

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, July 17, 2008

## OFF THE DECK

### Voice Your Opinion

Commander, Navy Installations Command (CNIC) is providing an opportunity for Sailors, family members and military retirees to help shape the future of its Fleet and Family Readiness (F&FR) programs by participating in the 2008 F&FR Customer Satisfaction Survey through Aug. 7.

The survey will permit customers of Fleet and Family Readiness programs to voice their opinions on a variety of topics. F&FR programs being surveyed include Child and Youth Programs, Fleet and Family Support Programs, Morale, Welfare and Recreation (Liberty, Fitness, ITT, Movie Theaters, Library/Resource Centers) and Navy Gateway Inns and Suites.

The survey will be available online begin July 7 at [www.cfigroup.net/ffr](http://www.cfigroup.net/ffr). Customers can complete the survey while visiting an F&FR program location or anywhere with an Internet connection.

The assessments were developed in consultation with Claes Fornell International, an independent research firm. The results will provide Navy leadership with information that will be used to enhance current programs and improve Navy quality of life.

"This is an outstanding opportunity for our Sailors and their families to make a difference in Navywide quality of life programs," said John B. Baker, director, Fleet and Family Readiness programs, CNIC.

For more information, contact Sandra Barrett at (904) 270-5228.

### TRICARE Web En Español

TRICARE Management Activity (TMA) recently launched the TRICARE Beneficiary Web site "en Español" as part of its ongoing effort to educate TRICARE beneficiaries in both English and Spanish.

"In our efforts to provide access and quality to health care as well as good customer service, the new site was developed to respond to the health and wellness needs of our Hispanic community," said Army Maj. Gen. Elder Granger, deputy director, TMA. "Coupled with the release earlier this year of informational materials in Spanish, the newly translated beneficiary site should further increase access to our diverse community."

A key feature that has increased beneficiary satisfaction on the English Web site, and is mirrored on the Spanish Web site, is the "beneficiary profile." By selecting beneficiary status, country, zip code and TRICARE plan, beneficiaries are able to receive more customized information about health care benefits.

To experience the new Spanish Beneficiary Web site and find answers to health questions, visit <http://www.tricare.mil/mybenefit/espanol/>.

# Fourth Fleet Is Official



Chief of Naval Operations, Adm. Gary Roughead speaks at the reestablishment ceremony of the U.S. 4th Fleet held at Naval Station Mayport. U.S. 4th Fleet's mission will be to direct assigned forces in the U.S. Southern Command Area of Focus and conduct a full spectrum of Maritime Security Operations in support of activities that promote coalition building and deter aggression within the maritime environment.

By MC3 Alan Gragg

U.S. Naval Forces Southern Command Public Affairs

Chief of Naval Operations Adm. Gary Roughead officially reestablished U.S. 4th Fleet and named Rear Adm. Joseph D. Kernan as its commander during a ceremony at Naval Station Mayport July 12.

The ceremony followed the U.S. Naval Forces Southern Command (NAVSO) change of command, during which Kernan relieved Rear Adm. James W. Stevenson Jr.

Kernan, the dual-hatted NAVSO and 4th Fleet commander, is responsible for U.S. Navy ships, aircraft and submarines assigned from east and west coast fleets to operate in the U.S. Southern Command (SOUTHCOM) area of focus, which encompasses the Caribbean, Central and South America and surrounding waters.

"Reestablishing the Fourth Fleet affirms our support for, and our desire to, enhance cooperative relationships with the navies and maritime services in the Caribbean and Central and South America. It recognizes the immense importance of maritime security in the region,"

said Roughead.

"Our maritime strategy raises the importance of forming global maritime partnerships by working with international partners as the basis for global maritime security. Reestablishing Fourth Fleet allows us to more effectively employ naval forces to build confidence and trust among nations through collective maritime security efforts that focus on mutual interests."

Fourth Fleet was first established in 1943 as one of the original numbered fleets. During World War II, the United States needed a command in charge of protecting against raiders, blockade runners and enemy submarines in the South Atlantic. Fourth Fleet fulfilled that mission until it was disestablished in 1950, and U.S. 2nd Fleet took over its responsibilities.

The new 4th Fleet will be headquartered in Mayport and co-located with NAVSO, taking advantage of the existing infrastructure, communications support and personnel already in place. Fourth Fleet's reestablishment will not involve an increase in forces assigned in Mayport, or result in any permanently assigned ships or air-



Adm. James Stavridis, Commander U.S. Southern Command, is saluted by Rear Adm. Joseph D. Kernan, Commander, U.S. Naval Forces Southern Command, during the 4th Fleet reestablishment ceremony.

craft. With a focus on strengthening friendships and partnerships, 4th Fleet will directly support the U.S. Maritime Strategy by conducting five ongoing mis-

sions: support for peacekeeping, humanitarian assistance, disaster relief, traditional maritime exercises and counterdrug support operations.

"It is an honor to assume

command of U.S. Naval Forces Southern Command and to be granted the privilege of reestablishing U.S. 4th Fleet," Kernan

See 4th Fleet, Page 7

## Message In Bottle Finds Way With Boone Help

By Ensign Emily S. Castro

USS Boone PAO

USS Boone got an answer to its message in a bottle.

In October of 2007 USS Boone (FFG 28) traveled to Rockport, Massachusetts. The ship anchored in Sandy Bay overlooking the coast of the small patriotic town of Rockport. The citizens of Rockport and the crew of Boone exchanged stories and time to tour the town and the ship. The crew participated in softball games, golf games, and public service projects. The visit to Rockport was of historical significance because it reflected an image of inspiration originating from the powerful history of the United States Navy.

Boone had a great port visit and the crew was left with a positive experience that was enhanced even further due to a special request from two of Rockport's citizens. Rosemary

Lesch and her close friend Sharon Chace, requested that Boone's crew throw a message in a bottle over board in remembrance of her sister's late husband Arnold Willhite.

Willhite joined the Navy in 1939 and was at Pearl Harbor on December 7, 1941. He was also present at the Peace Treaty Ceremony in Tokyo Bay in 1945. Willhite graduated from the Submarine School in New London in 1942 and served on submarines for the rest of World War II. He passed away on April 2, 2007.

Rosemary Lesch, one of Rockport's Harbor Master's, described an idea she and Chace, an accomplished poet, had to honor Willhite. Their idea was a memory bottle. The bottle would carry a letter describing the life of Willhite and his association with the sea. His widow, Laura Willhite, had hoped that the bottle would

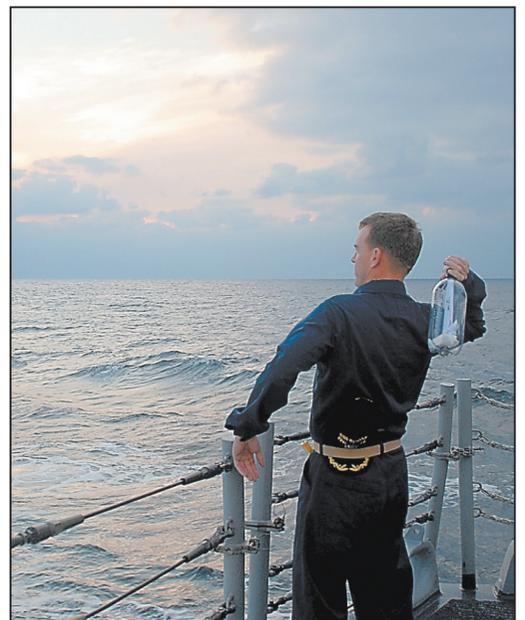
make it to Scotland - the land of Jack's ancestry. The plan called for Lesch to take Chace out on a pilot boat and meet up with another friend who would then deposit the bottle off the Rockport coast and in the Gulf Stream.

After the funeral services, Willhite and Chace decided to carry out their plan for the memory bottle. The two women went out on a patrol boat, but were turned back because of a bad storm. When Boone stopped in Rockport they came up with an alternate plan.

The day before Boone was due to depart Lesch approached the commanding officer and asked him to launch the bottle during Boone's trip back to Mayport.

The ship's track took it 100 nm off the coast, in the ideal position to get the bottle into the Gulf Stream. Lesch said

See Bottle, Page 9



USS Boone Commanding Officer, Cmdr. Newman Evans throws a bottle containing a message from friends and family members of Navy veteran Arnold Willhite overboard on Oct. 17, 2007, off the coast of Rockport, Mass.

# CO Column

Last week we welcomed Rear Adm. Joseph Kernan as he relieved Rear Adm. James Stevenson and took command U.S. Naval Forces Southern Command and U.S. Fourth Fleet. The ceremony ended with the retirement of RDML Stevenson after 32 years of honorable service to our country. Chief of Naval Operations Adm. Gary Roughead, as well as a host of dignitaries were aboard for the event and observed the pride and professionalism all of you bring to the table each day. Thanks to everyone involved in making this ceremony happen. It was a huge success.



**Capt. Aaron Bowman**

Welcome home goes out to the men and women aboard USS Philippine Sea (CG 58) and the returning crew of HSL-46 Detachment 5 to Mayport July 11 after a successful six-

month deployment conducting Maritime Security Operations in the Eastern Mediterranean Sea. While deployed, the ship participated in several multi-lateral exercises with Coalition partners from Bahrain, New Zealand, United Arab Emirates,

Qatar and Great Britain. Additionally, the crew played an integral part in ARABIAN SHARK 2008, a multilateral exercise in the Gulf of Oman with Bahrain and Pakistan. Well done, and welcome back to the best base in the Navy.

Last week was also a historic one as we welcomed the ITS "Salvatore" Todaro to Naval Station Mayport. This was the first U.S. port call to the United States from an Italian submarine since World War II. Todaro is participating in a Joint Task Force Exercise (JTFX) that demonstrates the continued commitment by the U.S. Navy and Italian Navy in building strong, working relationships. Special thanks goes out to the men and women of the USS Klakring (FFG 42) for the superb job they did as host ship

for this monumental visit.

Our safety department is committed to seeing that we are all up to speed on our qualifications, so lets take a round turn on your ESAMS training and departmental MAP inspections. In October, "mock" OSHA inspections will be held throughout the base in preparation for our upcoming VPP/STAR certification. As always, the safety team is standing by to help. Please be safe in everything you do. Since May 23, 11 Navy people have died in mishaps throughout the fleet.

September is just around the corner and I just want to say that if you haven't been hitting the books you are behind the curve. Making rate is not only increased responsibility, but more money in your wallet. The Navy offers a wide range

of support for Sailors and their families, but YOU and YOU alone drive the wheel to your career. I want to see everyone move up the ladder, so study hard and it will happen.

On Monday we had our tenth turtle nest show up on the beach. We only had a total of three last year and we probably have more to come. The hatchlings will start showing up any day now and if we have to hold and release till dusk we will do the best we can to get word out so everyone can see. If you are on the beach and ever see a sea turtle, baby turtles, or evidence of a new nest, please contact security as quickly as possible so we can get word to the game warden or certified sea turtle handlers. Been noticing a lot of trash left on the beach as of late. Please do you part and

don't leave trash on the beach and if you see trash, pick it up. The Naval Station doesn't have any manning for beach clean up, it has to be done by all of us just like the rest of the base. One last reminder on the way we have the beach set up: From the Jetties to the CPO club is fishing area only, CPO club to light house is swimming only, light house to Hanna Park is swimming and surfing.

Thanks to everyone for being part of this great Navy team on the best base in the Navy. Your hard work never goes unnoticed. Also, keep your great suggestions coming in at aaron.bowman@navy.mil or the CO's suggestion box located at the base galley. Your concerns are my concerns and I want to hear what you have to say.

## Hurricane Recovery Guidance Available

From Lifelines.com

Experts from several Navy commands have compiled and published a pocket-sized 48-page booklet of safety and health guidance for Navy and Marine Corps personnel recovering from a hurricane.

"Guidance for Navy and Marine Corps Personnel Recovering from a Hurricane Disaster" was compiled by experts from Bureau of Medicine and Surgery; Commander, Navy Reserve Force; Commander, Navy Installations Command; Task Force Navy Family; the Naval Safety Center; the

Environmental Health Center; and representatives from the Gulf Coast region. These command experts referenced current health and safety practices and guidance in the wake of a hurricane for the booklet.

"There was an urgent need for this type of document," said Lt. Tom Shu, Task Force Navy Family medical officer and lead officer in the development of this booklet. "Information is one of the most important commodities following a disaster. In the wake of the recent hurricanes, there was a tremendous amount of information being put out by various government agencies,

but it wasn't readily accessible to our Sailors and Marines. We took that data and compiled it into one concise, pocket-sized book."

Task Force Navy Family distributed more than 2,500 copies to Navy and Marine Corps personnel, retirees and Navy civilians in the areas affected by hurricanes Katrina, Rita and Wilma.

"Guidance for Navy and Marine Corps Personnel Recovering from a Hurricane Disaster" is available on the Task Force Navy Family Web site at [www.navy.mil/tfnf.html](http://www.navy.mil/tfnf.html).

The booklet includes guid-

ance for returning home, coping with a disaster, dealing with mold, recovering personal items, cleaning and repairing homes, as well as resources for more information.

Task Force Navy Family, in conjunction with subject matter experts from multiple Navy commands, is continuing to publish guidance and frequently asked questions on subjects important to Navy families affected by the hurricanes in 2005. The task force is coordinating full-spectrum community service operations in order to provide a rapid return to a stable environment for affected

Navy family members.

The Navy family includes Sailors, Department of the Navy civilians, family members and retirees.

Navy families affected by hurricanes Katrina, Rita or Wilma can obtain immediate personnel-related assistance through the Navy's toll-free number, 877-414-5358, or obtain further information by visiting Task Force Navy Family Web site at [www.navy.mil/tfnf.html](http://www.navy.mil/tfnf.html).

Community Support Centers (CSC) are another resource for hurricane-impacted personnel and families. The CSC staff can provide one-on-one consulta-

tion, assistance with evacuation allowances, emergency assistance, military family hotlines, emotional support, school and community information, and all other appropriate assistance. For a complete list of contacts at CSCs, please visit the Task Force Navy Family Web site or call 800-372-5463.

Navy family members can also contact the Task Force Navy Family Ombudsman Resource Center for questions or referrals relating to any needs as a result of hurricanes Katrina, Rita or Wilma by calling 866-345-8179.

## Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Today I said goodbye to someone very special to me; Caleb. Caleb lived with me for 13 years. He was a source of support, kindness, love and understanding throughout our relationship. He challenged me in many ways, making me a more patient and perhaps a less selfish person. Caleb helped me know that my Sailor was 'the one' for me. He was in our wedding and was the companion that stood with me throughout deployment and workups. On my bluest days Caleb gave me a reason to get out of bed. And in my happiest moments (like homecoming) Caleb was right beside me.

Caleb is my dog, my precious, albeit precocious, cocker spaniel. Some time ago he started declining, he developed a thyroid condition, contracted a fungal infection and then we learned he has cancer. At fifteen, he was too old for heroic measures. We kept him comfortable and loved to the end.

Why am I writing about a dog in a spouse support column? Because I am not the only spouse who has discovered the role a pet can play in the lives of military families, and yes, because the sadness is so fresh. So please indulge me this little tribute to the furry child that endured seven moves in the last five years (three of them cross-country), deployments (and many tears), wearing a silly doggy-tuxedo at our wedding (such an indignity for a proud cocker) and was my faithful companion for 13 years.

Those reading this column who know me recognize the

loss this is for me. My husband and I are an infertile couple, so by proxy Caleb became my child as a single, our child once we were married. Caleb went everywhere with us. Disneyland (where he is an official member of the Disneyland Kennel Club), Dollywood, Six Flags all across the country, and Busch Gardens, to name a few destinations. Caleb accompanied me to the commissary, the store, meetings; patiently waiting for me in the car (weather permitting).

Caleb was spoiled. He slept with us, consumed as much 'people food' as dog food (ice cream was a particular favorite), loved car rides and playing with 'daddy.' He also endured scarves, outfits at Christmas, the Fourth of July and homecoming (a sailor suit). And he tolerated riding in a 'trolley' to accompany us on bike rides.

Caleb taught me a lot. In his early days he was a royal pain! He consumed a two-pound box of chocolate covered cherries requiring a trip to the vet for his stomach to be pumped. He was quite a jumper - move over Michael Jordan. One evening he displayed his talent with a beautiful 'air Jordan' securing the ham just pulled from the oven. He helped himself to the pizza that was to be served to my godson's birthday party guests. Upon returning from calling the children inside for pizza I discovered my pedigreed 'mutt' on the table devouring the pizza. I decided then he was going. But this voice inside said, "Oh no you're not. You're just angry. You are going to keep this dog and learn to discipline him, and yourself."

That began what I call

my 'Life Lessons from the Doghouse' season of life. Through Caleb I discovered I was selfish. I hated when Caleb's needs were 'inconvenient' for me - why can't you walk yourself? Do you really need fed this very moment? Why are you so inflexible with your schedule? Caleb's presence in my life built many things in me. Death to selfishness was only the first.

Patience and perseverance followed. Caleb was a 'stud' dog prior to coming to me. I did not know stud dogs are not 'trained' as it makes them somewhat less aggressive in mating. Great! I had a stud with a 'tude! It took a little longer to train him to sit, stay, lie down, get down, and many other commands. I had to give up my timeframe for accomplishment and work with Caleb, but not give up.

Caleb was a Houdini is fur. He could escape from the seemingly most secure fence. Each time he escaped my frantic heart regretted every idle threat uttered. Only old age curtailed his 'wondering ways.'

Caleb, you were my baby, my friend, my faithful companion. Thank you for being patient with me and enduring me. Thank you for the love and joy you brought, I hope you received as much in return. Rest now, my precious Caleb.



**Chapel Call**  
Command Chaplain:  
Cmdr. Jerome Dillon  
SUNDAY

Roman Catholic Mass.....9 a.m.  
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.

**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.

## Sleeping Easy



-Photo courtesy of NEX Mayport

Navy Exchange Mayport teams up with Serta Mattress Co. and gave away a 32-inch Sharp LCD television. Pictured from left is NEX General Manager Bill Hockenbury, winner James T. Sellers along with his daughter, NEX Home Gallery Manager Isiah Spence, and Home Gallery employee James Charles. Sellers is attached to HSL-42 Proud Warriors.



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## Obituary

Ronald G. Lee, Sr., 71, passed away July 2, 2008 in the McGraw Center of Community Hospice of NE Florida. He was born on March 14, 1937 in O'Brien, Florida. He proudly served our country as a career U.S. Marine. Ron served with the 1/9 (The Walking Dead) in Vietnam ('67-'68).

His memberships included the Marine Corps League, Semper Fidelis Society, VFW, DAR, The Purple Heart Society and several other Marine Corps associations

Survivors include his loving wife, Victoria Hayward Lee; daughter, Melissa Ann Lee; son, Ronald G. Lee, Jr. (Elyse); brother, Ralph Lee (Twig); 7 sisters, Joyce Lookingbill (Robert), Evelyn Hall, Terri Simpson, Jerri Lee, Millie Burnett (Robert), Rita Hingson

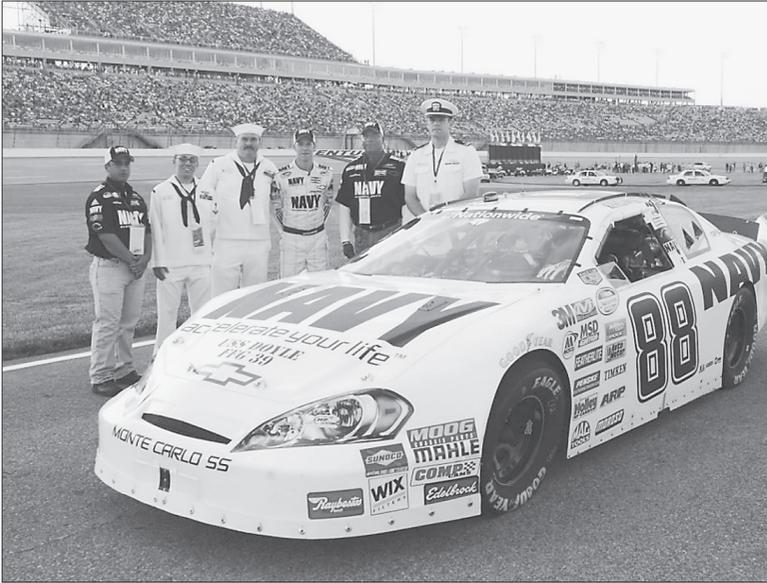
(David), and Carol Walbridge; and grandchildren, Ariel, Ethan, Abbey, Christopher, Sam and Alexis. His parents, Ida Mae (Nee Pearson) and Perry Lee, predeceased him.

A Memorial Service was held July 11 in the chapel of Quinn-Shalz, A Family Funeral Home with full military honors.

In lieu of flowers, donations are preferred to Force Recon Association, c/o Dr. Wayne Lingenfelter, 2992 Calle Gaucho, San Clemente, CA 92673 or the Community Hospice of NE Florida, McGraw Center, 4266 Sunbeam Road, Jacksonville, FL 32257.

Services under the care and direction of Quinn-Shalz, A Family Funeral Home, Jacksonville Beach, FL.

# USS Doyle Sailors Hit NASCAR Pits



-Photo courtesy of USS Doyle

USS Doyle Sailors stand with Navy Motorsports driver Brad Keselowski, second driver of Navy's No. 88 car, during a trip to Sparta, Kentucky Speedway on June 14, as part of the Navy's Fleet Honoree Program. Lt.j.g Eric Metcalf, Senior Chief Quartermaster (SW/AW) Antonio Perryman, Machinery Repairman 1<sup>st</sup> Class (SW) Henry Krog, Gas Turbine System Technician Electrical 3<sup>rd</sup> Class (SW) Robert Lodato, and Seaman Kenneth Lester as the Sailors to receive the honor of attending the race.

**By Ensign Jason Bilbro**  
USS Doyle PAO

Five deserving Doyle Sailors spent their day at the Sparta, Kentucky Speedway on June 14, as part of the Navy's Fleet Honoree Program.

The Navy Motorsports Fleet Honoree Program, which each year honors 33 of the top performing commands fleet-wide, selected USS Doyle (FFG 39) as one of its esteemed winners for FY08. The command then selected Lt.j.g Eric Metcalf, Senior Chief Quartermaster (SW/AW) Antonio Perryman, Machinery Repairman 1<sup>st</sup> Class (SW) Henry Krog, Gas Turbine System Technician Electrical 3<sup>rd</sup> Class (SW) Robert Lodato, and Seaman Kenneth Lester as the Sailors to receive the honor of attending the race.

The group arrived on race-day at 5 p.m., and were greeted by Lt.j.g. Andrea Ross, of Navy Fleet Motorsports, who escorted them around the track.

The first stop on the tour was at the ESPN booth. ESPN correspondent Tim Brewer took USS Doyle Sailors on a tour through the ESPN announcer's broadcast set, and also gave them a

detailed description of a racing car, through the use of a cut-away model housed in the booth. They were shown several movies which detailed the interior damage sustained by a car during a high speed crash or engine malfunction.

Navy Motorsports driver Brad Keselowski met the group on the way out of the ESPN booth, and escorted them to his personal trailer. The second driver of Navy's #88 car, Keselowski thanked the group for their service to the country, and explained how he prepares for the race on race-day. He also had the chance to talk about his win the previous week.

The group left Brad Keselowski to prepare for the race, and after a short walk, found themselves at the famous "Pit Row." The Doyle Sailors were given the opportunity to see each car at arms-length, prior to the start of the race. Following this, they made their way to the Navy's pit area, where they met Navy Motorsports Crew Chief, Tony Eury Sr. Eury also thanked the group for their selfless service to the United States, and then

discussed his role, and how he interfaced with the driver during the race.

As the race started, Perryman and Lester, selected to be honorary pit-crew members, donned Navy Motorsports jerseys and set to work in the pits. Additionally, each Sailor took a turn actually sitting with the crew chief for 30 laps, and listened in to the coordination between the chief, the spotter, and the driver.

"By far my favorite part of the day was being able to sit in with the crew chief, and listen in to the conversation between the chief, the driver, and the spotter," said Lester. "I'm a huge fan of NASCAR, and never would have imagined I would get to attend a race like this."

Although the NAVY car did not win its second race in a row, it didn't matter to Doyle's Sailors.

"Everyone [at Fleet Motorsports] really went out of their way to take care of us," said Metcalf. They treated us like the most important people there, aside from the driver. It was an awesome experience."

# USS Carney Embarks 'Tigers' For Underway

From USS Carney

An underway period is typically a time of separation for Sailors and their families. But during Carney's transit from Mayport to Philadelphia, June 27-30, it was a time for Carney Sailors to share what they do at sea with 37 family and friends embarked for "Tiger Cruise."

From the time Sea and Anchor was set, Tigers were allowed to observe the normal operations underway, as well as some special demonstrations to see how Sailors work, live and train.

During their stay on board, each tiger was given a "Tiger PQS," which provided guidance and a list of tasks to help them determine what questions to ask and places to visit. Through tours of major control stations, they were able to gain a much better appreciation of life at sea and how a ship operates. Events throughout the day demonstrated the ship's capabilities in weapons firing, man

overboard recovery, and VBSS team operations. Additionally, Tigers were afforded the opportunity to see basic shipboard Damage Control, and even to don SCBAs.

While the Tigers certainly got to see what a U.S. Navy warship is capable of, they also were given a greater appreciation for the military lifestyle and how their Sailors live. With an early morning reveille and events throughout the entire day, Tigers got to feel the tempo of shipboard life.

"It's great being at sea. I'd much rather go to sea on a warship than a cruise ship any day, because this is what being underway is about" said Dan Bowser, father of Fire Controlman 1<sup>st</sup> Class (SW) Bowser.

In addition, instruction was given to each Tiger on making a military rack, presenting a squared away living space, and taking a Navy shower. Through the entire experience, Tigers

felt the importance of standing watch, the pride in seeing a mission accomplished, and the satisfaction of a successful team effort.

Although the underway period was certainly its own reward, it was not the only one scheduled. Events such as Ice Cream Social, Movie Night, Bingo, and of course, "Carney-aoke" played a prominent role in helping the Tigers enjoy themselves on board. As the cruise came to an end, Tigers were given a certificate designating them "Tiger Surface Warfare Specialists" as a result of their hard work and achievements.



-Photo courtesy of USS Carney

USS Carney "Tigers" show off their skills while practicing donning SCBAs and fire fighting ensemble.



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Brittany Palmer, former student of The Beaches School

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# Phil Sea, HSL-46 Detachment Are Back



New dad Operations Specialist 2nd Class Mike Plouff strokes the cheek of his sleeping son, 3-month-old son Michael, held by wife Culinary Specialist 1st Class Christina Plouff. Plouff returned to Naval Station Mayport Friday with USS Philippine Sea after a six-month deployment to the Mediterranean Sea.



A chief petty officer waves to his family from the ship as it pulls pierside. More than 300 Sailors returned to Naval Station Mayport with USS Philippine Sea. -Photos by Paige Gnann

From Staff

More than 300 Sailors on board USS Philippine Sea (CG 58) including members from embarked HSL-46 Detachment 5, returned to Naval Station Mayport on July 11 after a successful six-month deployment conducting Maritime Security Operations in the Eastern Mediterranean Sea.

While deployed, the ship participated in several multi-lateral exercises with coalition partners from Bahrain, New Zealand, United Arab Emirates, Qatar and Great Britain. Additionally, the crew played an integral part in Arabian Shark 2008, a multi-lateral exercise in the Gulf of Oman with Bahrain and Pakistan.



Operations Specialist 2nd Clas (SW) Kevin Trotter is greeted by his family, Kendra, 5, Khyla, 11, Christopher, 13, and wife Veronica.



Chief Culinary Specialist (SW) Carlos Rodriguez hugs his daughter, Camila.



Recina Batson holds a sign welcoming home her son, Fire Controlman 2nd Class Ricky Batson, as he pulls pierside with USS Philippine Sea.



Hundreds of friends and family members wave flags and hold signs welcoming home the Sailors aboard USS Philippine Sea and HSL-46 Detachment Five during the ship's return to homeport on Friday.



Cryptologic Technician Collection 1st Class (SW) Adam Henry celebrates his 11th anniversary with wife Jennifer with a kiss after the couple reunites pierside.



A family holds up a large sign to welcome home their Sailor from deployment.



A Sailor and his wife embrace after they find each other on the pier.



USS Philippine Sea gets a little help maneuvering pierside from a tug as it returns to its homeport.



Friends and family members wait with large smiles on their faces for their Sailors to disembark USS Philippine Sea.



Sailors stationed aboard USS Philippine Sea disembark the ship after returning to Naval Station Mayport on Friday to hundreds of waiting friends and family during the ship's homecoming celebration.



-Photo by MC1 Heather Ewton  
A young boy stands on Bravo Pier and holds a sign welcoming home USS Philippine Sea from its six-month Mediterranean deployment.



Engineman 2nd Class Brayan Correa kisses wife Laura after reuniting with her pierside at USS Philippine Sea's homecoming celebration.



Sonar Technician Surface 1st Class David Duncan holds 2-year-old son Luke and talks with family members after he returns to Mayport with USS Philippine Sea Friday.

# MWR Happenings

**July 18: Summer Outdoor Movies.** "10,000 BC" (PG-13) will start at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. 270-5228

**July 18: Live Reggae Band, Pili Pili.** 8 p.m.-12 a.m. at Castaway's Lounge. All hands welcome. 270-7205

**July 19: Band in the Sand with Pili Pili.** Jam out to Reggae Band, Pili Pili, in the sand behind Castaway's Lounge from 8 p.m.-12 a.m. Event is

free and also includes a pig roast. 270-7788.

**July 21: New Lunch Buffet Available at CPO Club.** Foc'sle CPO Club and Restaurant introduces a new lunch buffet for all hands. The buffet features two entree items, vegetables, a starch, soup, salad and dessert along with tea or water. Cost is \$7 Monday through Thursday. A special seafood buffet is available on Fridays for \$8. Soup and salad only is \$4.50. Foc'sle CPO Club is open to everyone for lunch Monday-Friday from 11 a.m.-1:30 p.m. For more information, call 270-5431.

**July 21: Texas Hold 'Em (All Hands).** Every Monday at 6 p.m. at Castaway's Lounge. Free to enter with prizes for first and second places. Everyone welcome. 270-7788

**July 22: Texas Hold 'Em (CPOs).** Every Tuesday 5-8 p.m. at Foc'sle CPO Club for CPOs and their guests. Hors d'oeuvres available for purchase. 270-5431

**July 23: Wii Wing Wednesdays (CPOs).** Every Wednesday 5-8 p.m. at Foc'sle CPO Club for CPOs and their guests. Bring the entire family out for Wii Sports and wings.

270-5431

**July 24: Family Steak Night.** 4-8 p.m. at the CPO Club for all hands. Cost is \$9 for adults and includes steak, baked potato, corn on the cob, salad and tea or lemonade. Kids' specials available. 270-5432

**July 25-27: Open Water Scuba Certification Course.** \$290 complete (\$320 guests); includes gear, study materials, instruction, certification, lodging and round trip transportation. Pre-registration required. 270-5541

## Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call Planet Mayport Single Sailor Center at 270-7788/89.

**July 17: Dinner & a Movie Trip.** Cost is only \$2. Pizza served at Planet Mayport at 5:30 p.m. Trip departs for the movie theatre shortly after.

**July 18: Deadline to Sign Up for Skydiving Trip.** Go skydiving with the Liberty Program for only \$150; tandem jump. Trip departs Planet Mayport at 8 a.m. July 20.

**July 19: Band in the Sand.** Jam out to Reggae Band, Pili Pili, in the sand behind Castaway's Lounge from 8

p.m.-12 a.m. Event is free and also includes a pig roast.

**July 20: Skydiving Trip.** Deadline to sign up is July 18. Cost is \$150 for a tandem jump.

**July 21: Texas Hold 'Em.** Every Monday at 6 p.m. at Castaway's Lounge. Free to enter with prizes for first and second places. Everyone wel-

come.

**July 24: Midweek Mall Trip.** Free trip to the mall. Trip departs Planet Mayport at 5:30 p.m.

**July 26: Adventure Landing Trip.** Cost is \$15 and includes transportation and admission to the theme park. Trip departs Planet Mayport at 10 a.m.

## Kids Corner

**July 18 & 19: Register for Session 4 Swim Lessons.** Register 8-10 a.m. Friday and Saturday at the base pool. Session 4 meets Monday through Thursday July 21-31. Morning and evening classes are available. Cost is \$40 per child (\$35 for children enrolled in summer day camp at the Youth Activities Center); check or cash only. 270-5425

**July 18: Teen Adventure Landing Trip.** Open to middle and high school students. Cost

is \$18 in advance or \$20 the day of. A signed permission slip is required. Space is limited; early registration is recommended. 270-5680

**July 18: Freedom Friday, Movie Night.** 7-11 p.m. at the Youth Activities Center for elementary ages. Cost is \$7 in advance; \$9 the day of. Early registration is recommended. Space is limited. 270-5680/5421

**July 18: Summer Outdoor Movies.** "10,000 BC" (PG-13)

will start at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. 270-5228

**July 21-24: Seal Team.** 9-11 a.m. at the base pool for ages 8 and older. This four-day scuba mini-camp is only \$129 (includes all gear). Sign up at Outdoor Adventures/SE Dive Adventures. 270-5541

**July 24: Bubblemaker.** 5:30-7 p.m. at the base pool for ages 8-12. Experience the underwater world of scuba diving for only \$20 (includes all gear). Sign up at Outdoor Adventures/SE Dive Adventures. 270-5541

**July 24: Family Steak Night.** 4-8 p.m. at the CPO Club for all hands. Cost is \$9 for adults and includes steak, baked potato, corn on the cob, salad and tea or lemonade. Kids' specials available. 270-5432

## MWR Sports/Fitness

The Surfside Fitness schedule is as follows:

**Monday**  
7 a.m., Cardio, Combat and CORE with Ruthie  
11:30 a.m., Yogalates with Mia  
11:30 a.m., Fitness Equipment Training (sign up) with Ruthie  
1 p.m., Moms in Motion with Mia  
4:30 p.m., Zumba with Emily and Glinda

**Tuesday**  
9:30 a.m., LoImpact with Emily  
11:30 a.m., Step & Kick with Glinda  
2 p.m., Fitness Equipment Training (sign up) with Glinda  
5 p.m., 3B Burn with Mia  
6 p.m., Advanced Yoga with Mia

**Wednesday**  
7 a.m., Victory PRT with Glinda  
11:30 a.m., Pilates with Apparatus with Emily and Ruthie  
1 p.m., Moms in Motion with Glinda

**Thursday**  
7 a.m., Conditioning for Running with Mia  
9:30 a.m., Fitness Equipment Training (sign up) with Mia  
11:30 a.m., Zumba with Emily and Glinda  
6 p.m., Kickboxing with

LaPlace

**Friday**  
7 a.m., Beach Bootcamp with Ruthie and Glinda  
9:30 a.m., Introduction to Yoga with Ruthie

**Saturday**  
This is a Family Friendly Day where kids ages 10-14 are invited to attend.  
11 a.m., Kids Clinic with Mia  
The new Gym schedule is as follows:  
**Monday**  
6 a.m., Fitness Equipment Training (sign up) with LaPlace  
7 a.m., Conditioning for Running with LaPlace  
11:30 a.m., Indoor Cycling with Glinda  
1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace

**Tuesday**  
6 a.m., Weight Training for Warfighters with LaPlace  
7 a.m., BOSU with LaPlace  
11:30 a.m., Lunch Crunch with Ruthie  
Noon, Row-bics with LaPlace  
3 p.m., Fitness Equipment Training (sign up) with Ruthie  
4:30 p.m., Indoor Cycling

**Wednesday**  
7 a.m., Command Cardio Pump with Mia  
11:30 a.m., Kickboxing with LaPlace  
1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace  
3 p.m., Command Circuit Training with Ruthie  
4:30 p.m., Fitness Equipment Training (sign up) with Ruthie

**Thursday**  
7 a.m., Command Jump and Jab with Glinda  
11:30 a.m., Fitness Equipment Training (sign up) with Mia  
11:30 a.m., Resistance with Ruthie  
Noon, Row-bics with LaPlace  
4:30 p.m., Indoor Cycling with LaPlace

**Friday**  
6:30 a.m., Indoor Cycling with LaPlace  
11:30 a.m., Strength Training Basics for Women with LaPlace  
1 p.m., Confined Space (on waterfront)  
**Aqua Aerobics**  
Monday at 8:30 a.m. with Ruthie  
Tuesday at 9 a.m. with LaPlace  
Wednesday at 8:30 a.m. with Mia

Thursday deep aqua at 9 a.m. with Emily and Glinda  
Friday rehab aqua at 9:30 a.m. with LaPlace and regular aqua with Glinda

**NEW** All Hands Lunch Buffet

Starting Monday, July 21st at Foc'sle CPO Club

Monday through Friday 11 a.m.-1:30 p.m.

For additional info, call Foc'sle CPO Club & Restaurant at (904) 270-5431 or 5432.

Band in the Sand Performing Live... Reggae Band "PILI PILI"

Saturday July 19th 8pm-12am

Behind Castaway's Lounge

"Pili Pili" also performs Friday, July 18th Inside Castaway's Lounge from 8pm-12am.

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# RGB Bring Smiles, Hope To Community

By Ensign Joshua Cowart  
USS Robert G. Bradley

The Sailors of the USS Robert G. Bradley are taking an active role in their community. Electronics Technician Third Class (Surface Warfare) Telemax Morgan has begun coordinating with Wendy Layton, of the USO, and local outreach groups, to use the energy and skills of his RGB shipmates.

On June 12 and 21, several service members voluntarily gave up their time off, which in the Navy can be hard to come by, to step up and aid *From Smoke to Hope*, an organization dedicated to rebuilding churches that have burned down.

The church, *Christ Ministry for Changing Lives*, was the target of an arsonist earlier this year. Pastor Daniel Jones might have found the answers to his prayers for help in the five Sailors from RGB: Electronic's Technician 3<sup>rd</sup> Class Telemax Morgan, Seaman Jamar Allen, Storekeeper 2<sup>nd</sup> Class Julian Green, Operations Specialist 2<sup>nd</sup> Class Christifer Johnson, and Damage Controlman 3<sup>rd</sup> Class

Michael Sleeper. Following their work with local churches, the Sailors of RGB visited Wolfson Children's Hospital on June 23 bringing smiles to all of those they saw. The previous Friday, Naval Recruiting District Jacksonville donated items such as balls, sunglasses, pens, and bumper stickers to pass out.

Along with these items, RGB's Commanding Officer, Cmdr. Clint Carroll, brought several CO's coins and ball caps to hand out to the children. Carroll "meritoriously" promoted several brave children to CO rank, placing on their heads an RGB cap, complete with the "scrambled eggs" of a full commander.

Carroll, Morgan, Information Systems Technician 1<sup>st</sup> Class Wymon Bonner, Seaman Carlos Garcia, Operations Specialist Seaman Eric Klepe, and Seaman Michael Sajnaj went to three different floors of the hospital, working with the staff to bring smiles and hope to the children. One parent noted of her son "this is the first time I have seen

him smile since his surgery."

Morgan and the Sailors of Robert G. Bradley are planning on continuing their community involvement. Some of the organizations that they are planning to aid are Senior Citizen's homes, the Children Read program, and various other outreach groups, including hospital visits such as the one at Wolfson's.

These Sailors are giving up their time to become involved in rebuilding lives, both at the spiritual and physical level. They swore an oath to defend their country, but they have taken that oath to an even higher plain. The Sailors have begun to bolster up the citizens that they have sworn to protect.



-Photo courtesy of USS Robert G. Bradley  
Sailors from USS Robert G. Bradley join their Commanding officer, Cmdr. Clint Carroll, at the Wolfson Children's Hospital for the "Caps For Kids" program, in which children who are currently hospitalized receive a ship's ballcap from visiting personnel.

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**4th Fleet**  
said. "I look forward to continuing the great work Rear Adm. Stevenson has accomplished in demonstrating the United States' commitment to our regional partners in this immensely important part of the world."

The re-establishment and change of command ceremony concluded with Stevenson's retirement after 32 years of naval service.

During Stevenson's tour as NAVSO commander, U.S. Navy's operational focus in the region was greatly increased resulting in enhanced partner nation cooperation and improved collective capabilities. Recent missions championed under Stevenson, such as USNS Comfort's (T-AH 20) 2007 humanitarian medical assistance deployment and the first Global Fleet Station deployment in 2007 with HSV Swift highlight this increased focus.

In 2008, Stevenson oversaw planning and execution of the third-annual Partnership of the Americas deployment, which included the George Washington

Carrier Strike Group; as well as Continuing Promise humanitarian civil assistance deployments aboard USS Boxer (LHD 4) and USS Kearsarge (LHD 3). Currently, Military Sealift Command rescue and salvage ship USNS Grasp (T-ARS-51) is conducting Navy Diver - Global Fleet Station with Caribbean Island partner nations.

As the Navy component command of SOUTHCOM, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment.

Fourth Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces. Fourth Fleet conducts the full spectrum of Maritime Security Operations in support of U.S. objectives and security cooperation activities that promote coalition building and deter aggression.

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# Exercise Strengthens Regional Partnerships

By MC2 J.T. Bolestridge  
DESRON 40

Guided-missile destroyer USS Farragut (DDG 99) and Guided-missile frigate USS Kauffman (FFG 59) of Destroyer Squadron (DESRON) 40 completed bilateral exercises with the Ecuadorian Navy on July 7 off the coast of Ecuador.

The day-long evolution included Maritime Interdiction Operations (MIO), a simulated bilateral peacekeeping effort, an Air Defense Exercise and a Photo Exercise to demonstrate interoperability between the naval forces. Cmdr. Scott Dugan, Farragut's Commanding Officer, said the exercises were designed to strengthen the relationship between the US and Ecuadorian Navies.

"Only by working and communicating with our partner nations can we hope to have the relationships and trust needed in the event of a crisis requiring a multinational effort," said Dugan. "We conduct these operations to train together and learn from each other."

Seven ships from Ecuador and the U.S. participated in the exercise, which was designed to strengthen friendships, foster mutual cooperation and further the commitment to regional



-Photo courtesy of DESRON 40

USS Farragut (DDG-99) and USS Kauffman (FFG-59), of DESRON 40, participate in a Passing Exercise (PASSEX) with units of the Ecuadorian navy on July 7, off the coast of Guayaquil, Ecuador. This is the last multinational exercise of the first half of the DESRON's deployment in support of Partnership of the Americas 2008, an on going, U.S. Southern Command (SOUTHCOM) sponsored engagement operation conducted annually in South and Central America.

security. Farragut's Operations Officer, Lt. Robert McFarlin, said these partnerships are important to everyone involved.

"Ecuador's economy, like the United States", depends heavily on free, unencumbered maritime shipping to prosper, but no one

country can protect the maritime domain from the wide variety of threats that exist today," said McFarlin. "Together we face

many challenges that require cooperative solutions to overcome, which is why multilateral and bilateral exercises such as this are important to ensure that our two Navies will be able to work together to defend anything that threatens those free shipping lanes efficiently and professionally, should the need arise."

The U.S. Navy has a long history of training and conducting exercises with the Ecuadorian Military. Most recently, the Ecuadorian Navy corvette "Loja" participated in UNITAS Pacific alongside the US, Peruvian, Chilean, and Colombian Navies off the coast of Peru last week. Next month, Ecuador will once again participate alongside the US in the Pan-American exercise FA PANAMAX, simulating the multinational defense of the Panama Canal.

"Trust and interoperability between the US Navy and Latin American Navies cannot be surged," explained Cmdr. Rob Rafford, DESRON 40 Chief Staff Officer. "That is why conducting these exercises and strengthening our relationships with our partners in the hemisphere is so important. Should

the need arise to come to the aid of one of our Latin American partners, we can do so together as a team efficiently and professionally."

In addition to training and exercises, the U.S. military has also conducted a wide array of humanitarian operations with Ecuador as well. Last year, the USNS Comfort arrived in Ecuador to provide medical care to over 12,000 patients and conduct medical training with local health care providers. Last March, the U.S. military worked with USAID to airlift disaster relief supplies to Ecuador in the aftermath of some of Ecuador's worst flooding in years.

DESRON 40 operates in Latin America in support of Partnership of the Americas 2008 (POA 08), a U.S. Southern Command (SOUTHCOM) sponsored operation designed to strengthen regional partnerships and improve multi-national interoperability the Caribbean and Central and South America, while enhancing the operational readiness of all assigned units. This is the third year SOUTHCOM has conducted POA.

# CGITD, U.S. Sailors Support UNITAS PAC In Peru

By MCSN Omar A. Dominquez  
DESRON 40

USS Farragut (DDG 99) and USS Forrest Sherman (DDG 99) Sailors assist the Coast Guard International Training Division at UNITAS Pacific Phase 49-08 in Peru.

The Coast Guard International Training Division conducted a seminar to exchange knowledge with Navies from Ecuador, Chile and Peru on hand-to-hand combat and Vehicle Boarding Search and Seizure (VBSS) during UNITAS Pacific Phase 49-08.

"It's a great opportunity to come out here and be part of this exercise," said U.S. Coast Guard Chief Boatswain's Mate Brett Miller, Seminar Leader. "It's our job to be here and conduct this type of seminar."

Sailors also learned the proper way to use non-lethal hand-to-hand combat techniques.

"It's good to know the proper way to execute these techniques because it can cause injury to the human body," said Chilean Sailor Felipe Rubilar. "The training also showed the seminar leaders and seminar participants, how closely related or

different the tactics were from each country."

One part of VBSS is to learn the proper procedures on how to board a vessel.

According to U.S. Coast Guard Lt. Nelson Santiago, Seminar Leader, all the boarding procedures conducted in the seminar go into effect during an actual event.

"USS Forrest Sherman's VBSS team was honored to take part in the UNITAS training with various South American boarding teams," said Chief Cryptologic Technician (Maintenance) (SW) Michael Flowers. "Working alongside the Coast Guard, we were able to share basic defensive tactics and boarding procedures at the same time building vital relationships."

The seminar also gave Sailors the chance to improve communication skills and share ideas.

"The communicating portion of the seminar was difficult, but the Latin countries pick up very quickly by the way we move and use facial expressions," said Miller. "This was a great time to exchange information and learn from each other."



Seaman Chris Wright, attached to USS Kauffman (FFG 59), executes a front-jab combination straight-punch.



-Photo by MCSN Omar A. Dominquez

An Ecuadorian sailor stands watch during a Vessel Boarding Search and Seizure at a U.S. Coast Guard International Training Seminar during UNITAS Pacific Phase 49-08.



An Ecuadorian sailor stands in the ready position during a seminar.



Lt. j.g. Antonio Brino and Lt.j.g. Cliff Harrison, U.S. Coast Guard International Training Division (CGIT) of Yorktown, Va., demonstrate to Sailors on the proper way of executing a front-jab combination straight-punch.



A Peruvian Sailor executes a front snap kick at a U.S. Coast Guard International Training Seminar during UNITAS Pacific Phase 49-08.

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**Bottle** From Page 1 she was thrilled and the deal was sealed.

On Oct. 15, 2007 Boone got underway from Rockport once in the Gulf Stream a ceremony was held on the flight deck. Willhite's memory bottle was thrown into the sea, in hopes that it would reach Scotland.

Miraculously, on May 17, 2008 the memory bottle was found - not in Scotland as was originally hoped, but Portugal.

André Azevedo found the bottle while walking in the sands of Vila Chã beach, near Vila do Conde, north of Oporto, Portugal.

Coincidentally, Azevedo's friends are scuba divers, and their favorite diving spot is a WWII German submarine U-1277. Azevedo shared the message in the memory bottle with his friends. Delfim Trancoso, a friend of Azevedo who responded to the message with a letter to Chace describing their discovery.

Chace passed on the information that the bottle was found to a very pleased Willhite family.

Chace was very thankful for Boone's willingness to support the message in the bottle; she said she was inspired by the display of patriotism and pride that connected the Willhite family to Boone with the following sonnet:

**SONNET FOR SAILORS**  
Arnold B. Willhite veteran mourned

Pearl Harbor, submarines, saw Treaty signed.

While comrades gave tribute, my idea was born.

A memorial bottle hearts to bind.

"Laura, a message off Cape Ann?" I asked.

Will be fun. Scotland bound?" Children agreed.

Harbormaster Rosemary joined in task.

Billy Lee offered to take it to sea.

Then United States Navy came to town.

The U. S. S. Boone anchored in Sandy Bay.

Commander Evans's crew with plan most sound

Launched bottle in Gulf Stream on its way way.

Meriden to Rockport, Gulf Stream water,

Scotland's coast through Navy's goodwill porter?

On May 28, 2008, Laura Willhite, the widow of the veteran Jack Willhite for whom the bottle was intended to remember, passed away. The last week she was alive she learned that the bottle had been recovered. According to Chace, the finding of the bottle made Willhite's last days happier than she could have possibly imagined. The entire Boone family is proud to have been a part of the message in the bottle story. The event symbolized patriotism and pride for those veterans who have risked their lives to maintain freedom for the American people.

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# Vicksburg Completes Safe Maintenance Period

By Ensign Marc Schron  
USS Vicksburg

USS Vicksburg has successfully completed their maintenance availability period.

Accomplished were a total of 58 major alterations, including 11 ship alterations, one mechanical alteration, 11 ordnance alterations, 20 engineering changes, five fuel changes, and eight software upgrades.

During this three-month period, the ships' force worked alongside DoD engineers and civilian contractors to ensure a productive, safe and effective maintenance period. In particular, the support of Atlantic Marine Mayport (AMM) contributed greatly to the success of the upgrades.

In addition to initially planned upgrades, a large amount of growth work was accomplished. Due to the resourcefulness of the Southeast Regional Maintenance Center (SERMC) staff, Vicksburg was able to accomplish \$5 million worth of



Senior Chief Gunner's Mate (SW) Hageman and Senior Chief Engineman (SW) Taylor elate in the success of breathing life back into Vicksburg's engine rooms.

additional growth work. The invaluable knowledge, expertise and dedication of AMM and SERMC combined to create a highly successful maintenance availability period, setting the standard for all future Vicksburg work.

In concert with the end of

SRA, Vicksburg hosted a variety of inspectors for its Light Off Assessment. Despite being in a shipyard period, Vicksburg passed LOA with an impressive 88 percent equipment readiness. Vicksburg crew is looking forward to getting back into the underway training cycle.



Gas Turbine System Technician Mechanical 2nd Class (SW) Hurley and Electrician's Mate 3rd Class Zalewski conduct Engineering evolutions under the watchful eye of Vicksburg's Main Propulsion Assistant CWO3 Jones.

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# Visit Brings Simpson Sailors, Locals Together

By MCC Suzanne Speight  
USS Simpson

The crew of USS Simpson (FFG 56) spent this year's 4<sup>th</sup> of July in St. Lucia. Simpson's nearly 200 Sailors were not so much celebrating independence, but our interdependence, by participating in numerous activities designed to strengthen relations between the United States and the island nation. The ship's crew presented Project Handclasp donations to the Salvation Army and Red Cross, conducted Subject Matter Expert Exchanges, refurbished a local school, and enjoyed the sights and hospitality of the Caribbean island nation.

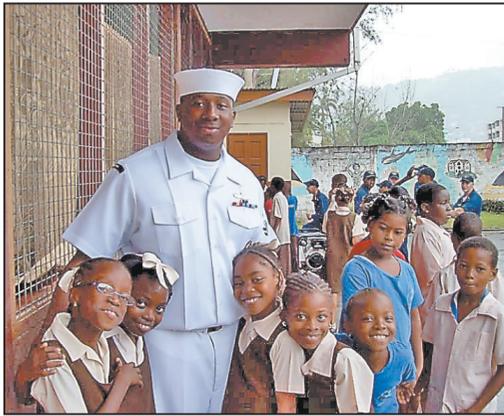
The focus of the visit was Theater Security Cooperation (TSC), designed to build and strengthen effective alliances and friendships, develop partner nation capabilities and preserve the ability to respond multilaterally to safeguard U.S. security.

Caribbean countries, Latin America and the U.S. all share common interests and concerns. So visits like this provide a great opportunity to foster friendly, mutual cooperation and understanding between partner nations. The port call also provided a good opportunity for the crew to prepare for similar visits overseas on deployment.

"This visit really set the tone for our crew when we go on deployment," said Simpson Command Master Chief Joe Clark. "It's hard work, but fun. And we are always pleased with the end result, it was a great time."

The ship docked at Castries, St. Lucia early on July 2, and the crew began a flurry of activity as Sailors delivered donations of sewing machines, medical supplies and toys to both the local Salvation Army and Red Cross. Another group headed over to the Gordon and Walcott Memorial Methodist School, where a team of 25 Simpson Sailors helped paint, repair and refurbish the school building, and spent some time with the students.

"We really had a good time with the kids, and I think they really enjoyed meeting us," said Ens. Brittany Tabb. The local television news came out and interviewed Tabb and school Principal Luceita Gajadhar, and the group presented the school



-Photo by Ensign Michael Deloach  
Information Systems Technician 2<sup>nd</sup> Class Gregory McCray stands with students at the St. Lucia's Gordon & Walcott Memorial Methodist School. McCray and shipmates from USS Simpson (FFG 56) spent a day refurbishing, painting and interacting with the children as a part of a Community Relations Project during Simpson's port visit to the island.

a plaque in memory of the visit. "These young people are a great role model for our kids, and I thank them for taking the time to come here today," said Gajadhar.

Later that day, the ship hosted an Operational Luncheon with members of the St. Lucian Police Marine Unit, exchanging views and relating experiences in regard to the ever present war on drugs. Cryptologic Technician Seaman Apprentice John Fortin, of Durham, NC, attended the luncheon. "It was interesting to hear from others who are intricately involved in interdiction and counter drug operations," he said. "I think this kind of thing is important because without countries working together, the flow of drugs into the United States and other nations will increase."

While in St. Lucia, the crew participated in a different Subject Matter Expert Exchanges (SMEE) with the St. Lucian Marine and regular police departments. Some of the topics included Fuel/Lube Oil Testing, Hull Repair, Weapons Maintenance, Law Enforcement and Medical. St. Lucian Subject Matter Experts included an emergency room doctor who discussed medical triage and a team of marine mechanics who talked about the outboard motor repair.

"I think they (personnel from the Marine Police, Customs and Regular Police) appreciated the training we gave," said Hospital Corpsman 2<sup>nd</sup> Class Michael Moore. "They said they don't get regular medical training like we do, and I think they will use our SMEE as a stepping stone to help train their departments."

The crew hosted a reception July 4<sup>th</sup> aboard the ship, attended by the island's governor general and prime minister, Ambassador Mary Ourisman, U.S. Ambassador to the Eastern Caribbean, and a number of other national and community leaders. Simpson Commanding Officer Cdr. Edwin Kaiser said the visit was a success. "We had 150 sailors engaged with almost 700 St. Lucians which included the COMREL work, the Subject Matter Expert Exchanges, and a U.S. Ambassador-hosted 4<sup>th</sup> of July reception where Heads of States attended. I am very proud of the crew and I think all of those activities really reinforced the spirit of partnership and our desire to work together to ensure the safety and security of this region," said Kaiser.

During the six-day visit, Sailors also enjoyed Morale Welfare & Recreation tours to nearby attractions, a command cookout, and a Sports Day sponsored by the 1<sup>st</sup> Class Association, that saw the ship's soccer team pitted against the



-Photo by MC2 Michael Buslovich  
Chief Warrant Officer Dwayne Sorrell, Main Propulsion Assistant aboard USS Simpson (FFG 56) talks with students from the Gordon & Walcott Memorial Methodist School. The girls toured the ship during a recent port visit in St. Lucia.

St. Lucian Marine Police. The Simpson team had their game on with players like Boatswain's Mate Seaman Nicholas Conca, who grew up playing soccer in Argentina.

"It was a good game, good people," said Conca. "We

did our best and had fun." Although team Simpson played a great game, team St. Lucia came out on top, defeating the Simpson Sailors, 3-1. After the game, Sailors and Police enjoyed hot dogs and hamburgers, and invited residents of a

local Red Cross shelter to come over and share in the food. Heading back to homeport, the Simpson crew, armed with new knowledge of a neighboring nation, returned back into ship's routine of training for their next deployment.

## Meet Your Jacksonville Suns

 <b>Ivan De Jesus Jr.</b> Born: 05/01/1987 Birthplace: Guaynabo, Puerto Rico Height/Weight: 5' 11", 182 lbs Bats/Throws: R/R <b>Shortstop</b>	 <b>Russell Mitchell</b> Born: 02/15/1985 Birthplace: Rome, GA Height/Weight: 6' 1", 182 lbs Bats/Throws: R/R <b>First Base</b>
<b>Biography:</b> Rated as the 13th-best prospect and as having the best strike zone discipline in the Dodgers organization by Baseball America...Reached a career high in RBI (52) in 2007...Selected as a World Team representative and scored two hits in the 2008 All-Star Futures Game	<b>Biography:</b> Ranked fifth in the California League with 58 extra-base hits in 2007...played in the 2007 Hawaii Winter Baseball League...Starting 3B for the South Division in the 2008 Southern League All-Star Game...brother of Carolina Mudcats 3B Lee Mitchell.

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-Photo by MC2 Michael Buslovich  
Operations Specialist 2<sup>nd</sup> Class Chris Teter (right) wears the captain's hat and talks with USS Simpson (FFG 56) Commanding Officer, Cmdr. Edwin Kaiser, during a recent "CO For A Day" program aboard the ship.

## Simpson CO Trades Hats With Sailor

By MC2 Michael Buslovich  
USS Simpson

Have you ever wondered what it would be like to be a captain of a U.S. Navy ship? Operations Specialist 2<sup>nd</sup> Class Chris Teter, crew member of the USS Simpson (FFG 56) recently had the chance to be "CO for a day" and experience the responsibilities that go with the captain's hat.

"He's realizing whatever decision you make there are consequences" said Cmdr. Edwin Kaiser, captain of the USS Simpson during the morning brief with the ship's executive officer and Command Master Chief in the CO's office. While at the morning briefing, Teter got his first taste of that decision making when the ship's supply officer came in to discuss meal planning for an upcoming dignitary luncheon. "I think we should go with steak and shrimp, and maybe some soup," he said.

After the briefing, the CO of the day accompanied Cmdr. Kaiser to the ship's bridge to face the challenges of being at sea on a Navy fast frigate. Sitting in the CO's chair was not something Teter took lightly. Although, he said, "it's fun and

it sure beats watch standing". Following the morning announcements over the IMC by Teter, it was time for an inspection of various departments, from engineering to admin, to aft steering, to the mess decks. "It's given me a perspective of all that the CO is responsible for," he said.

Teter was not just picked out of a hat to be the CO for a day. He had to submit an essay explaining why he wanted to try his hand at it. In his essay he wrote about how he thought it would be a good opportunity to expand his leadership abilities.

Later in the day, Teter took time to send out a Bravo Zulu over the IMC to several of his crewmembers, acknowledging their hard work. By 8 p.m., it was time for Teter to turn back into a second class petty officer. He said the day lived up to his expectations.

"Wearing the captain's hat gave me the chance to experience the leadership and responsibility he lives every day," said Teter. At the end of the day, he had this advice for the crew. "Take care of your family and they will take care of you."

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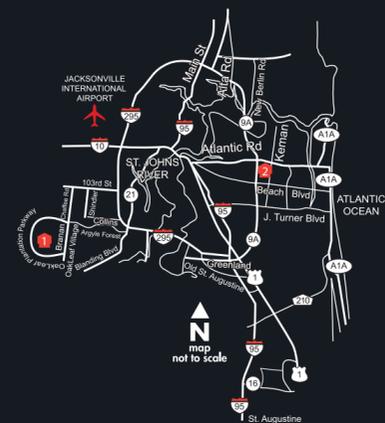
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# Workshops, Classes Available At FFSC

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.

July 17, 8-11 a.m., Anger Management, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

July 17, 9-11 a.m., Resume

Walk-in Review Assistance, FFSC

July 17, 9 a.m.-noon, New Parent Support Playgroup, USO

July 18, 9-11 a.m., Credit Report Review, FFSC

July 21, 8:30 a.m.-2:30 p.m., Military Spouse 101, FFSC

July 21-24, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

July 22, 9-11 a.m., Resume Walk-in Review Assistance,

FFSC

July 22, 9-11 a.m., Parenting Class, FFSC

July 22, 8:30 a.m.-4 p.m., Leadership Life Skills for E5& E6, Base Chapel

July 23, 9 a.m.-noon, Tottletyme 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. We even take field trips several times a year to local parks, museums and playgrounds. 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. All children age four and below are invited to attend.

July 23, 2-4 p.m., Married and Loving It!, FFSC

This course teaches relationship building skills through a series of 5 classes designed for active duty married couples to help develop a more vibrant and happy marriage. Are you looking to improve your communication and conflict resolu-

tion skills, then the Married and Loving it! course is designed to help you. Learn characteristics of a healthy family and keys to good communication. Learn new skills to increase your commitment to each other. Learn anger management and conflict resolution skills. Learn how to develop a financial action plan.

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

July 24, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

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

July 25, 8 a.m.-noon, Leadership Life Skills for E7 & Above, Building 1 Room 104

July 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.

July 28, 1-2:30 p.m., FERPFederal Employment, FFSC

July 28, 6-7 p.m., Ombudsman Assembly, USO

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

July 29, 6-7 p.m., Individual Augmentee Family Discussion Group, USO

July 29, 9-11 a.m., Parenting Class, FFSC

July 30, 9 a.m.-noon,

Tottletyme Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun!

July 30, 2-4 p.m., Married and Loving It!, FFSC

This course teaches relationship building skills through a series of 5 classes designed for active duty married couples to help develop a more vibrant and happy marriage. Are you looking to improve your communication and conflict resolution skills, then the Married and Loving it! course is designed to help you. Learn characteristics of a healthy family and keys to good communication. Learn new skills to increase your commitment to each other. Learn anger management and conflict resolution skills. Learn how to develop a financial action plan.

July 31, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

July 31, 9 a.m.-noon, New Parent Support Playgroup, USO

## Oasis Galley

Weekday hours for The Oasis Galley Are 6-7:30 a.m. for breakfast, 11 a.m.-12:30 p.m. for lunch, and 4:30-6 p.m. for dinner. Weekend and holiday hours are 8-9:30 a.m. for breakfast, 11:30 a.m.-1 p.m. for brunch, and 4:30-6 p.m. for dinner. The Oasis Galley also offers a speedline and hot bars Monday through Friday. The Menu Line is 270-6857. For Service Assistance, call the Oasis Administration Office at 270-5373. Breakfast costs \$2.10, lunch and dinner is \$3.85. The Menu is subject to change by FSO due to food availability.

Friday, July 18

Breakfast

Ham Slices  
Turkey Sausage Links  
Pancakes  
French Toast  
Potato Rounds

Lunch

Corn Chowder  
Pizza  
Chicken Wings  
Burgers  
French Fries  
Potato Chips  
Baked Beans  
Peas & Carrots  
Cauliflower

Dinner

Corn Chowder  
Salisbury Steak  
Chicken Parmesan  
Boiled Pasta  
Mashed Potatoes  
Corn  
Broccoli  
Brown Gravy  
Marinara Sauce

Saturday, July 19

Breakfast

Corned Beef Hash  
Bacon  
Pancakes  
French Toast  
Hashbrowns

Lunch

Chicken Rice Soup  
Steak & Cheese Sandwich  
Hot Dogs  
French Fries  
Potato Chips  
Corn Combo  
Bacon  
Pancakes  
Hashbrowns

Dinner

Chicken Rice Soup  
Teriyaki Chicken  
Roast Beef  
Tossed Green Rice  
Oven Brown Potatoes  
Carrots  
Cabbage

Brown Gravy

Sunday, July 20

Breakfast

Bacon  
Turkey Sausage Patties  
Pancakes  
French Toast  
Potato Rounds  
Lunch  
Carrot Soup  
Bbq Pork Sandwich  
Chicken Enders  
Onion Rings  
Mixed Vegetables  
Turkey Sausage Patties  
French Toast  
Potato Rounds

Dinner

Carrot Soup  
Bbq Chicken  
Polish Sausage  
Paprika Potatoes  
Rice Pilaf  
Squash  
Peas

Monday, July 21

Breakfast

Bacon  
Corned Beef Hash  
Pancakes  
French Toast  
Hashbrowns

Lunch

Chicken Gumbo Soup  
Cantonese Spareribs  
Fried Chicken  
Macaroni & Cheese  
Long Grain & Wild Rice  
Collard Greens  
Blackeyed Peas  
Burgers  
French Fries

Dinner

Chicken Gumbo Soup  
Beef & Broccoli  
Caribbean Chicken Breast  
Paprika Potatoes  
Steam Rice  
Asparagus  
Cauliflower

Tuesday, July 22

Breakfast

Bacon  
Turkey Sausage Links  
Pancakes  
French Toast  
Potato Rounds

Lunch

Beef Noodle Soup  
Roast Turkey  
Baked Ham  
Cornbread Dressing  
Sweet Potatoes  
Green Beans  
Corn  
Chicken Fillet Sandwich  
French Fries

Dinner

Beef Noodle Soup  
Cajun Roast Beef  
Savory Baked Chicken

Steam Rice

Oven Brown Potatoes

Carrots

Peas

Brown Gravy

Wednesday, July 23

Breakfast

Corned Beef Hash  
Bacon  
Pancakes  
French Toast  
Hashbrowns

Lunch

Cream Of Broccoli Soup  
Chicken Alfredo  
Kielbasa Sausage  
Boiled Pasta  
Italian Roasted Potatoes  
Marinara Sauce  
Cauliflower  
Peas & Carrots  
Burgers  
French Fries  
Baked Beans

Dinner

Cream Of Broccoli Soup  
Swedish Meatballs  
Sweet & Sour Chicken  
Rice Pilaf  
Mashed Potatoes  
Corn  
California Blend

Thursday, July 24

Breakfast

Bacon  
Turkey Sausage Patties  
Pancakes  
French Toast  
Potato Rounds

Lunch

Clam Chowder  
Steamship Round  
Baked Stuffed Fish  
Mashed Potatoes  
Rice Pilaf  
Corn On Cob  
Broccoli  
Natural Pan Gravy

Dinner

Clam Chowder  
Chicken Vega  
Veal Parmesan  
Islanders Rice  
Boiled Pasta  
Marinara Sauce  
Tangy Spinach  
Mixed Vegetables

## VFW Support You!

The Veterans of Foreign Wars (VFW) Post 3270, located at 915 8th Ave South, is one of the four veterans Organizations supporting the USO's No Dough Dinners for families of deployed service members. The Post welcomes all who have received a campaign medal for overseas service during war, or have received imminent danger pay and/or have been Honorably Discharged. Hot lunches are served Monday -Friday with shrimp or flounder on Fridays. Pizza is served each Friday between 5:30-9 p.m.

Post 3270 will sponsor the next BVA Cookout on July 20 13-1700 hrs with proceeds going to the USO ND dinners. Bring the family and help your fellow family members.

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

1	2	3	4	5	6	7	8	9	10	11	12	13
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By Alan P. Olschwang Huntington Beach, CA 7/17/08

### Last Week Answers

T	O	R	M	E	A	T	O	M	C	H	I	S
U	N	I	O	N	P	A	B	A	L	E	A	P
B	E	F	O	R	E	I	D	I	E	A	L	G
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M	A	L	T	P	E	E	N	Y	E	A	S	T

7/10/08

49 Outcome	56 Destructive plant fungus
50 Break in the action	57 Oversupply
51 Oozed out	58 Hokkaido native
54 Formal response to "Who's there?"	59 Advancement
55 Swing a thurible	61 Beret filler
	65 Nova Scotia hrs.

## New Lions Club

The Mayport Lions Club, a newly organized civic organization, has recently been formed to assist the Mayport USO Center in its support of our Service Members. Among the Clubs traditional role of promoting eyesight health, the Mayport Club will assist in supporting "Making a Home Away from Home" for our Uniformed Men and Women. The Center also sponsors the free, twice monthly, No Dough Dinners for families of young deployed service members.

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# Calendar

## On Base

**Thursday, July 17**

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.

**Thursday, Aug. 21**

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.

## Out in Town

**Friday, July 18**

The Fleet Reserve Association Branch 290 is hosting a special Mexicali Pork Chop dinner at the Branch Home at 290 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. As always, the public is invited to dinner. Starting at 9 p.m. the music of LINDA PONCE will entertain until 1 a.m.

**Saturday, July 19**

The Fleet Reserve Association Branch 290 is hosting a Country Fried Steak dinner at the Branch Home, 290 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. As always the public is invited to dinner. Starting at 9 p.m. the music of LINDA PONCE will entertain until 1 a.m.

**Sunday, July 20**

Join a park ranger for a walk on the beach at 2:30 p.m. as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion six on Little Talbot

Island. No reservations are necessary and the program is free with regular park admission.

**Friday, July 25**

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 BRACY from 9 p.m.-1 a.m.

**Saturday, July 26**

Join a park ranger at 11 a.m. to learn about the species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Thursday, July 31**

The Duval County Extension Office will hold an educational seminar for youth and adults 'Horsin' Around' from 5:30-9:15 p.m. at Jacksonville Equestrian Center, 13611 Normandy Blvd. Topics covered include stretching your hay supply, emergency preparedness for horses, guide to basic vet care (signs and symptoms), riding trails in Florida and Composting 101. Please call Brad Burbaugh at 387-8850 to pre-register.

**Saturday, Aug. 2**

Join a park ranger at 11 a.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion four on Little Talbot Island. No reservations are necessary and the program is free.

with regular park admission.

**Sunday, Aug. 3**

Join a Park Ranger at 1 p.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Saturday, Aug. 16**

Join one of our knowledgeable park rangers at 11 a.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. The program will take place at the Bluffs pavilion on Big Talbot Island. No reservations are necessary and the program is free with \$2 vehicle entrance fee.

**Sunday, Aug. 24**

Join a park ranger at 1 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.



-Photo courtesy of CSCS DET Mayport  
Capt. Stephen W. Hampton, Commanding Officer Center for Surface Combat Systems, presents Marjorie Krepp with her 30 Years of Government Service Certificate, at recent CSCS DET Mayport awards ceremony.

## CSCS CO Visits Mayport

By STGC R. J. Hill

*CSCS Public Affairs*

Capt. Stephen W. Hampton, commanding officer of Center for Surface Combat Systems (CSCS), visited CSCS Detachment Mayport recently to review the detachment's progress in training the fleet.

While in town, Hampton held a CO's call and awards ceremony for CSCS DET Mayport personnel, visited with local area DESRONs to discuss their training needs, and provided his philosophies for future improvements in the training CSCS provides.

CSCS is headquartered in Dahlgren, Va. The training command's domain encompasses detachments in Yokosuka, Japan, Pearl Harbor, Hawaii, Everett, Wash., San Diego, Calif., Great Lakes, Ill., Norfolk, Va., Wallops Island, Va., and Mayport. Its mission is to develop and deliver the most relevant and effective training and education to surface combat systems and operations Sea Warriors to successfully conduct combat operations at sea.

CSCS DET Mayport is located at the end of Baltimore Street, next to the jetties, in Building 1556. They provide many training opportunities for local area commands with courses covering everything from Radar Navigation to Single Ship ASW to Combat Systems Cooling to Advanced Air Intercept Controller to Basic RHIB Coxswain. Primary rates involved are Fire Control Technician, Sonar Technician, Operations Specialist, Cryptological Technician, Boatswain Mate, and Engineman.

During Hampton's visit, he discussed the "Kill Chain" philosophy with CSCS staff and local area DESRON commodores, a step-by-step process dedicated to ensuring ordnance on target, starting with the basic levels of training, and culminating with advance shipboard training. This concept is leading CSCS training commands into a more productive and successful regimen for our fleets present and future training requirements.

Hampton also handed out several awards to CSCS DET Mayport staff, most notably: Larry Curry and Marjorie Krepp - 30 years Government Service, Joyce Weber - 20 years Government Service, Wanda St. Clair - 15 years Government Service, Gregory Dix, Leroy Anderson, Granville Harrington, Karen Sawyer - five years Government Service, Chief Operations Specialist Frank Hearn - Navy Commendation Medal, STG1 Joseph Wester - Army Commendation Medal (For service in the C-RAM Mortar Rocket Defense Detachment in Baghdad, Iraq), Chief Operations Specialist Jason House and STG1 Sara Wright - Navy Achievement Medal, STG1 Joshua Phillips, Operations Specialist 1<sup>st</sup> Class Prather Price, Fire Controlman 1<sup>st</sup> Class Luis Rivera and STG1 Sara Wright - Master Training Specialist Certification, 2M Training Staff - Letter Of Commendation, Marjorie Krepp, Karen Sawyer and Granville Harrington - Letter Of Commendation.

## FRA Supports No Dough

The Fleet Reserve Association Branch 290 (FRA) is an active member of the Beaches Veterans Association (BVA) who support the free USO's No Dough Dinners (NDD) for families of deployed service members. The FRA is a Congressionally Chartered organization that represents the Sea Service community before the US Congress, and is comprised of current and former members of the USN, USCG, and USMC. Anyone can become an Associate Member with these same interests. Membership information may be obtained by calling the Branch Home 246-6855, or by visiting at 390 Mayport Rd. Branch meetings are held on the first Thursday of every month. Full lunches are available Monday - Friday from 11 a.m.-1 p.m. and are open to the public. Join now and help promote favorable military legislation before Congress, and help the USO support you and your loved ones.

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# Health Beat

## Worldwide Conference Trains EFMP Reps

By Marsha Childs

NH Jax Marketing

Hospital Corpsman First Class Nathan Blosser, the Exceptional Family Member Program (EFMP) coordinator at the Naval Branch Health Clinic in Gulfport, Miss., remembers the rewarding feeling he got helping a Seabee deployed to Kuwait in February 2008.

The Sailor's wife was hospitalized at National Naval Medical Center Bethesda undergoing extensive treatment for a blood clot to the brain. Blosser served as a liaison between the sponsor, the patient and the health care team to exchange information and ensure timely enrollment in the EFMP. The Sailor returned home on emergency leave to be with his wife. Blosser said, "He was very grateful and I had the satisfaction of knowing they were getting the proper care."

Blosser and more than 75 EFMP command representatives attended the worldwide EFMP Conference from June 24-26 at Naval Air Station Jacksonville, Fla. to gain a better understanding of the program and their role. The EFMP provides coordinated medical, educational, community and personnel support to active duty military families with long-term special needs.

The Chief of Naval Personnel's Personal and Family Readiness Policy Analyst and EFMP Manager Marcia Hagood coordinated the conference. She chose Jacksonville because of its Category Five status—one of five stateside duty stations where EFMP families may be given a long-term assignment. She said, "The EFMP program ensures family members are in a location where their needs are well met and allows the service members to focus on their career." Patients in this category require highly specialized, complex medical, mental or education services most of which are provided in the civilian community.

Naval Hospital Jacksonville EFMP Coordinator Galya Taborn assisted with the coordination and site logistics of the conference. She said, "It is important that EFMP reps overseas and in CONUS attend this training and network with each other. They are going to be dealing with the special challenges of these families. They need a good understanding of the program and the resources available to them. The EFMP coordinators match duty stations with needs of the family members. That is why this training is so important," she explained.



-Photo by MC1 Rebecca Kruck

Naval Hospital Jacksonville Commanding Officer Capt. Raquel Bono thanks the audience for assisting military families with special needs at the EFMP worldwide conference held June 24-26 at Naval Air Station Jacksonville.

Work and Family Life Specialist Diane Brown traveled from Millington, Tenn. to learn more about her collateral duties as an EFMP representative. She works at the Fleet and Family Support Center (FFSC) and assists families with relocation information that includes medical and educational information, along with related community agency referrals and information about housing. "It is very eye-opening, very challenging and a lot of very good information," she said.

On the final day of the conference, Naval Hospital Jacksonville Commanding Officer Capt. Raquel Bono thanked the audience. She spoke of the challenges military families with

special needs face in Key West, Fla. Bono has oversight for Naval Branch Health Clinic Key West and ensures they are well served. She explained how important it is for these families to be identified before they are sent to locations that are medically underserved like Key West.

Bono said, "We have to do the work up front. I can't tell you how important your jobs are to get these families identified early before they receive orders to ensure the services they need are available. In order to get them continuity of care there (Key West), we have to send them to Miami to get that specialized care. You can understand how that presents challenges. We are talking about time, money and emotional expense to the families. What you do is extremely important."

Enrollment in the EFMP identifies family members with long-term needs for special medical and education services. It ensures these families are located at duty stations where specialized medical and education needs can be met. To learn more about the program, visit [www.npc.navy.mil/channels](http://www.npc.navy.mil/channels) or call (866) U-ASK-NPC.



-Photo by Lt. Cmdr. Brookie Tartaglia

Mayport Health Promotion by the Ocean presents skin cancer information to the Youth Center's summer camp children and staff in recognition of Skin Cancer Awareness month. For more information on the prevention of skin cancer, call the Wellness Center at 270-5251.

## Fun In The Sun - Safely

From Health Promotion by the Ocean

Health Promotion by the Ocean recognizes July as sun safety month. The skin is the body's largest organ. It protects against heat, sunlight, injury and infection. The skin also helps control body temperature and stores water, fat, and Vitamin D.

Skin cancer can occur anywhere on the body, but it is most common in skin that has been exposed to sunlight, such as the face, neck, hands, and arms. Anything that increases your chance of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer. But, people who think they may be at risk should discuss this with their doctor.

Risk factors for skin cancer include the following:

- Being exposed to a lot of natural or artificial sunlight.
- Having a fair complexion (blond or red hair, fair skin, green or blue eyes, history of freckling).
- Having scars or burns on the skin.
- Being exposed to arsenic.
- Having chronic skin inflammation or skin ulcers.
- Being treated with radiation.
- Taking immunosuppressive drugs (for example, after an organ transplant).
- Having actinic keratosis.

Here are some tips to protect your skin:

- Wear protective clothing such as hats, sunglasses, and a

shirt with your swim suit.

- Seek the shade between 10:00 am and 4:00 pm.
- Choose a broad spectrum sunscreen with a SPF of at least 15-30.
- Wear sunscreen when you go outside, even on cloudy days.
- Apply sunscreen 15-30 minutes prior to going outdoors.
- Reapply sunscreen every 2 hours, especially if swimming or sweating.
- Be sure to get all areas of the skin exposed to the sun.

Did you know that Jacksonville residents experience 221 sunny days per calendar year? Please take the steps listed above to protect you and your family. Now, lather up and dive into some summer fun!

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## Prepare For Emergencies With American Red Cross

From American Red Cross

American Red Cross is offering first aid, CPR and AED programs July 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.

The Military Officers Association of America (MOAA), is open to all Officers of the Uniformed Services. Prospective members may obtain an on line membership application by going to [www.mpmoaa.org](http://www.mpmoaa.org) and read about Chapter activities involving support of USO and of 16 local high school ROTC programs.

**ADMISSION IS FREE! • LOCATED AT SISTERS CREEK**

**Sisters Creek Schedule of Events:**

- Tuesday, July 22nd**  
Jr. Angler Captain's Meeting
- Wednesday, July 23rd**  
Junior Angler Tournament presented by Carolina Skiff
- Thursday, July 24th**  
General Tournament Captain's Meetings  
Junior Angler Awards Ceremony
- Friday, July 25th**  
General Tournament Fishing Day 1  
Live Music from the George Aspinall Band & Big Engine
- Saturday, July 26th**  
General Tournament Fishing Day 2  
Awards Ceremony  
Live Music from the Swingin' Medallions  
Fireworks Display
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- George Aspinall Band @ 7pm
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**Saturday, July 26th**

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- Fireworks display sponsored by the City of Jax @ 10pm

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# Navy News

## Deadlines Announced For 2008 Absentee Ballot

From Naval Supply Systems Command Public Affairs

The Navy Postal Director announced June 26 guidelines and upcoming deadlines for absentee ballot mailing. Following these guidelines and deadlines will ensure all Sailors at overseas locations and aboard deployed ships get their absentee ballots to their destinations on time.

"The ability to participate in our nation's electoral process requires advance planning and an awareness of key mailing dates and information resources," said Postal Director Alan

Hass.

Guidelines and recommendations include:

- Review the 2008-09 Voting Assistance Guide for state requirements at [www.fvap.gov/pubs/pubforms.html](http://www.fvap.gov/pubs/pubforms.html).

- Request an absentee ballot by submitting an SF 76A (Registration and Absentee Ballot Request-Federal Post Card Application (FPCA)) from Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF) locations by Aug. 7. From other locations, ballots should be requested by

Aug. 14. The on-line version of the application at [www.fvap.gov/pubs/fpca.html](http://www.fvap.gov/pubs/fpca.html) is an alternative to the cardstock Federal Post Card Application. It is important to provide a correct mailing address.

- Contact the command Voting Assistance Officer (VAO) for assistance in applying for an absentee ballot.

- If deployed in support of OEF/OIF and do not receive an absentee ballot by Sept. 30, obtain a Federal Write-in Absentee Ballot (FWAB) from the VAO. To meet the mailing

deadline from other overseas locations, Federal Write-in Ballots should be completed by Oct. 7.

- If deployed in support of OEF or OIF, mail a completed ballot by Oct. 7. From other overseas locations mail completed ballots by Oct. 14.

- If transferring after ordering a ballot, ensure the complete and correct forwarding address is on file at the new command to ensure the ballot arrives in a timely manner.

For additional information on the Voting Assistance Program,

e-mail [vote@navy.mil](mailto:vote@navy.mil) or telephone 901-874-6647/DSN 882-6647.

Additional information is also available at the Navy Personnel Command's Navy Voting Assistance Program Web site at [https://www.cni.navy.mil/cnic\\_hq\\_site/BaseSupport/CommandStaff/NavyVotingProgram/index.htm](https://www.cni.navy.mil/cnic_hq_site/BaseSupport/CommandStaff/NavyVotingProgram/index.htm).

The Navy Postal Director is employed by Naval Supply Systems Command (NAVSUP) Navy Family Support division. NAVSUP's provides U.S. naval forces with quality supplies and

services. With headquarters in Mechanicsburg, Penn., and employing a diverse, worldwide workforce of more than 25,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance.

In addition, NAVSUP is responsible for quality of life issues for naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

## Vietnam Vets To Participate In Mayport Ceremony

From Ander Crenshaw's Office

Congressman Ander Crenshaw announced he will again recognize the contributions of Vietnam War veterans living in the 4th Congressional District of Florida by presenting them with certificates of Special Congressional Recognition in honor of their service to our country. Last year's ceremony acknowledged 269 veterans. This year's recognition ceremony will be held on Nov. 7, 2008, at Naval Station Mayport, but to participate, all eligible veterans must register before Oct. 3, 2008.

Members of the armed forces who were awarded either the Vietnam Service Medal or the Vietnam Campaign Medal are eligible for this year's ceremony. The Vietnam Service Medal was awarded to those who served in Vietnam and its contiguous waters and airspace between 3 July 1965 and 28 March 1973. In addition, personnel serving in Thailand, Laos or Cambodia in direct support of operations in Vietnam during the same time period were also eligible for the medal. Armed Forces members who

qualified for the Armed Forces Expeditionary Medal by service in Vietnam between July 1, 1958 and July 3, 1965 will also be recognized.

The Vietnam Campaign Medal was awarded to those who served for six months in South Vietnam during the period March 1, 1961 to March 28, 1973 or served outside the geographical limits of South Vietnam and contributed direct combat support to the RVN armed forces for an aggregate of six months. Criteria for both medals are set

by the Department of Defense and recipients should have the medal listed on their DD-214s.

If you are a Vietnam veteran and were eligible to receive either the Vietnam Service Medal or the Vietnam Campaign Medal and live in the 4th Congressional District, please contact Congressman Crenshaw's office or go to his website to obtain an application.

"Vietnam veterans served our country with honor during one of our most tumultuous times as a nation," said Congressman Crenshaw. "They

answered the call of duty, but when they returned home many did not receive the recognition they properly deserved. These brave individuals helped fight for freedom and democracy at a time when their country needed them - this ceremony will help show our appreciation."

To determine eligibility for the certificate, veterans must complete an application and submit a copy of their service discharge document. Veterans must be a current resident of the 4th Congressional District of Florida to participate in this

program.

The deadline for submitting applications for this year's ceremony is Oct. 3, 2008. Applications can be obtained on Congressman Crenshaw's website, which can be found at <http://crenshaw.house.gov/>, or by contacting his local offices at 904.598-0481 or 386.365-3316 or for those in the 850 area code, 888.755-5607. Completed applications and documentation should be mailed to the following address: 1061 Riverside Avenue, Suite 100, Jacksonville, FL 32204.

## Sailors Should Keep Their Military Record Current

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

Secretary of the Navy Donald C. Winter visited Navy Personnel Command (NPC) June 26 for a first-hand look at the Navy's promotion and selection board process.

"I'm very impressed with the process, the facilities and the people who are engaged with all that. I think the process has been designed to afford maximum opportunities for Sailors to be able to be effectively and

properly selected -- to be able to give those with the best records the greatest opportunity for advancement," said Winter.

Eligible Sailors can improve their chances by ensuring their Official Military Personnel File (OMPF) is up to date and accurate. The OMPF is the record reviewed by the selection board.

Sailors going before a board should review their OMPF at least six months prior the start of a board. This allows Sailors to take corrective action and submit a package to the selec-

tion board containing any items missing from the OMPF that they would like the board to consider.

Communication of specific achievements, including awards and qualifications received after package submission deadlines, may be forwarded by commanding officers via message per BUPERSINST 1430.16F, chapter 12. All messages to the board must be received by the enlisted selection board's convening date.

"I think the most important

thing a Sailor can do before they go before the selection board is to make sure their records are complete and current. It is truly unfortunate when we see Sailors not being able to be selected because their folders and files are just not complete, and that is something that the individual Sailors have to take the responsibility to do," said the Secretary.

Certain updates to a Sailor's OMPF are initiated automatically by the Navy. For example, when a Sailor re-enlists, their

servicing personnel activity will send a copy of the Sailor's service record to NPC for submission to their OMPF. Whatever is submitted may be reviewed by a selection board.

Other submissions require action from the Sailor. For example, Sailors with college degrees must have their transcripts sent from their college to the Navy College Center in Pensacola, Fla., for inclusion in their record. If a Sailor with a degree does not do this, the selection board may not know

the Sailor has completed a degree.

Active-duty Sailors and drilling Reservists may request copies of their OMPF through BUPERS On Line (BOL).

NPC conducts selection and promotion boards year round. More than 100,000 records are reviewed annually during board proceedings. The largest is the active-duty chief petty officer selection board with more than 19,000 eligible candidates. The chief's board lasts approximately five weeks.

## Guidelines For New PT Uniform Out

From Chief of Naval Personnel Public Affairs

Sailors now have the regulation and manner of wear for the Navy's new Physical Training uniform (PTU) with the release of NAVADMIN 191/08, July 9.

"Commands should be ready to hold group PT in the official PTU on October first, but Sailors should know they can mix and match the shirt and shorts when exercising on their own or when on liberty," said Vice Adm. Mark Ferguson, Chief of Naval Personnel.

The PTU, now available in Navy Exchanges, is required for command and unit physical training, and the semi-annual physical fitness assessment (PFA) beginning October 1. The PTU may also be worn on and off base for fitness or leisure, unless determined otherwise by regional coordinators or commanding officers.

During command exercise in port, the PTU shirt must be tucked into the shorts; during individual PT, or on liberty,

shirts may be worn in or out of shorts. At sea, the wearing of the PTU will be at the discretion of the commanding officer.

The PTU cannot be worn while in a duty status or when conducting official business on base such as visiting medical treatment, galleys or Personnel Support Detachments.

Ferguson said the Uniform Matters Office has received many useful comments about the PTU design and quality, and that the shirt and shorts will be constantly improved over the next few years.

"We're listening to your feedback. We're already making improvements in the liner for the shorts, and we're working to make the shirt longer and less transparent when it gets wet," he said.

For more information visit <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/>.

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