 May 14th-17th

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# USS Underwood Conquers The Challenge

**From Staff**

USS Underwood earned bragging rights as the winner of the 2008 Spring Sports Challenge held April 16-17 at Naval Station Mayport.

The command received its award as its shipmates chanted "Underwood, Underwood" from Naval Station Mayport Commanding Officer, Capt. Aaron Bowman. It was bitter-sweet for Bowman who received the same trophy on behalf of NS Mayport for the Fall Sports challenge last October.

USS Underwood just beat out Mayport with a total score of 1175 points to 1100. SERMC Mayport came in a close third with 1075 points.

The two-day event was filled with 20 events, including the CO/CMC canoe challenge, won by HSL-40, and the Tug-o-War, won by SERMC.

"This is the second time I've done this," said Operations Specialist 3rd Class Tyson Good. "It's fun to get off the ship and get to closer to [my shipmates.]

"This is my third time doing this, first time for NavSta," said Engineman 1st Class (SW) Erick Thomas. "I came for the camaraderie and the chance to interact with the rest of the command."

Navy Diver 1st Class

(SW/DSW) Edward Briggs of SERMC was named Most Valuable Player for his participation in six of the challenge events and "jumping in to Lake Wonderwood to save a shoe."

The list of events and their winners is as follows:

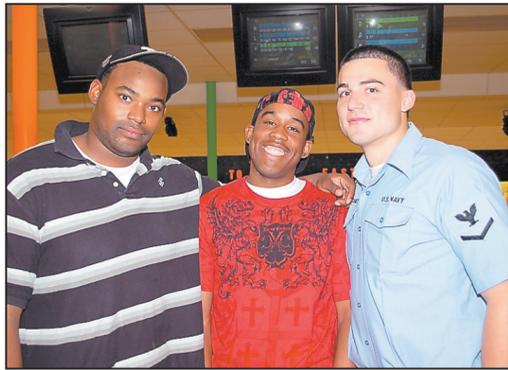
- CO/CMC Canoe Race, HSL-40
  - Experienced Canoe Race, SERMC
  - 3-on-3 Basketball, USS Samuel B. Roberts
  - Tennis, HSL-42
  - 8-ball Pool, ATG
  - Bowling, USS Samuel B. Roberts
  - Darts, ATG
  - Dodgeball, USS Underwood
  - Ultimate Frisbee, NS Mayport
  - Softball, HSL-40
  - 4-Mile Run, USS Underwood
  - Golf, HSL-40
  - Volleyball, NS Mayport
  - Horseshoes, NS Mayport
  - Simon Says, NS Mayport
  - Ping Pong, USS Samuel B. Roberts
  - Strongman Competition, USS Underwood
  - Auto Racing, USS Underwood
  - Tug-O-War, SERMC
  - Chili Cook off, COMUSNAVSO
- The next Sports Challenge will be held in October. For more information, contact Rita Hammerstad at 270-5451.



USS Underwood beat out Naval Station Mayport and SERMC Mayport to take home the 2008 Spring Sports Challenge trophy after winning five events with 1175 points. —Photos by Paige Gnan



Navy Diver 1st Class Edward Briggs of SERMC was named the Most Valuable Player of the event. He participated in six events and showed spirit and support for his command.



Operation Specialist 2nd Class Michael Walker, middle, of USS Samuel B. Roberts is surrounded by teammates Operation Specialist 3rd Class Alfonso Sanchez and Operation Specialist 2nd Class Ronald Johnson after scoring a perfect 300 during the bowling competition.



Senior Chief Aviation Warfare Systems Operator George Wright and Cmdr. Todd Bahlaw of HSL-40 are presented the CO/CMC Canoe trophy by NS Mayport Commanding Officer, Capt. Aaron Bowman, and Navy Federal Credit Union Diane Wright.



Ensign John Stretcher of USS Underwood completes the four-mile terrain run with a time of 25:21.



A Sailor goes for his serve during the tennis competition.



A Sailor tries to score while under pressure during the 3-on-3 basketball event.



Sailors jump up and down on one foot while Diane Wright of Navy Federal Credit Union calls out commands during the Simon Says event at the Sea Otter Pavilion. USS Underwood would go on to win the event.



Sailors take off in a burst of energy during the auto racing event. The somewhat perilous course around Beachside Community Center parking lot consists of two-man teams pedaling to the finish line.



Naval Station Mayport takes on SERMC during Volleyball. NAVSTA would go on to win the event.



Master-at-Arms 2nd Class Stephen Emerson of NS Mayport catches the frisbee mid-jump during the Ultimate Frisbee competition.



NS Mayport Executive Officer, Cmdr. Mike Watson and CMDCM Deborah Davidson with MWR representatives judge the chili presented in the chili cooking contest. NAVSO won the event.



Experienced Canoe winners Navy Diver 1st Class Edward Briggs and Navy Diver 3rd Class Joshua Davis beat the rest of the canoers to the finish line to win the event for SERMC.



Sailors line up to throw darts during the event held at Mayport Bowl.



Sailors go for the balls during the Dodgeball competition held at the base Gym.



ATG Mayport pulls as hard as they can during the Tug-o-War competition held on the beach behind Beachside Community Center. SERMC took the win for the event.



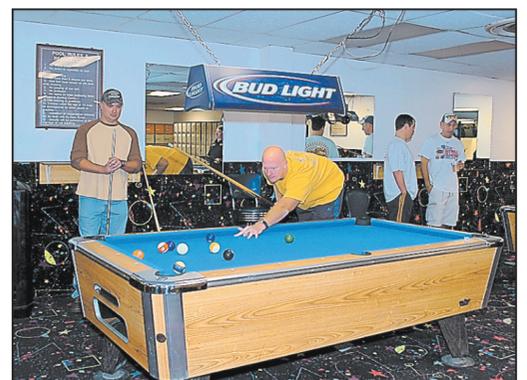
Sailors try to best each other during a competitive game of horseshoes held behind Beachside Community Center. NS Mayport took the win for the event.



Some of SERMC's strongest flip a monster tire over and over during the Strongman competition.



Sailors play ping pong for points inside of Beachside. USS Samuel B. Roberts took the win for the event.



Chief Operations Specialist Will Russell of ATG plays 8-ball pool at Mayport Bowl. ATG took the win for the event.

# Workshops, Classes Available At FFSC

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. FFSC is located in Building One on Massey Avenue.

**April 24, 9 a.m.-noon**, New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. This group is designed for moms new to the area or moms who want their

child to interact with other children their child's age. **April 24, 9-11 a.m.**, Resume Walk-in Review Assistance, FFSC

**April 24, 8 a.m.-noon**, FAP Key Personnel Training, Building One Executive Conference Room

**April 24, 1-4 p.m.**, Leadership Life Skills for E7 & Above, Base Chapel

**April 25, 9-11 a.m.**, Considerations for Home Buying, FFSC

**April 25, 9 a.m.-noon**, What About the Kids?, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's

need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

**April 28, 6-7 p.m.**, Ombudsman Assembly, USO

**April 29, 9-11 a.m.**, Overseas Living, FFSC

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this tour the best part of your Navy career. Specific information about visas and absentee voting will be discussed.

**April 29, 6-7 p.m.**, IA Family Discussion Group, USO

**April 29, 9-11 a.m.**, Resume Walk-in Review Assistance, FFSC

**April 29, 9-11 a.m.**, Parenting Class, FFSC

This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.

**April 30, 8:30 a.m.-3:30 p.m.**, Stress & Relaxation Workshop for Moms, Ocean Breeze Conference Center

**May 6, 9-11 a.m.**, Parenting Class, FFSC

This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.

**May 13, 9-11 a.m.**, Parenting Class, FFSC

This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.

**May 20, 9-11 a.m.**, Parenting Class, FFSC

This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.

## USO News

The USO will not be accepting block ticket requests from commands for the upcoming Jacksonville Jaguar football season until June 16.

There will be a Beaches Veteran's Group fundraising "low country boil" lunch on April 27 from 1-5 p.m. at American Legion Post 316, 1127 Atlantic Blvd. Profits help fund the USO No Dough Dinners.

Mayport USO will hold a Community Yard Sale from 9 a.m.-2 p.m. on May 31. Inside tables may be purchased for \$10 each, outside tables may be purchased for \$5 each. All tables must be paid for by May 29. For more info, call 246-3481 and ask for Janet.

Active duty and retired military can enjoy free admission to the Pirates Dinner Adventure in Orlando during May. All guests receive \$10 off admission.

NAS Jacksonville USO has blocks of 18 free tickets for each home game throughout the season. CO/CO, CMC, SEA or equivalent should contact [bross@usojax.com](mailto:bross@usojax.com) to reserve a particular date for your command event. See [\[www.usojax.com\]\(http://www.usojax.com\) for this year's SUNS schedule. Also, visit \[www.usojax.org\]\(http://www.usojax.org\) for more information!](http://www.jax-</a></p>
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All University of North Florida athletic events are free to active duty service members and their dependents. Just show your military ID card at the gate.

Mayport USO is looking for volunteers to help with visitors, answer phones, copying, filing and light administrative assistance. A working knowledge of Excel and Word is preferred. Email [wendy@usojax.com](mailto:wendy@usojax.com) for more information. Be sure to indicate Mayport Volunteer in the subject line.

Band Camp 2008 Concert tickets are on sell. The concert is on May 9 at the Jacksonville Equestrian Center, 13611 Normandy Blvd. Tickets are \$29 each.

USO is selling tickets for the Daytona International Speedway "2008 Coke zero 400" on July 5. This is a night time race under the lights. Tickets must be pre-paid for, in person, and then ordered by your Mayport or NAS Jax USO. You will be notified for pick-up when

your tickets arrive at the USO. Ticket packages are as follows:

Military Superstretch Offer - one Superstretch ticket row 1-32, \$46 each; All American Offer - one Superstretch Terrace - Rows 33-61 + an all you can eat Pre-Race Buffet, \$83 each; From the Turns Offer - one Oldfield/Lockhart Seat, \$59 each; From the Turns Tower Offer - one Oldfield/Lockhart Tower before June 1, \$106 each. After June 1, one Oldfield/Lockhart, \$131 each; Sprint Fanzone - \$49 each.

Tickets to Adventure Landing, on Beach Boulevard, are now available at the USO!

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.

### Meet Your Jacksonville Suns

	<b>Cory Wade</b> <b>Born:</b> 05/28/1983 <b>Birthplace:</b> Indianapolis, IN <b>Height/Weight:</b> 6' 2", 185 lbs <b>Bats/Throws:</b> R/R		<b>Russell Mitchell</b> <b>Born:</b> 02/15/1985 <b>Birthplace:</b> Rome, GA <b>Height/Weight:</b> 6' 1", 182 lbs <b>Bats/Throws:</b> R/R
<b>Pitcher</b>		<b>First Base</b>	
<b>Biography:</b> Finished the 2007 season with a 1.36 ERA and a .182 batting average against in 14 games with Jacksonville...Participated in the Dodgers Winter Development Program in January 2008... Added to the Dodgers 40-man roster after the 2007 season... named a South Atlantic League All-Star in 2006.		<b>Biography:</b> Ranked fifth in the California League with 58 extra-base hits in 2007...played in the 2007 Hawaii Winter Baseball League...named a South Atlantic League All-Star in 2006 and a Pioneer League All-Star in 2005...brother of Carolina Mudcats 3B Lee Mitchell	

For Ticket Information Call (904) 358-2846 or visit [www.jaxsuns.com](http://www.jaxsuns.com)

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# FFSC Holds English Tea For Expecting Moms



-Photo by MC1 Toiete Jackson

Stephanie Godard views prizes she received from a "mommies shopping list" game played at the tea party from New Family Support Coordinator Jaye Meyers. New Parent Support Program is sponsoring a Stress and Relaxation Workshop for all military moms, including active duty and family members. This event will be held at Ocean Breeze on April 30 from 8:30 a.m.-3:30 p.m., lunch will be provided. Sportswear and tennis shoes are recommended and childcare will not be available. Registration is required as seating is limited. Please call the FFSC at 270-6600, ext. 1701 to register.

By MC1(AW)  
Toiete Jackson

Fleet Public Affairs Center Detachment Southeast

More than 20 expecting moms aboard Naval Station Mayport received a little TLC from the Fleet and Family Support Center (FFSC) 3<sup>rd</sup> annual English Tea Party on April 16. The luncheon was one of many events sponsored by FFSC celebrating child abuse prevention month.

"We are just trying to spoil our moms and let them know how much we appreciate our Navy moms and Navy families," said Jaye Meyers, new family support coordinator.

The event had guest speakers from Navy and Marine Corps Relief Society, FFSC, and The Fitness Center informed the new moms, as well as those with a little more experience, of all the services available to them and

their families.

FFSC gave each mother a goody bag filled with items for them as well as the baby. They also provided a few "baby games" for them to win special prizes. Operations Specialist 1<sup>st</sup> Class (SW/AW) Savanna Rogers assigned to PSD Mayport is having her third child but found it to be very informative and exciting to be among the new mothers and see the excitement on their faces.

New mother Heather Benoit, wife of Chief Operations Specialist Jonathan Benoit, attended the tea party with her newborn Blake who was an early gift.

"It's a great way for new moms to meet other new moms because they are going to see the same faces in the hospital," said Benoit.

New Support Coordinators

were very pleased with the turnout and invited all mothers-to-be to stop by FFSC on their way out to get more information and be familiar with the location.

"We want them to encourage them to use our services more and let them know they are not alone even when their spouse is deployed," stated Helen Williams, new family support coordinator.

For more information on Fleet and Family Support Center and their services, contact 270-6600.

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## NOSA Auctions For Charity



-Photo by Paige Gmann

People walk through the tables of silent auction available during the NOSA annual Time and Talent/Silent and Live Auction at Ocean Breeze Conference Center on April 18. Money raised at the event will go to local charities that support the Navy.



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# Get Your Career Guide

From Naval Education and Training Command Public Affairs

In an effort to help Sailors succeed in their careers, the Enlisted Learning and Development Strategy Team developed the Enlisted Career Roadmaps (ECR) launched online, April 1.

Chief of Naval Personnel (CNP) Vice Adm. John C. Harvey, Jr. tasked Naval Education and Training Command (NETC) to develop an enlisted education strategy. The result is the Enlisted Learning and Development Strategy (ELDS), which includes the ECR.

The ECR, launched on Navy Knowledge Online (NKO) is for enlisted Sailors to refer to throughout their Navy career. The roadmap starts in the Delayed Entry Program (DEP) when a Sailor first joins the Navy, and progresses to the rank of master chief.

"It provides detailed information on training and advanced education opportunities," said ELDS Core Team Co-Leader Master Chief Electronics Technician (SW) Tom Smith, and the Enlisted Learning and Development Program Coordinator for NETC. "The ECR gives Sailors a visual guide to track their career, and helps the Navy get the right Sailor, with the right training, in the right job, at the right time."

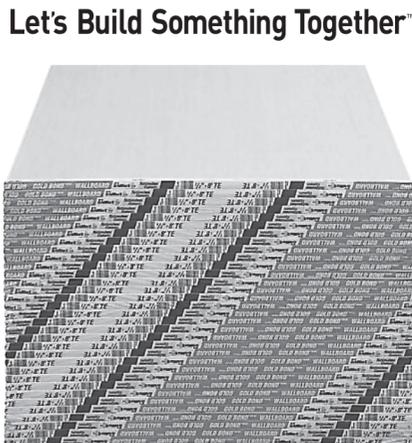
The ELDS Core Team is made up of representatives from Chief of Naval Personnel (CNP), Naval Education and Training Command (NETC), Naval Personal Command (NPC), Commander Naval Recruiting Command (CNRC), the Naval War College (NWC), and Naval Service Training Command (NSTC). The team also includes members from Naval Personnel Development Command (NPDC), Center for Naval Leadership (CNL), Center for Personal and Professional Development (CPPD), and the Senior Enlisted Academy (SEA).

"The ECR is a great tool for Sailors, and supervisors who can use it during mentoring sessions and career development boards thus providing Sailors feedback on what learning and development programs are available to them," said Master Chief Navy Counselor (SW/AW) Brett Rowell, NETC Force Retention, and Team Co-leader with Smith. "Currently there are ECRs available for legalmen (LN), mass communications specialists (MC), and nonrated Sailors in the Surface Professional Apprenticeship Career Tracks program (S-PACT). Sailors can find their ECR on Navy Knowledge Online, and I recommend every LN, MC and S-PACT Sailor and their supervisors use the roadmap. It is a great mentoring and counseling tool."

The ECR includes training from the sailorization process at Recruit Training Command, basic technical training, advance technical training, and Navy Professional Military Education (NPME). It also includes advanced education opportunities through the Navy College Office, as well as programs at the Naval Post Graduate School and the Naval War College. Professional certifications are part of the ECR through Navy Credentialing Opportunities Online (Navy COOL). For example, with Navy COOL an MC can receive civilian certifications, such as Accredited Business Communicator (ABC) and Accredited in Public Relations certification, which would acknowledge the professional skills of the MC both in the Navy and to corporate America.

The ELDS team is currently in the beta testing phase of the ECR project. The team's goal is to have roadmaps for all ratings on NKO by April 2010.

ELDS will not necessarily create new programs, but provides visibility to current Navy programs. It is an umbrella under which are the learning and development programs that enlisted Sailors need access to for a successful career. To learn more about the Enlisted Career Roadmaps, visit NKO <https://www.nko.navy.mil>.



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**SBR**

From Page 1  
 tation at BIW concluded with the introduction and a standing ovation to the Sailors of the Sammy B. that had survived the mine blast.

"The goose bumps were everywhere and there were few dry eyes in the house. As the former crew members made their way through the crowd, the applause was ear piercing," said Damage Controlman 1st Class (SW) Christopher Nelson, Sammy B.'s Sailor of the Year. "It was evident of the love and appreciation felt between the workers at BIW, the former crew members of Sammy B., and ourselves."

The visit by the current crew concluded Saturday evening with a ceremonial dinner back in Portland, Maine at the Eastland Park Hotel. The evening was full of laughter as former crew members took the podium, and recalled sea stories.

Retired Capt. Paul X. Rinn, the first commanding officer of Sammy B., was in command during the mine incident. He gave accounts of the heroism, loyalty, and devotion to duty which he saw firsthand. Rinn referenced a brief he received from Naval Sea Systems Command who determined that the mine blast "should have sunk the ship in less than thirty minutes."

He ended his remarks by stating that "the ship would have sunk had it not been for the expertise and hard work of the members of BIW, and the dedication and determination of the crew."

The dinner speeches were highlighted by Jack Yusen a survivor from the first Samuel B. Roberts (DE-413), which was sunk on October 25, 1944, protecting American escort carriers during the Battle of Leyte. Yusen's speech resounded with the camaraderie that had made itself evident between all of the Sailors of Sammy B., past and present. Commander Second Fleet, Vice Adm. Evan Chanik was the guest speaker for the dinner event. His powerful remarks were given without notes as he as he fed off the energy of the evening.

Senior Chief Aviation Boatswain's Mate Equipment (SW/AW) Carolan, current Command Senior Chief was quoted, "The Mine Hit reunion experience over this past weekend reminded me of the reasons I joined the Navy 20 years ago. It's not about the travel, money or work satisfaction, it's about the bond you develop with your shipmates."

"I wish the entire crew of the Roberts could have been here to feel the energy and know what a privilege it is to serve on a warship with a truly rich history and proud heritage," said Ensign Rudy Mason, the current Disbursing officer in Sammy B.

From Page 1  
 pad eyes, and repairing the nets around the flight deck. Additionally Repair Division fixed the flight deck sprinkler system. Preparing Gettysburg for helicopter operations is an all hands evolution requiring the expertise of many divisions who worked in concert to guarantee success during AVCERT.

Maintaining the capability to launch and recover SH-60B helicopters is vitally important to Gettysburg's mission. Gettysburg's certification will allow the ship to continue to embark helicopter detachments that fly the SH-60B Light Airborne Multi-Purpose System (LAMPS) MK III. The LAMPS III detachments provide multi-mission capabilities to Gettysburg and assist in detecting, classifying, and targeting enemy platforms. Additionally, the SH-60B provides Gettysburg with added Undersea Warfare (USW) and Surface Warfare (SUW) capabilities as well as the auxiliary missions of Vertical Replenishment, Search and Rescue, Communications Relay, and Medical Evacuation.

The multi function role of the helicopter detachment aboard Gettysburg and the inherent risks associated with aviation demand that Gettysburg qualify both her personnel and equipment to the highest standards. Passing the AVCERT is the first step in retaining the ongoing qualifications which support both the helicopter detachments and Gettysburg's mission. In the near future Gettysburg will complete the ARQ and "Helo Day" to retain the overall aviation certification.

# USS Taylor Families Spend Special Day At Sea

By Ensign Lauren McCabe  
USS Taylor PAO

On April 1, more than 140 family members and friends walked up the brow to USS Taylor (FFG 50), marking the start of an adventurous day for Taylor's guests during a Friends and Family Day cruise.

As the ship made its final preparations to get underway, Commanding Officer, Cmdr. Kurush Morris, gave a hearty "Welcome Aboard" to an excited group of riders. One prolonged blast of the ship's whistle and Taylor was underway steaming to sea.

As the ship exited the jetties, families and friends were able to observe the approach and recovery of the ship's Rigid Hull Inflatable Boat (RHIB). Taylor's Boat Crew and Deck Division easily demonstrated how standard procedures, training, and practice enable the U.S. Navy to execute potentially dangerous evolutions safely and with ease.

As the ship exited the channel, HSL-48 "Vipers" conducted a series of flybys and various operational maneuvers, which really got the crowd pumped up as kids and adults alike pointed with excited as their cameras clicked and flashed furiously.

As Taylor continued to sail East, Ensign Jakob Nowakowski narrated each of the events providing a deck plate view of shipboard life. Families and friends were able to walk around with their sponsors to visit various



-Photos courtesy of USS Taylor  
Commanding Officer of USS Taylor, Cmdr. Kurush Morris, enjoyed the day out to sea with his family and friends.

stations. At the MK15 Close-In Weapons System (CIWS) Station, Fire Controlman 1<sup>st</sup> Class (SW) Kevin Finch provided an in depth brief describing "Star Wars like R2D2 looking" Weapons System, its Gatlin Gun origins, and its ability to defend the ship from air and surface threats. Gunner's Mate 2<sup>nd</sup> Class Jeremy Gray followed with a lecture and demonstration on the .50 Caliber Machine Gun, explaining how the weapon operates and is employed against potential threats at sea and when entering and exiting port.

The guests then moved down to the flight deck for an introduction and demonstration

of the ship's damage control equipment by Hull Technician 2<sup>nd</sup> Class Allen Archer, Damage Controlman 3<sup>rd</sup> Class Manuel Araujozavala and Damage Controlman Fireman Neil Sullis. Culinary Specialist 2<sup>nd</sup> Class Damion Thompson donned a Fire Fighting Ensemble, demonstrating to families and friends, that every sailor onboard a ship must be qualified as a Fire Fighter.

Following the morning events, Taylor's Supply Department held a steal beach picnic for all the crew and their guests on the flight deck which offered everyone the chance to sit back, relax and enjoy the nice weather.

The afternoon was gunnery time. During these evolution



Fire Controlman 1st Class (SW) Kevin Finch explained how CIWS worked and the importance of it to the guests of crew members during Taylor's Family Day Cruise.

the Gunner's Mates fired the Mk-75/76MM gun. Under the direction of the mount captain for the Mk-75-76MM gun was GMC(SW) Sean Holmes who is the Lead Chief Petty Officer (LCPO) of Gunnery Division.

Following the 76MM demonstration, Finch prepared and flawlessly executed a CIWS PACFIRE. The final gunnery

exercise was the .50 Caliber Machine Gun, where five Sailors were able to test their accuracy.

Gunner's Mate 1<sup>st</sup> Class Ronald Tvrdik, Electronics Technician 1<sup>st</sup> Class David Coburn, Gunner's Mate 2<sup>nd</sup> Class Jeremy Gray, Gunner's Mate 3<sup>rd</sup> Class Aaron Offutt and Culinary Specialist Seaman

James Bishop all managed to put rounds down range expertly hitting the "bullseye."

At the end of the day, Taylor's guests walked off the brow with a new found respect and appreciation for all that their "Sailors" do everyday to keep them, their families, friends and nation safe and free and living up to the phrase "Proud Defender."

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-Photo courtesy of USS Underwood  
Seaman Apprentice Luong Minh Luu of USS Underwood is currently TAD to Vietnam after his ship helped him secure orders to be closer to his ailing mother. While in Vietnam, Luu is working with JPAC Detachment Two as an interpreter. JPAC continues the search for POW/MIAs in Vietnam.

## Sailor's TAD Benefits Family, U.S. POW/MIAs

By Ensign Kristofer Tester  
USS Underwood

A USS Underwood temporary assignment duty to Vietnam will help his family and the families of service members still unaccounted for in that country.

Seaman Apprentice Luong Minh Luu, assigned to the deck division in USS Underwood, was sadly notified that his Mother has been diagnosed with a form of brain cancer and that her time was limited.

When the unfortunate news of SA Luu's mother arrived in Mayport, the leadership aboard Underwood went to work immediately in an attempt to get the young Sailor home. Underwood's Commanding Officer, Cmdr. Wes Smith directed his Training Officer, Lt.j.g. Brenna Montgomery, to begin contacting multiple government agencies and offices throughout Vietnam to look into the possibility of gaining TAD orders for Luu in Vietnam.

Although Luu's family lives in Can Tho, which is in the south, near Ho Chi Minh City, Montgomery was able to obtain orders from a non-embassy source.

Success came in the form of a Marine Corps officer, Major Lance Dowd, stationed in Hanoi, Vietnam as a part of Joint Personnel Accounting Command, Detachment Two, which is the command that continues the search for prisoners of war (POW) and missing in action (MIA) U.S. service members in Vietnam.

After a month of careful coordination between Bangkok, Hanoi, and Ho Chi Minh, the

orders were approved and the visa and country clearances were finished.

A retired Gunnery Sergeant, Larry Kohler, was instrumental in helping the paperwork be expedited through the bureaucratic channels of the Republic of Vietnam. All of the hard work paid off and came to fruition when Luu boarded a flight from Orlando International Airport en route to Vietnam.

Luu came to the United States from Vietnam at 17 to live with family in Iowa and attend college to further his education.

His involvement with the Navy came at the age of 20 when on June 14, 2007 he enlisted and attended Recruit Training at RTC Great Lakes. He graduated from RTC as an undesignated SA on Aug. 31, and reported aboard USS Underwood. Since being on board, Luu has been a great asset to the ship.

"For a young SA, he has an excellent work ethic, attitude, and personal standard, that appear to be difficult for others to match," said Ensign James Samson, 1<sup>st</sup> Lieutenant in Underwood.

Luu, who is fluent in Vietnamese and highly proficient in English, may be in Vietnam for up to 90 days, both to comfort his family and mother, and to assist JPAC Detachment Two as an interpreter.

Upon his return to Mayport, he plans to rejoin deck division in Underwood and continue on his quest to make the Navy a career path for life.

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-Photo by MC2 Matthew D. Leistikow  
Adm. William J. Fallon salutes the U.S. Flag during his retirement ceremony on the flight deck of the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71). Fallon has served 41 years in the Navy and is the first Naval officer to command U.S. Central Command. During his career he also served as commander of U.S. Pacific Command and U.S. Fleet Forces Command as well as Vice Chief of Naval Operations.

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## USS John L. Hall VBSS Team Strikes

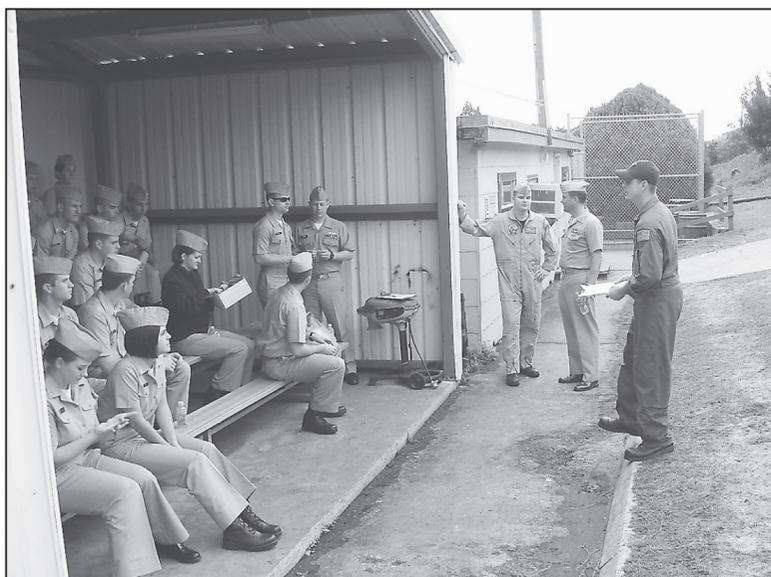


Visit, board, search and seizure (VBSS) team members from the guided-missile frigate USS John L. Hall (FFG 32) return to their rigid hull inflatable boat after conducting a boarding.



-Photo by MC2 Amanda Clayton

VBSS team members from the guided-missile frigate USS John L. Hall (FFG 32) take control of Landing Craft Utility (LCU 1661) after boarding the vessel by rigid hull inflatable boat. Phoenix Express (PE) 2008 is the third annual exercise in a long-term effort to improve regional cooperation and maritime security. The principal aim is to increase interoperability by developing individual and collective maritime proficiencies of participating nations, as well as promoting friendship, mutual understanding and cooperation. Exercises like PE-08 enable participants to advance information sharing which is crucial to maintaining a region free from transnational threats, as well as enhance capability to conduct multinational peacekeeping missions.



-Photo courtesy of HSL-46

Midshipmen from Auburn University receive pistol range brief before trying for their qualifications during a recent visit to NS Mayport, sponsored by HSL-46.

## Auburn Midshipmen Visit HSL-46, Vicksburg

By Lt.j.g. Brian Fojt  
HSL-46 PAO  
When you think of popular Spring Break hot spots, what destination comes to mind? For 24 Midshipmen from Auburn University, it was Naval Station Mayport.

The Midshipmen were steered towards Mayport by Lt. Jeff Schell, a former "Proud Warrior" of HSL-42, and their current Aviation Officer at Auburn. In addition, the commanding officers of HSL-46 and USS Vicksburg (CG 69) are both Auburn Alumni. Hosted by HSL-46, these Midshipmen had a very busy schedule while at NS Mayport including a pistol shoot, ship and squadron tours, and SH-60B simulator flight time.

Most Midshipmen do not get to qualify at the pistol range while in their ROTC units, but that is how they started their day on March 14. Many of the Mids never fired a pistol before, so this was a very exciting way to kick off Spring Break. The pistol shoot resulted in six Expert, eight Sharpshooter, and four Marksman qualifications.

Following the pistol range, Capt. John C. Nygaard, Auburn University Class of 1984, welcomed the Mids aboard USS Vicksburg. After lunch on the ship, the Mids received an extensive tour of the Vicksburg's impressive war fighting capabilities, including its Vertical Launch System (VLS), Harpoon missile launcher, Close in Weapons System (CIWS), and the Combat Information Center (CIC). Following the tour, Nygaard spoke with the Mids about the Vicksburg's most recent deployment and hosted a question and answer session in the ship's Wardroom.

Most of the Mids were interested in naval aviation, so the next stop on their trip was especially rewarding for them.

Cmdr. Chris Dennis, Auburn University Class of 1989, welcomed the Mids aboard HSL-46. Dennis presented them with their ribbons from the morning's pistol shoot and answered questions about Naval Aviation. During a static display, several Grandmaster pilots and aircrewmembers answered their questions and explained the components of the SH-60B.

After dinner, the Mids returned to NS Mayport to receive some hands on training in the "Seahawk" simulator. Each Mid received instruction on the basic helicopter aerodynamic principals and flight controls before strapping into the simulator to put the training to the test behind the controls. This was the highlight of the trip for most of the Mids.

Although several of them participated in Aviation Summer Cruises, most had never been behind the controls of an aircraft. After several shaky attempts to hover they began to catch on and fly the simulator. Simulator flight time ended for the Mids at Midnight, bringing an end to their busy day.

Their trip was not all work and no play. The next day, they got to experience Jacksonville Beach's sand and surf before making the long journey back to Auburn and whatever destination was next on their Spring Break. While Mayport may not top every college student's for Spring Break list, 24 Midshipmen from Alabama certainly enjoyed their time here and gained priceless experience for their future naval careers.

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# MWR Happenings

**April 24: All Hands, All American Night.** All hands are invited for food and entertainment from 4-8 p.m. at Foc'sle CPO Club. Cost for adults is \$7 and includes a hamburger, hot-dog, baked beans, potato salad, coleslaw and choice of lemonade or iced tea. Cost for children (ages 2-10) is \$4. Purchase tickets at the CPO Club. 270-5431/32

**April 25: Meet and Greet, John Henderson.** Jacksonville Jaguar defensive lineman, John Henderson, will be at Bogey's from 12 p.m.-1 p.m. to sign autographs and greet Mayport personnel. 270-5380

**April 25: Navy Band Southeast Jazz Ensemble and Outdoor Movie.** This free, all hands performance starts at 7 p.m. at Sea Otter Pavilion. An outdoor family movie, National Treasure 2: Book of Secrets (PG), will follow the concert. 270-5228

**April 29: Red Pin Bowling.**

Bowl a strike with a red head pin 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center and win a coupon for a free game of bowling (to be used at a later date). 270-5377

**April 30: Low Dough Lunch.** Low on cash? Fast Lanes Grille is offering lunch options for \$4 or less from 10:30 a.m.-1 p.m. 270-5377

**May 2-4: Open Water Scuba Certification Course.** Cost is \$290 complete, \$320 for guests and includes use of all scuba gear, study materials, certification, instruction, admission to the springs, lodging and round-trip transportation. Leave on Friday and come back certified on Sunday. No equipment purchase required. Pre-registration is required. 270-5541

**Navy Band Jazz Ensemble and Outdoor Movie, April 25**

This exciting 18-piece group performs a wide variety of music from traditional Big Band classics to contemporary Jazz,

sizzling Latin to Motown. This free, all hands performance starts at 7 p.m. at Sea Otter Pavilion. An outdoor family movie, National Treasure 2: Book of Secrets (PG), will follow the concert. Call 270-5228 for event information.

**Summer Day Camp Registration Starts May 1**

Registration begins at 9 a.m. May 1 at the Youth Activities Center for Sand Dollar Summer Day Camp. Summer camp is open to ages 6-12 (age 5 if completed kindergarten in the 07-08 school year). Cost is based on total family income. Registration will continue Monday-Friday 9 a.m.-6 p.m. until all spaces are filled. Junior Camp Counselor registration for ages 13-15 begins at 9 a.m. May 15. For summer day camp information, call 270-5680.

## Liberty Call

The following activities are reserved for single or unaccompanied Sailors. A complete calendar of events is available at Planet Mayport Single Sailor Center or call 270-7788/89 for Liberty Program information.

**April 26: Jacksonville Irish Festival.** Ride with The Liberty Program and get in free. Trip departs Planet Mayport, Bldg. 46, at 10 a.m. Festival perform-

ers include Young Dubliners, Black 47 and The Tossers. Reserve your spot by calling Planet Mayport.

**April 29: Spring Fever Event.** Join the Liberty staff at Planet Mayport for free burgers, hotdogs, entertainment and prizes starting at 5 p.m.

**April 30: 9-Ball Tournament.** This free, single elimination tournament starts

at 6:15 p.m. at Planet Mayport and includes an I-Pod Shuffle for the first place tournament winner.

**May 4: Introduction to Flight.** Join Liberty on a trip to learn the basics of flying a small aircraft followed by a chance to fly with an instructor for approximately 30-40 minutes. Cost is \$20. Pre-registration is required.

## Kids Corner

The following events are reserved for school age children (grades K-12<sup>th</sup>). For more Youth Program information, call 270-5680.

**April 25: Month of the Military Child Family Picnic.** 4-5:30 p.m. at the Youth Activities Center. All military families of school age children (grades K-12<sup>th</sup>) are invited for

free food and fun.

**April 25: Freedom Friday, Movie Night.** 7-11 p.m. at the Youth Activities Center for grades K-5<sup>th</sup>. Cost is \$7 in advance or \$9 the day of. Pre-registration is recommended.

**April 28: Ice Cream Social (Grades K-5<sup>th</sup>).** 4:30-5:30 p.m. at the Youth Activities Center. Free.

**April 28: Ice Cream Social (Grades 6<sup>th</sup>-12<sup>th</sup>).** 5:30-6:30 p.m. at Club Teen. Free.

**May 3-4: Teen Lock-In.** Middle and high school ages are invited to a lock-in at Club Teen from 8 p.m. Saturday until 7 a.m. Sunday. Cost is \$12 in advance or \$15 the day. Pre-registration is recommended. A permission slip is required.

## Club 2000 – Arrive Alive!

From MWR

The weather is getting warmer. Before you head out on a night on the town, remember NS Mayport's program to get you back home safely.

Naval Station Mayport and MWR recently launched a new program geared to keep drinking and driving separate.

"Club 2000" will allow Sailors assigned to Mayport and its tenant commands to get a free taxi ride home as an alternative driving under the influence.

Sailors can get rides from any bar, club, lounge or private residence within five counties - Duval, Clay, Baker, Nassau, and St. Johns.

To participate in the free program, Sailors must call the Naval Station Mayport OOD Office at (904) 270-5401.

OOD will provide a taxi ride,

paid for by MWR Mayport, to your home within the same five counties. The cab will take you to your home, not to another party or drinking establishment.

This program is extended to cover all authorized patrons, including civilians, of the Naval Station Mayport clubs. The club bartender can call the OOD to arrange transportation.

Alcohol consumption, in general, can be a health hazard especially in cases of over consumption. Additionally, alcohol can be a very real danger to both the driver and innocent bystanders when mixed with driving. Naval Station Mayport strongly discourages the overindulgence of alcohol, but recognizes there will always be a few who may occasionally abuse alcohol.

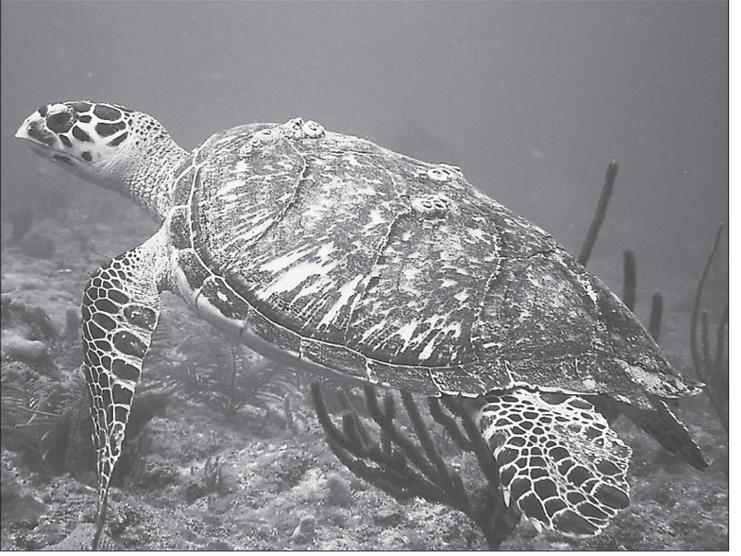
Sailors will be required to present valid military ID to the taxi driver, as well as their last

name, command and destination for billing purposes only.

Mayport endorsed program is not a means to label individuals as alcohol abusers; instead, it is designed to help them in a time of need.

The program is simply this command's way of ensuring the safety of its most valuable assets - the military men and women of Naval Station Mayport. For more information on the Club 2000 program, call CMC at 270-5688.

### A View To Dive For



-Photo courtesy of MWR

Dive Deerfield Beach with MWR on Memorial Day Weekend, May 23-26. Cost of this trip is only \$425 and includes transportation, lodging, six boat dives during three days, use of all scuba gear and air fills. Sign up at Outdoor Adventures or call 270-5541 for more information. Space is limited!

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## Navy Competition Aims To Improve Marksmanship

By MCC (SW) Maria Yager  
Navy Personnel Command Public Affairs

Sailors can receive training and improve their marksmanship skills at the United States Fleet Forces Command (Atlantic) All-Navy Rifle and Pistol (East) Championships May 16-30 at Naval Air Station Oceana's Dam Neck Annex.

"Marksmanship is a fundamental skill-set for security and force protection and should be honed at every opportunity," said Lt. Jeff Roney, assistant match director, assigned to Navy Personnel Command. "These matches provide Sailors and their commands an opportunity to participate in marksmanship training and competition."

"Commanding officers are encouraged to use this opportunity to provide marksmanship training for their security and other teams where use of firearms is a requirement. The competitive venue under qualified instructors is an added benefit," said Roney.

The first week of competition pairs new shooters with experienced

shooters who can provide mentorship and guidance. Sailors will receive training in basic and advanced marksmanship techniques such as shooting positions, sling use, and reading the wind.

Sailors will also receive instruction on natural point of aim, a skill shooters use to minimize the effects of body movement on the firearm.

"A lot of it (the training) was about learning the fundamentals," said 2007 participant Seaman Brad Cook, a Reservist with Naval Operation Center Columbus, Ohio. "You learn to control your breathing and concentrate on the target."

A limited number of Navy match-grade M14 and AR-15 rifles and M1911A1 pistols are available for sharing by competitors who have no personal equipment.

Sailors who fire a qualifying score in a fleet match are eligible to compete in the annual All-Navy Rifle and Pistol Championships.

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# Health Beat

## TRICARE Builds Strong Behavioral Health Support

From TRICARE

The TRICARE Management Activity (TMA) continues to improve a strong behavioral health care system by launching many initiatives to assist Service members, families, health care providers and military leaders.

Results from U.S. participation in the Global War on Terror prompted TRICARE to develop these initiatives with a wide range of additional educational tools, resources and assistance programs. Beneficiaries are using these tools to recognize signs of stress, depression, post-traumatic stress disorder (PTSD), substance abuse and more. They're getting help locating a health care provider, learning about symptoms or supporting a loved one dealing with a diagnosis.

Most recently, the Behavioral Health Provider Locator and Appointment Assistance Service began in all U.S. TRICARE regions for active duty service members and their enrolled family members who need help locating and making appoint-

ments with behavioral health care providers. Beneficiaries call one regional phone number where a representative will help find a provider or assist with making an appointment.

The toll-free numbers are: West Region, (866) 651-4970; North Region, (877) 747-9579; and South Region (877) 298-3514. Hours vary according to region.

TRICARE provides resources and information regarding behavioral health benefits on the Mental Health and Behavior Web page at [www.tricare.mil/mybenefit/ProfileFilter.do?purI=%2Fhome%2FMentalHealthAndBehavior](http://www.tricare.mil/mybenefit/ProfileFilter.do?purI=%2Fhome%2FMentalHealthAndBehavior). Here, beneficiaries can access information on conditions, providers, treatments and learn how to get care. A new section on the site can help with suicide prevention.

TRICARE is also proactively educating non-Active Duty beneficiaries on the self-referral option through newsletter articles, bulletins and press releases. This option allows TRICARE Prime family mem-

bers and retirees to receive the first eight private sector outpatient behavioral health care visits per fiscal year from a network provider without a referral from a Primary Care Manager or prior authorization from their Managed Care Support Contractor (MCSC).

To avoid point-of-service cost sharing charges for these visits, non-active duty TRICARE Prime enrollees must obtain care from TRICARE network-authorized providers or have a referral to a non-network provider and enrollees in the TRICARE Overseas Program must obtain their care from overseas partnership providers. This is especially helpful to family members that may avoid getting treatment because they fear treatment could reflect poorly on the service member. Authorization is needed after the first eight visits to continue treatment.

"This is just one of many programs and services provided by TRICARE to support healthy minds and lifestyles," said Maj.

Gen. Elder Granger, deputy director, TMA.

Recently, TriWest Healthcare Alliance and the Department of Veterans Affairs hosted a "Combat Stress-Related Disorders" video conference in South Dakota to bring together nearly 150 community-based physicians, nurses, psychiatrists and other health care professionals that care for service members and their families. The conference was simultaneously broadcast to 12 locations, providing education and discussion on the symptoms and treatment of PTSD, traumatic brain injury and other combat stress disorders.

TriWest continues to provide 24/7 telephone access and crisis intervention services. Service members and their families in the TRICARE West Region can request assistance with a mental health crisis or with simple requests for behavioral health information by calling (866) 284-3743.

Military leadership is often the first to respond when fami-

lies have been notified of a loss. For this reason, a program teaching leaders how to communicate with grieving families has been successful in the TRICARE West Region.

"Grief Solutions" provides military commanders and senior noncommissioned officers with a deeper understanding of how to support and assist survivors.

Health Net Federal Services, TRICARE's MCSC for the North Region, provides an on-line "Behavioral Health Resource Center" at <https://members.mhn.com/eos/home/tricareentrypoint/companyCode=tricare>. The resource center is designed to help beneficiaries balance work, family and life by providing comprehensive articles, information sheets, quick tips and additional resources on dozens of emotional health issues and more. Like many of TRICARE's new educational tools, it is available in both English and Spanish.

Health Net also designed a journal for children of deployed parents to help them successful-

ly navigate the unique challenges military families face. More than 30,000 of the journals titled My Life, a Kid's Journal have been distributed and can be found at <https://www.hnfs.net/common/newsResources/Kids+Journal+News+Release.htm>.

Humana Military Healthcare Services offers "AchieveSolutions," an on-line resource offering TRICARE beneficiaries a secure, safe environment to seek information, educational materials and self-assessment tools in the south region. It can be accessed through the behavioral health link on Humana's Web site at [www.humana-military.com](http://www.humana-military.com).

"We take fundamental principles of behavioral health care and incorporate them into TRICARE's comprehensive care management system," said Granger. "We also continually forge new partnerships with military and civilian organizations to maximize behavioral health care resources available to beneficiaries, providers and military leaders."

## NH Red Cross Recruits For Junior Volunteer Program

From Naval Hospital Jacksonville Public Affairs

The Red Cross Junior Summer Volunteer Program at Naval Hospital Jacksonville is accepting applications for the summer session.

If your teenager is dependable, willing to accept responsibility and has a desire to help within the community and meets the requirements, then the Junior Volunteer Summer Program is for them. Interested high school students between the ages of 15 and 18 are encouraged to apply by May 9.

Enrollment is limited, so applicants should apply early. The Red Cross Volunteer Chairman

will interview all junior applicants for approval.

The Junior Volunteers will be assigned to work in designated areas of the hospital under supervision of staff members. The Junior Volunteer Program requires a minimum of four hours per week. Volunteers can work up to 24 hours a week.

Again, applications must be returned to the Red Cross Office by May 9, with a copy of the applicant's current PPD. Orientation for the program is June 9-10. Call Sheila Hooper at 542-7525 for more information.

## Learn How To Avoid STDs

From Health Promotion by the Ocean

Health Promotion by the Ocean recognizes April as sexually transmitted disease (STD) awareness month. STDs are infections you can get by having sex. Some common STDs are chlamydia, gonorrhea, syphilis, herpes, genital warts, hepatitis B and HIV.

Who gets them?

Anybody can get an STD. It doesn't matter who you are or how old you are. Everyone who has sex is a potential candidate. How dangerous is an STD?

Sometimes Extremely! Most STDs can be cured if treated right away. But untreated STDs can cause serious, lifetime problems. You might not be able to get pregnant or to father a child. If you or your sexual partner ever gets an STD, get medical attention immediately.

The STD Protection Plan Keeping your fingers crossed won't prevent you from getting an STD. You've got to plan not

to get an STD.

1. Learn. Find out all you can about STDs-what they are, how you get them and what the symptoms are. You can get this information at libraries, clinics, your doctor's office and campus health offices.

2. Understand. You can't always tell by looking if someone has an STD. Symptoms may not show up for years. Some STDs have no symptoms.

3. Choose. There are two easy ways you can steer clear

of STDs:

-Don't have sex. It's called abstinence and it's the best way to avoid STDs. It's also the best way to prevent pregnancy.

-Use latex condoms. If you do have sex, use the latex condom correctly every time. When a condom is used correctly every time, they are almost fool proof.

4. Act. Decide what you're going to do, then do it. Make a plan not to get an STD, then follow your plan.

## TRICARE Continues NCI Cancer Trial Participation

From TRICARE

TRICARE beneficiaries have more options for cancer care and greater access to advances in cancer prevention and treatment through clinical trials. The Department of Defense (DoD) and the National Cancer Institute (NCI) have renewed their agreement for a continued partnership in cancer clinical trials.

The interagency agreement continues a long successful project between the NCI and DoD. The previous agreement was signed in June 1999.

"TRICARE beneficiaries have access to some of the most promising advances in cancer research through participation in NCI-sponsored clinical trials," said Army Major General Elder Granger, Deputy Director, TRICARE Management Activity. "I'm happy to see this continue." TRICARE covers the medical costs associated with taking part in clinical trials.

The agreement allows TRICARE-eligible cancer patients to take part in NCI-sponsored Phase II and Phase III cancer clinical trials as well as cancer prevention trials. Phase II trials typically study the effectiveness of new drugs or therapies against a specific type of cancer. Phase III trials compare new treatments to existing therapies.

In cancer prevention trials, patients take medications or supplements or participate in certain activities that doctors believe will lower their cancer risk. Patient safety is stressed.

During participation in a can-

cer clinical trial, patients receive treatment at one of more than 2,000 sites that participate in NCI-sponsored studies including military treatment facilities (MTFs), civilian providers, and comprehensive cancer centers. A preauthorization from a regional TRICARE contractor is required.

"One of NCI's highest priorities is to ensure that our latest science - new treatments and new prevention methods - is available to all cancer patients in the communities where they live," said NCI Director John E. Niederhuber, M.D. "Our agreement with TRICARE helps advance that goal."

For more information about cancer trials, TRICARE beneficiaries should speak with their oncologist. For more details on the DoD/NCI clinical trials agreement, link to [www.cancer.gov/cancertopics/factsheet/NCI/TRICARE](http://www.cancer.gov/cancertopics/factsheet/NCI/TRICARE). For information on TRICARE cancer clinical trials benefit and authorization, beneficiaries should contact the TRICARE Cancer Clinical Trials Coordinator as provided below:

- TRICARE North Region, Palmetto Government Benefits Administrators (PGBA), (800) 395-7821

- TRICARE South Region, PGBA, (800) 779-3060

- TRICARE West Region, TriWest, (866) 427-6610

- TRICARE for Life, Wisconsin Physicians Services, (608) 301-3243

For a more in-depth information on prevention, screening, clinical trials and cancer or to order free patient education

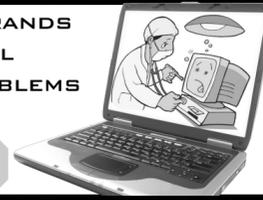
material, contact the National Cancer Institute's Cancer Information Service toll-free at (800) 4-CANCER ((800) 422-6237)/TTY (800) 332-8615 or visit [www.cancer.gov](http://www.cancer.gov).

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COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
GATE	1900 MIZELL RD	STAU	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	220 A1A N	PVB	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	619 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	463779 SR 200/A1A	YUL	LIL CHAMP	13967 MCCORMICK RD/(MT PLEASANT RD)	JAX
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 DR	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	RIBAULT 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	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 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	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007		

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## Wedding Day At NEX



-Photos by Robert Stanley

Customers get a chance to see how NEX can assist with all their wedding plans. The Mayport Navy Exchange held its 3rd annual Wedding Fair on April 12. Representatives from MWR, the Navy Lodge, DECA, and the Navy Exchange Flower Shop, Beauty Shop, fine jewelry, cosmetics, and beverage departments were on hand to answer questions. In addition, several private companies in wedding-related industries were in attendance for consultations.



-Photos by Robert Stanley

Photographer Leah Stiles gives out information about her wedding portfolio during the NEX Wedding Fair.

## Bring On Healthy Balance

By Maj. Karen E. Fauber  
DeCA dietitian

Do you suffer from irritable bowel syndrome or IBS, a condition causing distress and discomfort, not to mention embarrassment at times? If so, you are not alone: As an estimated 45 million Americans, or about as many as one in five people, have IBS. During IBS awareness month in April, DeCA wants you to know that your local commissary has products that contain probiotics, which help to bring on the balance in your digestive system.

Growing evidence shows that foods with probiotics added to them, and those high in fiber, can help your digestive system to work like clockwork. There is hope for those that have IBS as it can be managed with making healthy lifestyle changes including stress management and diet.

What is IBS?  
IBS is one of the most common gastrointestinal disorders as seen by doctors. It is described as a brain gut condition that triggers these symp-

oms:

- Abdominal pain or cramping
- A bloated feeling
- Gas
- Diarrhea or constipation

If you are concerned that you have IBS, see your doctor and get a physical exam. Lab tests can be done to rule out other digestive problems.

One way to help to bring on the balance to your diet is to pay careful attention to what you eat. Your commissary has all the items that can help keep your digestive system in working order. Look for yogurt and yogurt drinks that contain Bifidus Regularis, a probiotic or good bacteria. Enjoy the health benefits of calcium, protein and the probiotic in these foods and others in your commissary at savings of 30 percent or more.

For a little variety with that yogurt, try making a fruit smoothie to delight your taste buds. Try this fruit smoothie recipe: one 8-ounce cup yogurt with Bifidus Regularis, one-half cup low-fat milk and one cup strawberries. Add the three ingredients to a blender, blend

it up, and enjoy! You can also add other fruit in place of the strawberries.

Go for the fiber  
• Add one-half cup high fiber (more than 9 grams per serving) cereal to your yogurt to help you on your way to the 25 to 35 grams of fiber needed daily.

• Have vegetables with lunch and dinner like broccoli, carrots, spinach and others.

• Eat bread with 3 grams of fiber or more per serving.

Help your gut get the good stuff and bring on the balance by choosing foods that are good for you today while in your commissary. IBS can be successfully managed so that you can enjoy life.

See you in the commissary!  
For more information about healthy food choices and other nutrition topics, visit Ask the Dietitian at <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in The Dietitian's Voice archive.

## Single Sailors Vie For Commissary 'Bonus Bucks'

By Carrie Williams

Editor's Note: The Commissary Awareness Month logo can be found at the following link: [http://www.commissaries.com/business/marketing\\_tools.cfm](http://www.commissaries.com/business/marketing_tools.cfm)

If you're a young, single soldier, sailor, airman or Marine, May is a great time to discover your commissary benefit and take advantage of the opportunity to earn money for your installation's single service member program.

Each year in May, the American Logistics Association's Consumer Awareness Team sponsors a competition for cash prizes to see which single service member program can get the most service members into their respective commissaries for educational tours. Commissary store directors and staff work with single service member program coordinators to develop fun, exciting tours that consist of scavenger hunts, shopping cart races, eating contests and physical fitness challenges.

According to Rick Page, DeCA's acting director, "This year's competition advances a new theme, 'Discover Your Benefit,' which encourages people to enhance their commissary shopping experience by taking advantage of a myriad of customer services and programs, including DeCA's Web page, [www.commissaries.com](http://www.commissaries.com). Ask the DeCA Dietitian and Kay's

Kitchen, to name just a few."

New this year, program coordinators can register for Commissary Awareness Month online at through this link: <http://www.commissaries.com/cam/>. All programs registered to participate earn commissary gift certificates. They go on to compete for "bonus bucks" in first, second and third prizes within four categories: Army's Better Opportunities for Single Soldiers, Single Marine, Air Force's First Term Airmen and Navy Liberty. First Term Airmen centers participate through sponsorship of their respective family support centers. The commissary gift certificates and "bonus bucks" are provided by the Consumer Awareness Team.

"Commissary Awareness Month's special focus on young, single service members is based on the perception that many service members wait until they get married or have children to start using the commissary regularly," explained Sallie Cauthers,

DeCA's marketing chief. "This program is our way of exposing them to the benefit as early in their military service careers as possible."

It is through Commissary Awareness Month that DeCA spreads the word to single service members on how they can best use their benefit. "We are proud to deliver a benefit to those who serve our country," Page said. "It's important for us to reach out to all of our authorized customers, and Commissary Awareness Month is one of the premier ways we reach out to single service members."

Check with your installation single service member program coordinator to see if it's registered to participate in Commissary Awareness Month. For more information on the program, contact Cauthers at [sallie.cauthers@deca.mil](mailto:sallie.cauthers@deca.mil).

Another customer favorite, the biannual worldwide case lot sale in May takes place at nearly all commissaries.

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## The Weekly Crossword By Alan P. Olschwang Huntington Beach, CA

### ACROSS

- 1 Topped (off)
- 7 Machinery part
- 10 Belgrade native
- 14 Slanted
- 15 Fruit cooler
- 16 Switch ending?
- 17 Inclined troughs
- 18 Start of an insult
- 20 Part 2 of insult
- 22 Memorable time
- 23 Consumers
- 24 Interactive urban fantasy game
- 28 987-65-4321 grp.
- 29 She sheep
- 32 Italian epic poet
- 34 Uniform
- 35 Part 3 of insult
- 41 NFL kicker Jason
- 42 Fancy headdress
- 43 Contribute
- 44 Top card
- 47 Pecan candy
- 51 Coniferous tree
- 53 \_\_\_ de plume
- 54 Part 4 of insult
- 60 End of insult
- 61 Peter or Annette
- 62 Morales of "La Bamba"
- 63 Neckwear
- 64 "Maverick" star
- 65 Ward of "The Fugitive"
- 66 1960s radical grp.
- 67 Changes directions sharply

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By Alan P. Olschwang 4/24/08

- 6 Bandleader Amaz
- 7 Type of lily
- 8 Proficient ones
- 9 Lengths in France
- 10 Family clans
- 11 Perry's creator
- 12 Horse color
- 13 "Ben Hur" co-star
- 19 Inoculants
- 21 Rental agreement
- 25 Thing
- 26 Squealer
- 27 Somewhat suff.
- 29 Night before
- 30 Sebaceous cys
- 31 Last bit
- 33 Frequently, to a bard
- 34 List ender
- 35 Assam or peko
- 36 Like a fossil
- 37 Defective
- 38 Mature
- 39 Dinghy mover

- 40 Blue Eagle org.
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- 45 Vinegar holders
- 46 Geometry master
- 48 Chant
- 49 More aristocratic
- 50 Muslim leaders: var.
- 51 Assad's land

- 52 Bistros
- 54 Mariner's assents
- 55 Sense organ
- 56 Twofold
- 57 Trots
- 58 Bryce Canyon state
- 59 Achy

### Last Week's Answers

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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](http://www.volunteer.gatewayjacksonville.org).

### TPC Sawgrass

Volunteers are needed to help out with admissions at the TPC Sawgrass May 5-11. Cost is \$70, which includes a golf shirt to be worn when volunteering and a "Grounds Badge" that will allow you to access the whole tournament on days you are not volunteering. Minimum of two days are required for volunteers with two shifts to choose from. Contact [theplayers@bgcnf.org](mailto:theplayers@bgcnf.org) if you want to volunteer.

### TPC For Fletcher High School

Volunteers are needed at one of two concession stands at TPC that benefits Fletcher High School PTSA. The concession stands are located on the 10<sup>th</sup> tee and 9<sup>th</sup> and 19<sup>th</sup> tee. If you can volunteer, email [wendy@usojax.com](mailto:wendy@usojax.com). For questions call 246-3481. You will need a white collared shirt and Khaki, shorts,

pants, or skirt.

### Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: [www.usojax.com](http://www.usojax.com)

### 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.

### St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

### 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 aban-

doned. 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.

### 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 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 more than \$100,000 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.imshomelesscenter.org/volunteers.html](http://www.imshomelesscenter.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 (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.

# Sailors On Course For Comfortable Retirement

From Navy Personnel Command Public Affairs

Most people would not consider a career in the military if they wanted to make a fortune, but a Navy message released March 21 indicates that a Navy retirement can be worth millions of dollars over the course of a lifetime.

Of course, those millions include future dollars affected by inflation, but Sailors can rest assured that their retirement pay will maintain its real value over time.

"Although Sailor career satisfaction is not based solely on compensation we recognize that pay and benefits are an important factor in Sailor and family satisfaction, and as a result, retention," said Capt. William Foster, director of Navy Personnel Command's Center for Career Development, author of the message.

NAVADMIN 076/08 Pay and Compensation provides examples of current earnings and benefits, and retirement income potential based on the Pay and Compensation Calculator located on the Navy Personnel Command Web site (<https://stainavytools.bol.navy.mil/PCC/?B3=Launch+Calculator>).

The Pay and Compensation Calculator shows active duty service members and reservists their current pay as well as the future retired pay they can

earn after serving 20 or more years of qualifying service. The results are estimates based on input entered to the tool. For confirmation of pay, refer to a pay specialist.

Using the Pay and Compensation Calculator, Foster demonstrated how a Sailor in boot camp today might fare after a Navy career.

An 18-year-old Sailor in boot camp today, who makes the Navy a career and advances to chief petty officer, retiring after 24 years, would be 42 when hanging up the uniform in 2032. Under the High-3 retirement plan, that Sailor is projected to earn \$5.1 million in retirement pay by the age of 82. That does not include additional benefits like TriCare for Life medical coverage and exchange and commissary privileges.

If the same Sailor in boot camp today rose through the ranks, served 30 years and retired as a Master Chief Petty Officer in 2038, projected earnings are \$11.6 million in retirement pay by age 88.

According to Foster, most civilian retirement plans are defined Contribution Plans, such as 401(K) plans, requiring investment (usually payroll deduction) by the individual. Most employers match part of the investment but matching is limited and varies by employer. "Our military retirement is

a Defined Benefit Plan requiring no monetary investment by the service member. What makes our plan so valuable is that active-duty Sailors receive it from the moment they retire rather than having to wait until age 65. Plus, it is adjusted upward for inflation each year. Less than 5 percent of defined benefit plans do that," said Foster.

Currently active duty and reserve Sailors fall under one of three retirement plans; Final Pay, High 3, or Career Status Bonus/REDUX (REDUX).

Final Pay applies to Sailors who entered the Navy before Sept. 8 1980. Under the Final Pay system, eligible members receive a percentage of their final basic pay.

High 3 applies to Sailors who entered active duty between Sept. 8, 1980 and July 31, 1986. Under the High-3 system, eligible members receive a percentage of the average of the highest 36 months of basic pay.

Sailors who entered the Navy on, or after Aug. 1, 1986, must choose between the High-3 retirement system or REDUX at their 15th year of service, according to Foster.

Members who elect REDUX receive a \$30,000 Career Status Bonus (CSB), after 15 years of active duty if they agree to serve at least 20 years of active duty service. Their retirement

pay is calculated at a lower percentage rate if they retire before 30 years of active duty (i.e. 40 percent of High 3 years of base pay at 20 years of service). Additionally, REDUX retirees receive 1 percent less in their annual cost of living increases

than High 3 and Final Pay retirees.

Foster and his team conduct Career Management Symposia at installations worldwide where they educate Sailors about their Navy benefits and what they're really

worth. To learn more about your Navy benefits and use the pay and compensation or retirement calculator visit [www.NPC.Navy.mil](http://www.NPC.Navy.mil) and clicking on the "Stay Navy" button on the left side.

# Navy's National Museum Acquires Merrimack Bell

By Katie Winstanley

*Naval Historical Center Public Affairs*  
A bell from the historic Civil War naval vessel USF Merrimack has been put on display at the National Museum of the United States Navy in Washington D.C.

Merrimack, rebuilt as the Confederate ironclad CSS Virginia, participated in the famous battle against the Union ironclad Monitor at Hampton Roads on March 8-9, 1862.

The bell was donated to the Navy by Adrian Pearsal, a private collector of nautical antiques. Pearsal had originally contacted the National Geographic Society (NGS) to see if they knew of any educational naval collection that would be interested in receiving the bell.

The NGS then put him in touch with Mark Wertheimer, Head of the Curator Branch, Naval Historical Center (NHC) in Washington D.C. Negotiations then opened up in early 2006, culminating in the donation of the Merrimack's bell to the NHC a year later.

Although it is unclear whether the bell was aboard Merrimack/Virginia during the battle at Hampton Roads, it is known to have been aboard Merrimack before it was scuttled by Union forces upon abandonment of the Norfolk Navy Yard to Confederate forces in 1861.

The bell appears to have suffered severe fire damage and has a large dent that seems to have been caused by a timber falling onto the heated bell during the course of a fire.



-Photo by Jack A. Green

*A damaged bell from the historic Civil War naval vessel USF Merrimack is on display at the National Museum of the United States Navy.*

This damage led to the question as to whether or not it was on board Virginia during the battle at Hampton Roads. The reason for the confusion is because the ship was scuttled twice, the first time by Union forces, and the second after the battle by the Confederates forces.

Was the bell damaged during the first scuttling and then taken off, or during the second scuttling after the battle? At this time the NHC does not know.

The history of the bell prior to Pearsal's acquisition of it is murky. After the Civil War it seems to have been acquired by the Grand Army of the Republic, a Civil War veterans organization. It was put on display by them until the 1920s, when it passed into the hands of private collectors.

The acquisition of the bell is important for both the museum and for the Navy overall.

"There are very few artifacts from Merrimack and the battle between Virginia and ironclad Monitor at Hampton Roads and so the acquisition of this bell with the Merrimack's name on it is very exciting," said Wertheimer.

The bell is now on display at the museum's popular Civil War gallery as a long-term attraction.

The battle at Hampton Roads was of national importance as it was the first ever battle between ironclad steam warships. Although the battle between Virginia and Monitor was inconclusive, it did have a significant impact on naval architecture and thus revolutionized naval warfare.

"Hampton Roads was an important time in the Navy's history as it represented the watershed from wooden hulled ships to iron hulled and armored ships," said Wertheimer.

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