

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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www.mayportmirror.com

THURSDAY, August 28, 2008

OFF THE DECK

MWR Set Holiday Hours

MWR Mayport will have holiday hours for Labor Day on Sept. 1. The following facilities will be open:
 Bogey's, 6 a.m.-7 p.m.
 Gym, 8 a.m.-6 p.m.
 Pelican Roost, 10 a.m.-4 p.m.
 Planet Mayport, 10 a.m.-11 p.m.
 Pool, 11 a.m.-6 p.m.
 Windy Harbor Golf, 7 a.m.-7 p.m.

The following facilities will be closed:
 Auto Skills
 Beachside Community Center
 Castaways
 Child Development Center
 Child Development Home
 Computer Cove
 CPO Club
 Fast Lanes Bowling Center
 ITT/Recreation Ticket Vehicle
 Ocean Breeze Conference Center
 Outdoor Adventures park reservations
 Recycling Center Complex
 Scrap Metal Yard facility
 Vehicle Scale House
 Surfside Fitness
 Youth Activities Center
 Vehicle Storage
 Vet

Mayport Responds To TS Fay



Tugboats assist the guided-missile frigate USS Underwood (FFG 36) as the ship departs Naval Station Mayport. Underwood and other ships stationed at Mayport will sortie in preparation for Tropical Storm Fay, which is forecasted to hit the northeastern part of Florida on Aug. 19.

-Photo by MC2 Regina Brown

From Staff

Naval Station Mayport sustained minimal damage and no injuries to personnel after being barraged by high force winds and record amounts of rain thanks to Tropical Storm Fay last week.

U.S. Navy ships homeported at NS Mayport, along aircraft, were sent out to sea on Aug. 19 to avoid Fay and returned on Aug. 23. Sortied ships were USS Simpson, USS Roosevelt, USS The Sullivans, USS Halyburton, USS John L. Hall, USS Underwood, USS Philippine Sea and USS Vicksburg.

The decision to sortie is based on concerns for the safety of Sailors and preservation of the ships and associated equipment. Navy vessels can remain safe at sea by maneuvering to avoid storms. Additionally, having ships underway ensures they are ready to respond to any national tasking if required.

On base, there were some power outages in Bennett West and Ribault off-base housing. There were also several small trees downed during the storm. By Saturday, Balfour Beatty, along with IAP Hill and KIRA were already performing clean up.

The most significant damage to the base was to Patrol Road near Gate 5, which sustained roadway washouts. Base administration expects to have that road repaired by Sept. 1.

Better Rotation With New Sea-Shore Flow

From Chief of Naval Personnel Public Affairs

NAVADMIN 234/08 Aug. 23 which explains that as part of new sea-shore flow (SSF) enlisted career paths, Sailors' sea tour lengths will now be determined by sea tours completed, such as first sea tour or first shore sea tour, instead of by pay grade.

Specific SSF timelines for individual ratings are listed by rating in the NAVADMIN.

"Sea-shore flow is not an automatic increase in sea duty. In fact, 90 percent of Sailors will see either no change or a decrease in their sea tour lengths," said Cmdr. Craig Schauppner, operations analysis section head for the Chief of Naval Personnel.

SSF provides the optimal balance between sea duty and shore duty, enhances stability and

improves predictability of the career paths for every Sailor in a sea-centric Navy.

The change to SSF was made to help ensure proper manning of all sea duty and front line operational billets. At the same time, it helps to provide a more desirable work-life balance throughout a Sailor's career by working to offset the often arduous nature of sea duty with predictable periods of meaningful work ashore.

For additional information about SSF, including a comparison of sea tour lengths under Sea Shore Flow enlisted career paths vice sea shore rotation tour lengths, visit www.npc.navy.mil/aboutus/bupers/totalforcediv/.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.



-Photo courtesy of USS John L. Hall

Cmdr. Derek Lavan speaks to the crew of USS John L. Hall during the change of command ceremony held aboard the ship on Aug. 22 in which he relieved Cmdr. Augustus Bennett as commanding officer.

Lavan Takes Command Of USS John L. Hall

By Ensign Samara Taylor

USS John L. Hall PAO

"I relieve you." "I stand relieved." These words are a part of the proud tradition known as change of command.

On Aug. 22, Cmdr. Augustus P. Bennett was relieved by Cmdr. Derek M. Lavan as Commanding Officer during a change of command ceremony on board USS John L. Hall. The ceremony was held at sea

due to SORTIE conditions.

Bennett received command of the USS John L. Hall on Jan. 12, 2007, and has successfully led the ship through several high profile inspections like ULTRAs and INSURV, various joint exercises, including Operation Nomad Fire in support of The President of the United States, as well as a highly visible Mediterranean and Black Sea deployment where he and the

crew hosted Foreign Presidents, Ambassadors, and the Secretary of the Navy.

Lavan is a NROTC graduate from Tufts University who comes to the USS John L. Hall from the staff of Commander, Naval Air Forces in San Diego where he served as the Deputy Force Nuclear Propulsion Officer.

Carney Warrior Returns Home



-Photo by IC2 Paul Fenn

Crew members from USS Carney showed up at the Jacksonville International Airport on Aug. 18 to welcome home shipmate Machinery Repairman 2nd Class Sean Philby who was deployed on IA duty. Pictured from left is Chief Select Gunner's Mate (SW) Clarence Lockhart, Damage Controlman 2nd Class (SW) Lawrence Madison, Command Master Chief Ross Cramer, Chief Hull Technician Chris Wooley, Philby and Chief Select Operations Specialist (SW) Marvin Barnes.

Get Free CFL Lightbulbs

From Staff

Working in conjunction with the Energy Star Operation Change Out - Military Challenge, Naval Station Mayport is offering free CFL lightbulbs through Self Help.

This challenge is a joint effort between the U.S. Department of Energy, Department of

Defense and encourages all service members to replace their incandescent light bulbs with the more cost-efficient/energy-saving CFLs. The goal is to change out at least one light bulb in each military residential unit. To find out more about the program, call Self Help at 270-5611.

CO Column

There is never a dull moment here at Naval Station Mayport, and last week was plenty proof of that. Tropical Storm Fay didn't knock on our door here on the First Coast, it pounded on it and left an estimated 110,000 homes and businesses without power in the region, and 12 deaths attributed to strong winds and driving rain. I can't over-emphasize how proud I am of everyone on the base for getting us ready for the storm, weathering through it, and then getting us back ready for work. I would like to give a special thanks to our Emergency Manager Steve Millican, for his constant weather tracking and reports, as well as his energy for logging in daily twelve hour shifts tracking the storm for nearly ten days. On August 19 and 20, we sent our ships and aircraft to safety, and despite some power outages in Bennet West and Ribault and several small trees downed, we thankfully had only superficial dam-



Capt. Aaron Bowman
age throughout the base. NOT ONE INJURY REPORTED. I know there was some grumbling when we directed the RV park to vacate, housing residents to secure everything around their homes, and everything on base that could move be tied down, but I think everyone will agree that had we not done that, we would be facing significant damages and have suffered some serious injuries. If you didn't notice remnants

of Fay on Monday morning, that's because Balfour Beatty had already been working since daybreak Saturday morning and IAP Hill and KIRA had their people working full speed as well. Our most significant damage on the station was to Patrol Road near gate #5 where we suffered a washout of half of the roadway. Work has already begun to repair the road and we are targeting it being ready again NLT next Monday.

I had a chance to venture off base and paid a visit to some incredible volunteers at our local hurricane shelter staffed by many Mayport volunteers. My hat is off to our own Janice Rand, Naval Station Mayport's Chief Counselor, her staff, and everyone who tirelessly served those who needed it the most. More than one hundred took shelter from the storm at Landmark Middle and many of those were homeless and had absolutely nowhere else to go. The special needs shelter was

fully operational and a host of our folks ranging from Oasis Galley Culinary Specialists to FRC Sailors rolled up their sleeves to lend a hand. Several base emergency medical technicians and student nurses from the University of North Florida were there as well. At the end of the day, everyone worked together as one team. It was truly inspirational.

Fay's rains and winds forced us to cancel several V.I.P visits to the station, ribbon cutting for our new barracks, and some of the annual Hue City events that were planned. There will be more to follow as we sit down and take a new look at the calendar now that Fay has moved on. Unfortunately as I write this, Tropical Storm Gustav has just been designated and may be heading this way so please stay alert.

On Sept. 17-18, Sesame Street will partner with our USO to bring the Muppets to our military families here on

base, and it will be a great show for everyone. The free traveling tour features a 25-minute live Muppet performance, giveaways from outreach organizations, and materials for the military family community and a group photo framed by the Muppets will be provided. The tour, produced by VEE Corporation, is part of Sesame Workshop's Talk, Listen, Connect initiative, the military outreach program that launched in 2006. This bi-lingual, multimedia initiative provides support and offers significant resources for military families with young children between the ages of 2 and 5 experiencing the effects of deployments, multiple deployments or when a parent returns home due to a combat related injury. The tour is exclusively for military families. For more information on The Sesame Street Experience for Military Families or Talk, Listen, Connect, visit www.sesamestreet.org/tlc.

Got bulbs? Military Challenge, Naval Station Mayport is offering free CFL light bulbs through Self Help. This challenge is a joint effort between the U.S. Department of Energy, Department of Defense and encourages all service members to replace their incandescent light bulbs with the more cost-efficient/energy-saving CFLs. The goal is to change out at least one light bulb in each military residential unit. To find out more about the program, call Self Help at 270-5611.

Once again many thanks to everyone for stepping up to the plate this past week, the teamwork involved in keeping this base 'the best base in the Navy' is extraordinary. Your hard work and dedication never goes unnoticed. Please continue to send me suggestions at the CO's suggestion box located at the galley or email me at aaron.bowman@navy.mil. Your concerns are my concerns.

Homefront in Focus

By Beth Wilson
Military Spouse Contributor

We interrupt this series on new spouse support for a news bulletin – Earthquakes, tornadoes, flooding, heat-waves and wild fires.

I experienced the recent earthquake in Los Angeles. It started as a low rumble then everything started to shake. This was my first earthquake and, may I say, there is something inherently WRONG with the earth moving beneath your feet!

I'm from the mid-Atlantic region of the country. I can sail through a winter blizzard, hurricanes and the occasional tornado – but an earthquake? Not so much. Thankfully for this earthquake-wimp, it was a minor tremor but I still want orders to the east coast...NOW! [giggle]

So, why am I talking about

it? Texas just experienced hurricane Dolly, Eduardo is bearing down. We are only at the beginning of hurricane season; over 100 fires are burning in California and the Midwest has experienced flooding and tornadoes over the past weeks. Even New Jersey and Chicago had tornadoes or tornado warning this week. Are you ready to face what may come your way?

I once served as ombudsman with an experienced Navy spouse, Teri Fisher. In her years as a Navy spouse Teri encountered it 'all'. She chuckled as she told me about the earthquake in California, Hurricane in Florida, wild fires and much more. Her advice, "It's not 'if' something will happen; it is 'WHEN!' So be informed and prepared."

So are you prepared? May I encourage you as part of your

'back to school' preparations that you also take the time to get ready for that possible emergency. I am not going to go into what specific preparations to make, rather let me refer you to the many resources to assist you in the development of your emergency kit and emergency plan; www.redcross.org and www.fema.gov/areyouready.

In the wake of Hurricane Rita and Katrina the Navy took seriously the need to develop a 'prepared fleet'. Operation Prepare is the result of the effort to develop a strategy and resource for Sailors and their families to be prepared for emergencies. Check out https://www.cfac.navy.mil/cnic_hq_site/OpPrepare/index.htm (couldn't we have a simple web address like operationprepare.org or operationprepare.mil). This site has information and

resources to help you develop an emergency kit and an emergency plan for both CONUS and OCONUS regions.

Another website, not well by Sailors and their Families is NFAAS or Navy Family Accountability and Assessment System (www.navyfamily.navy.mil). This site/system was developed with a twofold mission in mind; to provide a method for Navy leadership to know where their personnel and families are in the event of a disaster and to assist the Navy in responding to the needs of those sailors and family members during that disaster.

Please take time to visit this website; it is a very important step in your emergency preparations. Click on the 'update your information'. On this screen you will establish a password and complete a profile for you

and each member of your family or household, including the ability to identify special needs and EFM family members. It is recommended that you review and update the information at least twice each year.

In your preparations, please add the toll free number for the NFAAS Emergency Coordination Center to your cell phone (877-414-5358). In the event of a natural or national disaster call this number for assistance, support and to 'muster', insuring that your command knows your status.

If you have internet access during an emergency you can logon to provide your location and status. Again, this step is to assist command leadership in knowing your status and bringing you the right assistance.

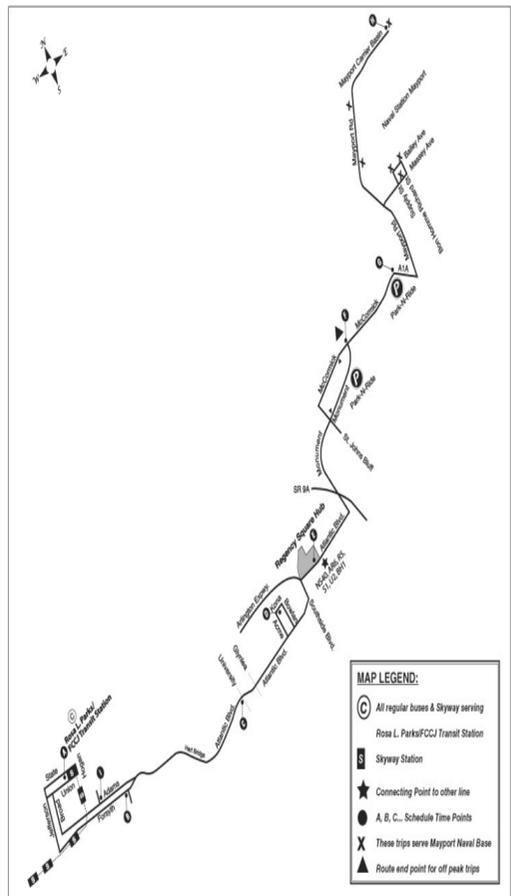
Take time to peruse this site as you will find information on

disaster/emergency preparedness, recovering from disaster, helpful links and much more information.

As my grandmother used to say, "An ounce of prevention is worth five pounds of cure," similarly, it is worth the effort to be prepared to face what life (and California) may through at you. Take the time this week, include the kids in the process, and develop your emergency kit and plan. You'll never regret being prepared!

Contact Beth with questions and comments at beth@homefrontinfocus.com. Tune into Navy Homefront Talk, the internet talk-show for Navy spouses at www.blogtalkradio.com/nht. Join the fun, laughter and discussions!

AR7 Atlantic/Monument



Mayport Bus Route Changes

From Staff

Jacksonville Transportation Authority (JTA) has announced that it is changing its transit service to Naval Station Mayport to better accommodate the earlier hours of base personnel. The time adjustment has also been made for NAS Jacksonville service.

According to JTA representative Endya Cummings, AR7 route will be available during the peak AM and PM.

The nearest park-n-ride is located on A1A and Wonderwood Drive. A map of the route can be found at www.jtafla.com/graphics/schedules/busschedules/arlington/newroutes/ar7_map.gif. The new schedule can be located at www.jtafla.com/graphics/schedules/busschedules/arlington/newroutes/ar7_inbound.gif and www.jtafla.com/graphics/schedules/busschedules/arlington/newroutes/ar7_outbound.gif

Register For Base Chapel Religious Ed. Programs

From Base Chapel

Naval Station Mayport Chapel has begun registration this month for its FY 08-09 Religious Education programs. Both the Protestant Sunday School and Catholic Religious Education will have their first classes on Sunday, Sept. 7.

Protestant Sunday School has classes for ages Pre-K through adult. Classes are held each Sunday at 9:15 a.m. Protest worship follows at 10:30 a.m.

Catholic religious education has classes for Pre-K through High School. There is also a Rite of Christian Initiation for Adults class for inquirers. All classes are held each Sunday at 10:30 a.m., following the 9 a.m. Mass.

You may register for either program by contacting the Director of Religious Education, Alline Zwarycz, either before or after Sunday worship services or by contacting the chapel during regular working hours Monday thru Friday at 270-5212.

PMOC (Protestant Men of the Chapel): Would like to invite you to come out to the Chapel on Saturday, Sept. 6 for a Christian Men's prayer breakfast at 9 a.m. The food is great and the fellowship even better. Call 270-5212 to reserve a spot.

PWOC (Protestant Women of the Chapel): Is having their Kick-off meeting and breakfast Saturday, Sept. 13 at 9:30 a.m.. Please consider joining us Saturday morning to share your faith with other Christian women. We look forward to seeing you there. Call 270-5212 to reserve a spot.

MOPS (Mothers of Pre-Schoolers): is having their first meeting Sept. 16 at 9:30 a.m. in the fellowship hall of the Chapel. All Military Mom's are invited to come out to meet other Moms and share the joys and struggles of being a Military Mom/Wife. Child care is provided for the meeting but you must call first to reserve your baby/child's spot. The Chapel's number is 270-5212.

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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.

THE MIRROR
NS MAYPORT, FLORIDA
Naval Station Mayport

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Cmdr. Mike Watson.....Executive Officer
CMDMCM Deborah Davidson.....Command Master Chief

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Classes start August 18 and October 6

CREDO Gets Teams Working Together



-Photos by Paige Gnam
USS John L. Hall spent the day learning teambuilding techniques during a CREDO teambuilding workshop. In this exercise, they have to find a way of getting a marble into a jar.

From Staff

Officers and chief petty officers of USS John L. Hall got a lesson in teamwork thanks to a team building workshop set up by Spiritual Center Southeast/CREDO.

The officers and chiefs spent the day working through puzzles, some with blindfolds, quizzes and a confidence course at Naval Station Mayport.

"We decided to participate during the return from our Sixth Fleet deployment. Associated with our deployment return, the ship experienced a large turnover in Khaki leadership," said Cmdr. Augustus Bennett, USS John L. Hall's commanding officer. "CREDO was actually recommended by the Operation

Ministries and seemed like an excellent idea to facilitate bonding of the Officers and Chief Petty Officers. While this was our first CREDO teambuilding experience, the leadership walked away with a renewed sense of what can be achieved through effective communications. The exercise would be beneficial in the future at both the departmental and divisional level."

Religious Program Specialist 2nd Class (FMF) Enrico Antonio of CREDO said the free class is offered to all commands. He helped develop many of the workshop's programs, bringing his teambuilding skills learned with the Marines. "This is for people to enhance

or develop their ability to work as a team," Antonio said. "Things like the confidence course are there to build camaraderie, team work. It gives them a chance to work together.

Antonio said that CREDO also tailors the programs to each command and their needs.

"We work a lot with (Naval Hospital Jacksonville), but what they need may not be the same as a ship," he added.

For more information about CREDO and their workshops, call 270-6958 or go online to <http://www.cnrc.navy.mil/cnrse/Programs/CommandandStaff/ReligiousMinistries/CREDO/index.htm>



Officers and Sailors from USS John L. Hall try to figure out how to get a tire on and off of a pole using very strict guidelines set by CREDO. The exercise is located at CREDO's confidence course, just off Patrol Road.



An officer aboard USS John L. Hall tries to figure out the color and shape of a puzzle while blindfolded with his team.



Crewmembers have to rely on each other to be able to move around on a log.



Ensign Samara Taylor gets a leg up from a shipmate during the spider web challenge.



Shipmates try a different technique to get through the spiderweb.



Religious Program Specialist 2nd Class (FMF) Enrico Antonio of CREDO watches as groups talk to each other about their impressions of the shapes they are holding. The goal was to find which color was missing.



Cmdr. Augustus Bennett, USS John L. Hall's commanding officer, leads his team across the room on long platforms. If the team didn't work together, they would fall or be stuck in one place.



An officer is lifted through one of the upper portion of the spiderweb.



An officer tries to locate a clear path during a minefield challenge. All but one square on each line was safe. The crewmembers had to work together not only to find the safe squares, but to lead the rest of their team through them.



Chief and Officers work around each other to get from smallest to tallest on a pole. It was quite a challenge for the shipmates, not only because of the small diameter of the pole. The pole was wet from a day of rain.

MWR Happenings

Aug. 28: Free Shoe Thursday. Free bowling shoes rental all day at Fast Lanes Bowling Center. 270-5377

Aug. 29: Low Dough Lunch. 10:30 a.m.-1 p.m. at Fast Lanes Grille. Lunch options for \$4 or less. 270-5377

Aug. 29: Summer Outdoor Movies. "Kung Fu Panda" (PG) 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

Sept. 1: Labor Day Holiday.
Sept. 2: 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

Sept. 3: 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

Sept. 4: Thursday Night Mixed Bowling League Begins. 7:15 p.m. warm-ups; 7:30 p.m. bowling begins at Fast Lanes Bowling Center.

USBC sanctioned cash league with handicap. 270-5377

Sept. 5: Dusk to Dawn Softball Tournament. Cost is \$225 per team. Tournament begins at 6 p.m. on Friday and ends at approximately dawn on Saturday. Sign up at the Gym. Pre-registration required. 270-5451

Sept. 12-14: 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

Sept. 13: Slamtember "X". Thunder Wrestling Federation presents a "Salute to the Troops" show benefiting the Greater Jacksonville USO. Bell time is 7:45 p.m. at the Base

Gym. Admission is free for active duty; all others pay \$2. Premier ringside seats are \$10. More than 10 great matches are scheduled with all TWF titles to be defended. Event includes a special appearance by the Jacksonville Rollergirls. 270-5228

Liberty Call

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

Aug. 21: Comedy Zone Trip. This free trip departs from Planet Mayport at 6:15 p.m. Transportation, appetizers and your first non-alcoholic drink are included. Pre-registration required.

Aug. 23: River Tubing Trip. Cost is \$10 and includes transportation, admission, equipment and lunch. Trip leaves Planet Mayport at 8:30 a.m.

Aug. 25: Texas Hold 'Em. Every Monday at 6 p.m. at

Castaway's Lounge. Free to enter with prizes for first and second places. Everyone welcome.

Aug. 28: NFL Fantasy Football Draft. Join the Liberty Program's fantasy football league. Call Planet Mayport for details.

Aug. 29-Sept. 1: Cost is only \$75. Trip includes transportation, three nights lodging, ticket to Tampa Bay Devil Rays game and admission to Busch Gardens (must use free military voucher). Open to E1-E5 Sailors. Pre-registration required.

Kid Zone

Aug. 22: Summer Outdoor Movies. "Speed Racer" (PG) 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

Aug. 23: Club Teen Night. 8-11 p.m. at Club Teen. Open to middle and high school ages only. 270-5680

Aug. 29: Freedom Friday.

7-11 p.m. at the Youth Activities Center. Open to grades K-5th. Cost is \$7 in advance or \$9 the day of. Early sign up recommended; space is limited. 270-5680

Sept. 2: Deadline for Fall Youth Baseball, Ages 7-18. Cost is \$55 for ages 7-12 and \$65 for ages 13-18. Register at the Youth Center. 270-5680 or 5018

Madden 2009 Comes To MWR Planet Mayport

By MC3 Sean M. Allen
Fleet Public Affairs Center Detachment Southeast

One of the most popular video game franchises of all time just released its newest edition, Madden 2009, and Planet Mayport has it.

Madden 09 was released on August 12 to rave reviews, and many new features including an all new "adaptive engine" that assesses a player's strengths and adapts to the player. Other new options for players include returning kicks off missed field goals, and user controlled celebrations following a touchdown.

Planet Mayport has the game for the Playstation 3 and the Xbox360 systems, and is the most requested game at the center.

"Roughly 50 to 60 percent of all individuals who come in to play video games, come to play Madden 09," said Jeff Backfich, the facility manager at planet Mayport.

With the popularity of the game, it is no surprise the center has a high demand for the game.

"Even two weeks prior to

the release of the game, we had people coming in asking if we had the game yet, and when we were going to have it," said Backfich.

Madden fans not only can challenge other players at Planet Mayport, but the facility also allows players to play on-line.

One of the improvements over the 2008 version of the game is the on-line play. For the first time players can join online leagues, conduct trades and play a season, including the playoffs and Super Bowl.

"I am TAD (temporary active duty) to Mayport right now, I go over to Planet Mayport during my lunch break and play Madden every day, either against another player there or online," said Yeoman second class Marlando Stiles, stationed at Naval Air station Jacksonville.

Planet Mayport is opened Monday through Friday 11 a.m. to 11 p.m. and Saturday and Sunday 10 a.m. to 11 p.m. For more information, call 270-7788.

Fast Lanes Bowling Center Thursday Night Mixed Bowling League begins Sept. 4, 2008 USBC Sanctioned Cash League w/handicap. Warm up begins at 7:15 bowling 7:30 For information, call 904-270-5377 or email Rita.Hammerstad@navy.mil

A "Dusk to Dawn" one-day softball tournament will be held on Sept. 5 from 6 p.m. until dawn. Cost is \$225 per team. For more information about any of these events, call 270-5451.

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 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



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Sesame St. Experience Comes To NS Mayport

From MWR

Sesame Workshop, the non-profit organization behind *Sesame Street*, and the USO (United Services Organization) have partnered to bring *The Sesame Street Experience for Military Families* to 43 military installations across the country, including Naval Station Mayport.

The free traveling tour will be at Naval Station Mayport at 5 p.m. and 7:30 p.m. on Sept. 17 and 9:30 a.m. on Sept. 18 at the Gym. The 60-minute experience will feature a live Muppet performance, giveaways, outreach materials and a group photo framed by the Muppets.

The tour, produced by VEE corporations, is part of Sesame Workshop's *Talk, Listen, Connect* initiative, the military outreach program that launched

in 2006. This bi-lingual, multimedia initiative provides support and offers significant resources for military families with young children between the ages of 2 and 5 experiencing the effects of deployments, multiple deployments or when a parent returns home due to combat related injury. The tour is exclusively for military families. For more information on *The Sesame Street Experience for Military Families* or *Talk, Listen, Connect*, visit www.sesamestreet.org/tlc.

"*The Sesame Street Experience for Military Families* brings the *Talk, Listen, Connect DVD* and materials to life, and it reaches out directly to the families who face the challenges of military life each day," said Gary E. Knell, President and CEO, Sesame

Workshop. "Our partnership with the USO further extends this initiative. We're visiting bases across the nation to help these families bond through emotionally difficult times, by providing an educational and entertaining show and outreach activities they can share."

"This is a terrific, groundbreaking new program for military families," said Edward A. Powell, President and CEO of USO world Headquarters. "Our partnership with Sesame Workshop on *Talk, Listen, Connect* has been a great success and the *Sesame Street Experience* is a creative new way to deliver even more morale-boosting services and programs to our troops and their families

Nickelodeon's, JaxParks Worldwide Day of Play

From the city of Jacksonville

JaxParks, American Heart Association, Police Athletic League, Jacksonville Children's Commission, First Coast YMCA, Jacksonville Jaguars and Comcast have partnered to celebrate Nickelodeon's Worldwide Day of Play on Saturday, Sept. 27 from noon until 3 p.m. at Clanzel Brown Park, 4575 Moncrief Rd. Nickelodeon will not run any programming for three hours and suggest that children instead spend time playing outdoors.

Nickelodeon's World Wide Day of Play at Clanzel Brown Park will feature FREE activities to help encourage a healthier generation. Challenges include relay races, pool activi-

ties, Snag golf, dunk a Jaguar, carnival games, Slime adventures and nutrition guidance for children and families. Children participating in each zone will receive great prizes.

The goal of Worldwide Day of Play is to stop the nationwide increase of inactivity and unhealthy nutrition as we showcase year round opportunities provided by PAL, JaxParks, First Coast YMCA, Jacksonville Jaguars and American Heart Association. Empowering children and their parents to make healthy lifestyle choices will build healthier lives and a stronger community.

Today about 25 million kids (ages 2-19) in the United States are unhealthy or at risk. That's

nearly one of every three. Some experts believe that if unhealthy habits among kids continue to increase, our current generation could become the FIRST in American history to live shorter lives than their parents. Support the First Coast effort to motivate children and create an adventure of physical activity and nutritional awareness.

Visit Jaxparks.com or call 630-CITY(2489) for complete event description.

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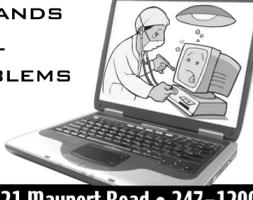
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The Military Officers Association of America (MOAA), is open to all Officers of the Uniformed Services. Prospective members may obtain an on line membership application by going to www.mpmoaa.org and read about Chapter activities involving support of USO and of 16 local high school ROTC programs. The next general meeting will be a brunch held Sunday in the Ocean Breeze Conference Center, June 22 at 1230.



The program will consist of an interactive discussion by Metro Crime Prevention of Florida, dedicated to promoting crime awareness in communities. Reservations may be made either on line, or by calling Mrs Ann Froehlich at 946-0944.

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-Photo by Bill Austin

Culinary Specialist 2nd Class (SW) Chris Orcutt as he poured the contents of an industrial-sized can of ravioli into a pan as fellow CS, Culinary Specialist 2nd Class Jermien Rivera makes individual fruit cups at Landmark Elementary School. The school was set up as a hurricane shelter during Tropical Storm Fay.

Base Volunteers Help During Fay's Wrath

By Bill Austin

NS Mayport PAO

Just a day after Naval Station Mayport sent their ships to sea to avoid damage from Tropical Storm Fay, some local residents headed for safety of a different kind at designated hurricane shelters manned by county workers, nurses, firemen and Navy volunteers.

"I felt lost out there," said Eddie, who didn't want to say his last name.

"Me and my [girlfriend] got into a fight and she took off and I ended up here," he said, from his cot inside the dry halls of Landmark Elementary.

Eddie, homeless for the past five years, had been hunkered under an overpass before getting a lift to safety at the school. He joined more than 100 who sought shelter from the storm that left an estimated 110,000 homes and businesses without power in the region, and 12 deaths attributed to the wrath of gusty winds and pounding rains.

Landmark is one of the area's special needs shelters, and many who fit that description were scattered about the halls lying in cots with oxygen tanks at their sides.

"We have several people here that have special needs that

range from needing oxygen to other various pulmonary and hypertension conditions," said Monica Green, of the Duval County Health Department. "Everyone here is doing a great job making everything happen," said Green.

Janice Rand, Naval Station Mayport's Chief Counselor, brought two mental health counselors with her at the shelter and a host of others ready to serve. "This shelter is fully operational," said Rand. "We have Navy culinary specialists, four AIMD volunteers, and several emergency medical technicians from the base standing by ready to help. This is a phenomenal team."

Kids laughed and played in one classroom at the school, seemingly oblivious to the weather conditions outside. Aside from the sounds of their giggling, the school seemed to be on quiet time, as many slept or read from paperback books. One long-haired bearded man in his late twenties sat propped up in his cot smiling to himself as he poured over his collection of Pokémon cards that filled his notebook.

Two of the Navy volunteers were in the back kitchen preparing lunch.

"We are representing the oasis galley at Mayport," said Culinary Specialist 2nd Class (SW) Chris Orcutt as he poured the contents of an industrial-sized can of ravioli into a pan. His fellow volunteer, Culinary Specialist 2nd Class Jermien Rivera, was busy making individual fruit cups to complement the main course.

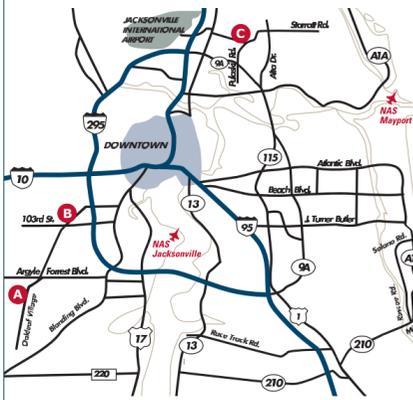
"This operation just didn't happen," said Naval Station Mayport Emergency Manager Steve Millican. "Careful coordination and planning is a key element to providing these kinds of services and those plans need to be established before disaster strikes," said Millican, who maintained twelve-hour shifts tracking the storm for the base for nearly ten days.

Outside the shelter, several people stood watching the rain and wind from under an awning and one of them was Eddie who had stepped out to smoke a cigarette. He summed up the volunteer efforts by saying, "there is something special happening inside there and those folks are helping people out that need it the most. Some of us ain't got nowhere else to go."



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-Photo by MC3 Sean Allen

Empty blood vials wait to be filled as individuals donate blood during the Armed Services Blood Program (ASBP) blood drive at Naval Station Mayport on Aug. 14. This blood drive is different than most because all donations go straight to service members in need.

TRICARE Enhances Dental Benefit For Pregnant Women

From TRICARE

In response to research indicating the increased risk of dental disease during pregnancy, TRICARE Management Activity recently approved an enhanced Maternity Dental Benefit through United Concordia, a dental contractor. The enhanced benefit, authorizes an additional cleaning at no cost for all pregnant TRICARE Dental Program (TDP) enrollees.

"We are very excited that we can offer this enhanced benefit for our expectant TDP enrollees," said Dr. Gary Martin, TRICARE Dental Care Branch Chief.

Prior to the approved enhancement, which became effective in June, the TDP coverage allowed for two cleaning procedures in a consecutive 12-month period. The modification

allows for a third cleaning for mothers-to-be in the 12-month period.

The American Dental Association (ADA) stresses that maintaining good oral health is an important part of overall health, especially during pregnancy. Research suggests there may be a correlation between maternal gum disease, and pre-term and low birth weight babies and that pregnant women with gum disease may be more likely to develop gestational diabetes.

"Any infection present in the mother can pose risks for her unborn baby," said Dr. Martin. "Therefore, it is extremely important to maintain good oral hygiene habits during pregnancy."

For more information about dental health during a pregnancy, visit <http://www.ada.org/>

public/topics/pregnancy_fa.asp, and for more about the TRICARE Dental Program visit <http://www.tricare.mil/mybenefit/home/Dental/DentalProgram>.

Naval Station Mayport Hosts ASBP Blood Drive

By MC3 Sean Allen
Fleet Public Affairs Detachment
Southeast

The Armed Services Blood Program (ASBP) and Naval Station Mayport held a blood drive Thursday August 14, to collect blood for service members currently serving in Iraq and Afghanistan.

The ASBP is a non-profit organization that travels to military installations to accept donations that go directly to service members serving in combat zones. The organization has over twenty donation centers throughout the United States, as well as Germany, Japan, and Guam, but also travels in an effort to increase donations.

"One of the real differences between us and other services that collect blood is that one hundred percent of what we collect go to service members, or service members families that have a need," said Erin Hawkins, a blood donor recruiter with the ASBP.

Assisting with the drive were members of the U.S. Army from the Kendrick Memorial Blood Center.

Sgt. First Class Stephen

Billman, the Non-Commissioned Officer in charge of Transfusion Services with the U.S. Army, who has been to field hospitals in Iraq talked about the importance of the drive.

"It shows the support that service members have back home while serving overseas, blood is something that is needed."

Many Sailors donated blood, including some who had never done so before.

"This is the first time I donated, but wanted to do my part to help the troops serving overseas," said Yeoman Seaman Olga Carrea.

Other individuals were donating for the first time due to their occupation in the Navy.

"I am a pilot, and have not had the opportunity to give blood while I was in flight status, but now that I am not it

is great to be able to donate," said LCDR Julie Antonacci, the Special Projects officer at Mayport.

Capt. Aaron Bowman, the Commanding Officer of Naval Station Mayport applauded those who gave.

"For them to take out part of their time to do this, to go through a little bit of pain for helping out our fellow service members over seas, it speaks volumes of their character."

The total number of people who donated was 120.

For more information about the ASBP, or how you can help or donate, visit their website at www.militaryblood.dod.mil.



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Sailors Lead Youth Drug-Free Program in Jacksonville

By MC2 Regina L. Brown
Fleet Public Affairs Detachment
Southeast

Children of military members assigned to Naval Air Station Jacksonville (NAS Jax) attended a Campaign Drug Free presentation at the air station's youth activities center last month.

"This is a great program, and we try to enlighten the children we're talking to about the dangers of using drugs," said Personnel Specialist 1st Class (AW) Kitt Tolliver. "Hopefully they'll be able to make the right decision and stay drug-free."

Campaign Drug Free is a drug education project sponsored by Commander, Navy Reserve Force. This free resource is available to schools, organizations and communities and is

targeted to elementary, middle and high school students. The project's goal is to enforce the importance of abstaining from drugs.

The campaign relies upon the volunteer efforts of Navy and Marine Corps personnel, who provide the presentations.

The presentation, which included role-playing and a question-and-answer session, was presented by several Sailors assigned to Navy Region Southeast Reserve Component Command.

The Campaign Drug Free team aims to reach at least one school a month during the school year and as many summer youth camps as possible.



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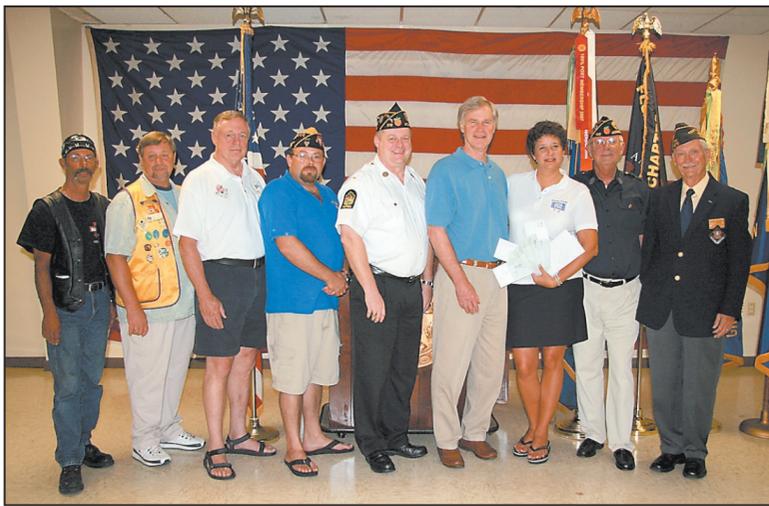
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-Photo by Paige Gnann

At a recent Legion Post 316 Beaches Veterans cookout, attended by Congressmen Ander Crenshaw, and the next American Legion National Commander Clarence Hill, checks for over \$5300.00 were presented to Ms KC Carthy, USO Area Director, for sponsorship of the Mayport USO No Dough Dinners, Drinks for Balad campaign, and for the USO Operating budget. Pictured from left, Tom Hunter, Legion Riders; Bob Krepp, USO Lions Pres; Rob Judas, MOAA Chapter Pres; Jim Weber, FRA 290 Pres; Clarence Hill, American Legion, National; Ms Mc Carthy, USO (with Checks); Cong. Crenshaw, who will personally sponsor an October NDD; Mark Dorsey, Legion Post 129 and Harvey Warnock, VFW Post 3270

Jacksonville, Mayport USO In Need Of Funding

By MC2 Regina L. Brown
Fleet Public Affairs Center Det., SE

Almost all service members have benefited in some way from the United Service Organization (USO). Whether it was relaxing with free snacks in the lounge of an airport or free tickets to a local event, the USOs services help out many. But who does the USO turn to when they're the ones in need of help?

The USO located right outside the gate of Naval Station Mayport is putting out a 'Call to Action' within the Jacksonville community, asking for increased support. With the current funding, the office will only be able to stay open until December, a very busy time for the USO.

Some groups have already stepped up to lend a hand in with fundraising. After finding

out that the USO needed more funding, USS Roosevelt (DDG 80) ombudsmen Venus Byrd and Kathleen Hoar contacted the Roosevelt's Family Readiness Group to discuss fundraising options. The Roosevelt FRG is now preparing to place 'penny jars' around Naval Station Mayport starting August 18th.

"The USO is a very important part of our lives," said Byrd. "We are hoping to get the word out and drum up some support for the USO."

As a non-profit organization, the USO provides many recreational and morale-boosting services to all American service members in country and overseas. Local fundraising events include two golf tournaments, held biannually and an upcoming event called "The Taste of Mayport," with planning still in

the works.

"As an independent affiliate, we rely on the generosity of the companies, foundations and individuals from Northeast Florida and Southeast Georgia for our funding," said K. C. McCarthy, Executive Director, Greater Jacksonville Area USO. "We are a United Way Agency, and receive funds from them as well as the City of Jacksonville."

Those who would like to donate to the USO can do so in the upcoming Combined Federal Campaign by selecting the Greater Jacksonville Area USO number, which is 97347. Donations are also accepted through the USO's website, <http://www.jaxuso.org>.

The USO is holding a fundraiser, "Cocktails for a Cause" on Aug. 29 from 4:30-7 p.m. at University Club in Mels Grille, 1301 Riverplace Blvd. Enjoy complimentary hors d'oeuvres and drink specials. Cash tips will benefit the USO. RSVP to 399-3011. This is a great opportunity to learn more about the USO.

The USO has received an appeal from the new USO Balad Center in Iraq (Anaconda) for individual powdered flavored drink packets for our fighting troops. These individual packets produced by Crystal Light, Kool Aid, Countrywide, and other manufacturers, are in great demand to flavor the troops drinking water in the 120 plus degree heat with their 60-pound plus packs. Individuals, or organizations are encouraged to drop off packets or fund donations at our local Mayport USO Center at 2560 Mayport road, or call Chuck Carroll 463-2884 for further information. The Mayport USO Center will package and send these donations via USPS to USO Balad.

Jacksonville Axemen Season tickets on sale at Mayport USO only! Season tickets available at your Mayport USO. Tickets are \$20 for the entire season, kids under 12 are free. Games will be played at UNF soccer/track field.

Mayport USO Center is now accepting resumes for a part-time staff position. Duties include, but are not limited to, answering phones, assisting visitors, administrative work, cash & credit sales, and participation in special events. Experience using Microsoft Office products is required. Occasional lifting, bending & carrying required. Send resumes to Wendy Layton-Pollack at wendy@usojax.com or Mayport center.

The new Priority Mail Large Flat Rate Box is now 50 percent larger (12 x 12 x 5 1/2) and for the first time in history, the U.S. Postal Service is offering a \$2 discount when sending the new larger box to an APO/FPO address, enabling customers to send more with one flat price of \$10.95. There are two versions

USO News

of the new box; one branded with 'America Supports You' (a Department of Defense-sponsored organization that supports overseas military forces) and includes an APO/FPO address block. Either version of the new Priority Mail Large Flat-Rate Box is eligible for the \$2 discount. The boxes can be ordered at <http://www.usps.com> free of charge.

Special USO ticket prices on sale for the PBR Built Ford Tough Series Professional Bullriding Sept. 19-20. Stop on by the USO to order your tickets - they will go fast. This is the last round before the finals in Las Vegas. Tickets are \$18.25 (USO) - Upper Arena Sections; \$31.50 (ITT NAS JAX and Mayport USO only) - Outside of the club (Sections 105-111 endzone sections); \$48.25 (USO) Outside of the club (Section 103-104 side sections).

All University of North Florida athletic events are free to active duty service members and their dependents. Just show your military ID card at the gate.

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

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

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

Landing.

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

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

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

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

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USS Klakring Prepares for Joint Warrior 082

By Ensign Peter Goodman
USS Klakring Public Affairs Officer
 USS Klakring recently sent ten members of her crew to the Joint Warrior 082 (JW 082) Warfare Commander's Conference (WCC). The conference, held at Naval Base Oceana Dam Neck Annex from 17 to 22 August gave Klakring's Sailors the unique opportunity to leverage knowledge on NATO operations from the staffs of Tactical Training Group Atlantic, UK

Joint Tactical Exercise Planning Staff, and Destroyer Squadron 24.
 The conference provided Klakring and other participants in attendance the opportunity to build professional relationships with fellow JW 082 deployers, and establish an enduring partnership with officers of the Royal Navy with whom they will be working during the exercise.
 Joint Warrior will provide

Klakring the rare opportunity to train as a warfare commander while conducting complex integrated air, surface, and undersea warfare exercises. In addition to receiving lectures ranging from Rules of Engagement to individual warfare area tactics, conference members participated in a synthetic wargaming environment to familiarize watch teams with the responsibilities and reporting requirements they will face at sea. Operations

Specialist 1st Class (SW) Jeremy Reynolds commented, "the WCC was highly valuable training for all participants," adding "all of the information put forth both by the US and UK participants was invaluable to Klakring and will ensure that we are ready."
 Immediately following the conference, Klakring participated in the CDS-24 sponsored JW 082 Group Sail which gave Klakring, USS Doyle (FFG 39),

USS Hawes (FFG 53), USS Samuel B. Roberts (FFG 58), USS Robert G. Bradley (FFG 49), and USS Mitscher (DDG 57) the opportunity for real world application of the lessons they had just learned at the Conference.
 "The 1000 ship Navy is built one Warfare Commander's Conference at a time," noted Klakring's Commanding Officer, Cmdr. Ian Pollitt. "Opportunities to practice Allied

TTP in a challenging synthetic environment are of incalculable value in smoothing the integration process. Tactical Training Group Atlantic provides a phenomenal crucible for interoperability training."
 Klakring returns to homeport on Aug. 27 to undergo ULTRA-E and AVCERT certification inspections, and will deploy next month in support of the Joint Warrior exercise off the coast of the United Kingdom.

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.

Thursday, Aug. 28

Breakfast

Sausage Links
 Corn Beef Hash
 Pancakes
 French Toast
 Hashbrowns

Lunch

Clam Chowder
 Baked Stuff Fish
 Steamship Round
 Mashed Potatoes
 Rice Pilaf
 Broccoli
 Corn On The Cob
 Natural Pan Gravy
Dinner
 Clam Chowder
 Beef Stroganoff
 Baked Fish
 Oven Browned Potatoes
 Rice Pilaf
 Corn
 Carrots

Friday, Aug. 29

Breakfast

Sausage Gravy

Turkey Sausage Links

Pancakes
 French Toast
 Tater Tots
 Biscuits

Lunch

Cream Of Broccoli
 Buffalo Chicken Chunks
 Assorted Pizza
 Waffle Fries
 Potato Chips
 Baked Beans
 Ham & Cheese Sandwich
 Asparagus
 Corn

Dinner

Cream Of Broccoli
 Meatloaf
 Baked Catfish
 Steamed Rice
 Mashed Potatoes
 Mixed Vegetables
 Beets
 Brown Gravy

Saturday, Aug. 30

Breakfast

Bacon
 Corn Beef Hash
 Pancakes
 French Toast
 Hashbrowns

Lunch

Beef Noodle Soup
 Chicken Cordon Bleu
 French Fries
 Peas & Carrots
 Pancakes
 Hashbrowns
 Bacon

Dinner

Beef Noodle Soup
 Honey Ginger Chicken
 Salisbury Steak
 Steamed Rice
 Franconia Potatoes
 Green Beans

Carrots

Brown Gravy
Sunday, Aug. 31

Breakfast

Turkey Sausage Patties
 Ham Slices
 Pancakes
 French Toast
 Tater Tots

Lunch

French Onion Soup
 Corn Dogs
 Onion Rings
 Mixed Vegetables
 French Toast
 Tater Tots
 Ham Slices

Dinner

French Onion Soup
 Mumbo Pork
 Baked Fish
 Brown Rice
 Boiled Pasta
 Brown Gravy
 Cauliflower
 Peas

Monday, Sept. 1

Breakfast

Sausage Patties
 Minced Beef
 Pancakes
 French Toast
 Hashbrowns

Lunch

Shrimp Gumbo
 Fried Chicken
 Bq Ribs
 Macaroni & Cheese
 Sweet Potatoes
 Collard Greens
 Blackeye Peas

Dinner

Grilled Cheeseburgers
 Baked Beans
 French Fries
Dinner
 Shrimp Gumbo

Pot Roast

Herbed Baked Chicken
 Steamed Rice
 Mashed Potatoes
 Wax Beans
 Squash

Tuesday, Sept. 2

Breakfast

Sausage Links
 Creamed Beef
 Pancakes
 French Toast
 Tater Tots

Lunch

Chicken & Rice Soup
 Chicken Enchiladas
 Tacos
 Spanish Rice
 Refried Beans
 Black Beans
 Mexican Corn
 Broccoli

Dinner

Chili Dogs
 Baked Beans
 French Fried Onion Rings
Dinner
 Chicken & Rice Soup
 Breaded Catfish
 Grilled Pork Chops
 Rice Pilaf
 Boiled Pasta
 Peas & Carrots

Beets

Wednesday, Sept. 3

Breakfast

Turkey Sausage Links
 Corn Beef Hash
 Pancakes
 French Toast
 Hashbrowns

Lunch

Beef & Rice Soup
 Spaghetti with Meatballs
 Polish Sausage
 Boiled Pasta
 Italian Roasted Potatoes
 Marinara sauce
 Mixed vegetables
 Cauliflower
 Grilled chicken sandwich
 French fries
 Baked beans

Dinner

Beef & Rice Soup
 Beef Fritters
 Knockwurst
 Mashed Potatoes
 Boiled Pasta
 Lima Beans
 Corn Combo

Brown Gravy

Thursday, Sept. 4

Breakfast

Sausage Gravy
 Bacon
 Pancakes
 French Toast
 Tater Tots

Lunch

Clam Chowder
 Crab Legs
 Steamship Round
 Potato Halves
 Rice Pilaf
 Broccoli

Dinner

Corn On The Cob
 Natural Pan Gravy
Dinner
 Clam Chowder
 Beef & Broccoli
 Baked Fish
 Lyonnaise Potatoes
 Rice Pilaf
 Cauliflower
 Green Beans

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Calendar

On Base

Thursday, Aug. 28
The Navy Officers' Spouses' Association will be kicking off the 2008-2009 year with a Welcome Night and Membership drive at 7 p.m. at the home of Debbie Bowman, 2186 Oakhill Dr., Mayport NavyBase. Please come to meet new friends and enjoy homemade desserts. Contact Deanna Garrity, Membership chairman, at 219-1881 if you have any questions.

Wed. Sept 10
The USS Robert G. Bradley Family Readiness Group will host their monthly meeting at the USO on Mayport Road at 7 p.m. Please email rgbfgg-49pres@yahoo.com if you need childcare. We just ask for a small donation to our sitter.

Thursday, Sept. 18
USS Philippine Sea family readiness group will meet and hold a potluck on the third Thursday of the month at 6:30 p.m. at the Mayport USO.

Saturday, Aug. 30
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. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Wednesday, Sept. 3
The Atlantic Beach Women's Connection will meet from 9:30-11 a.m. at Selva Marina Country Club, 1600 Selva Marina Drive. Jill McGahan from St. Simons, GA shares how she went from "most dependable" to "least dependable" and back again.

Going Full Circle the Hard Out in Town

Way." The program will be a fabulous fashion show featuring clothing, accessories and the latest looks from Coldwater Creek. All area women are welcome and encouraged to attend. Cost is \$12 inclusive and complementary child care with reservation. For more information, call Kate @ 534-6784 or atlantic-beachwc@yahoo.com.

Thursday, Sept. 4
The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, Fla. All members and prospective members are invited to attend. The Fleet Reserve Association is a world wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services, no matter how long, stop by the Branch Home, 390 Mayport Road, Atlantic Beach, FL or call 246-6855. New members are always welcome.

Friday, Sept. 5
The Fleet Reserve Association, Branch 290, is hosting a Seafood Dinner from 5- 8 p.m. at the Branch Home, 390 Mayport Rd. The menu will include Seafood Chowder, Fried Fish, Fried Shrimp or Crab Cakes. Also included are French Fries, Corn Nuggets and Cole Slaw. A donation of \$10 is requested for each dinner. Carry out orders are accepted. As always, the public is invited to attend. Happy Hour precedes the dinner from 4-6 p.m.; all drinks are 50¢ off. Starting at 9 p.m., join us for a Sing-Along, led by Bill.

Sunday, Sept. 7
In celebration of the Jacksonville Jaguars' first road game of the season, the Ladies Auxiliary of the Fleet Reserve Association, Branch 290, will host a Meatball Sub luncheon from noon- 5 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, Florida. A donation of \$4 is requested for

each sub. The Bar will be open for all beverages. The Jaguars game will be on the Big Screen TV for all to enjoy. Snacks will be served during the game. Please come and join us on this special day.

Monday, Sept. 8
Beaches Photography Club- The club's next meeting will be held from 6-8 p.m. in the Beaches Library, 600 3rd Street, Neptune Beach. This month's speaker is Gary Denmam who was trained as a Navy photographer. He has become a well know Jacksonville photographer and will guide us through achieving "Excellence in Portrait Photography." Everyone is welcome no matter what your camera type or level of experience. For more information go to www.beachesphotographyclub.com.

Thursday, Sept. 11
The Duval County Extension will hold a Rain Barrel Workshop from 2-4 p.m. at Neptune Beach City Hall, 116 First St. Cost: \$55 per person - Pre-registration with payment required by Monday, Sept. 8. Please make check payable to: DCOHAC and mail to Rain Barrel Workshop, 1010 N. McDuff Ave. Jacksonville,

FL 32254. This is a "make and take" workshop sponsored by the Duval County Extension and City of Neptune Beach Ish Brandt Beautification Committee. Each participant will make their own rain barrel and be given instructions on how to hook it up and the best ways to use the rain water. For more information, please call Becky at 387-8850. Class is limited.

Friday, Sept. 12
Christ United Methodist Church Neptune Beach will be hosting their annual Fall Rummage Sale at the Church from 9 a.m.-3 p.m. at 400 Penman Road. Come join us to search for your special treasures! For information, please contact the church office at 249-5370.

Saturday, Sept. 13
Christ United Methodist Church Neptune Beach will be hosting their annual Fall Rummage Sale at the Church from 9 a.m.-3 p.m. at 400 Penman Road. Come join us to search for your special treasures! For information, please contact the church office at 249-5370.

Friday, Sept. 19
The Fleet Reserve Association

Branch 290 is hosting a Country-Fried Steak Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

Saturday, Sept. 27
JaxParks, The American Heart Association, Police Athletic League, Jacksonville Children's Commission, First Coast YMCA, Jacksonville Jaguars and Comcast have partnered to celebrate Nickelodeon's Worldwide Day of Play at Clanzel T. Brown Park, 4575 Moncrief Rd. Nickelodeon will stop programming for three hours and suggest children go outside and play on, 2008. As community leaders, we encourage physical activity and better nutrition to ensure a healthier generation. Free activities, nutritional guidance, snacks, special guests and sporting challenges will give the children of the First Coast a unique opportunity. A Jaguar, Win a Pool Relay, Get Slimed! Complete

challenges in each zone and win great prizes. Parent zone does include air condition.

Visit Jaxparks.com or call 630-CITY(2489) for complete event description.

Saturday, Oct. 18
You won't want to miss this annual Beaches tradition at the Fall Festival and Craft Show from 9 a.m.-4 p.m. at Christ United Methodist Church Neptune Beach, 400 Penman Road. Join the fun in front of the Pumpkin Patch from 9:00-4:00. Handmade items, candles, crocheted items, handcrafted jewelry, art, Christmas gifts and other special items are waiting for you to come by and see. Children's games, yummy baked goods, food and, of course, pumpkins, will be available. Start your Christmas shopping early! For information, please contact the Church office at 249-5370. All local crafters are invited to join us. Those who are interested in participating in this Beaches tradition should contact the Church Office at 249-5370 to reserve your booth today.

match the government \$7,500 tax credit??? (15-year loan available only to 1st time homebuyers?) WE DO MORE!

we give SAVINGS up to \$84,000

plus we pay up to \$6,000 in closing costs*



LOCATION	ADDRESS	CITY	LOCATION	ADDRESS	CITY
Sandy Creek					
SANDY CREEK • 904-810-5912 • great St. Johns County schools					
lot 89	3 bed/2 ba	was \$270,990	save \$54,000		NOW \$216,990
lot 90	3 bed/2 ba	was \$270,990	save \$54,000		NOW \$216,990
lot 92	4 bed/2 ba	was \$268,990	save \$59,000		NOW \$209,990
lot 112	4 bed/2 ba	was \$267,990	save \$54,000		NOW \$213,990
lot 114	4 bed/2 ba	was \$264,990	save \$45,000		NOW \$219,990
ISLE DE MAI					
ISLE DE MAI • 904-491-4270 • beautiful location on Amelia Island					
lot 10	3 bed/2 ba	was \$329,990	save \$39,000		NOW \$290,990
lot 31	3 bed/2 ba	was \$388,990	save \$73,000		NOW \$315,990
lot 82	3 bed/2 ba	was \$393,990	save \$74,000		NOW \$319,990
lot 156	4 bed/2 ba	was \$409,990	save \$84,000		NOW \$325,990
CRESTWICK SOUTH					
CRESTWICK SOUTH • 904-696-3483 • great value for your money					
lot 18	4 bed/2 ba	was \$280,990	save \$66,000		NOW \$214,990
lot 38	3 bed/2 ba	was \$261,990	save \$46,000		NOW \$215,990
GEORGETOWN					
GEORGETOWN • 904-998-3628 • located at St. Johns Town Center					
Unit 7E	3 bed/2+ ba	was \$289,990	save \$50,000		NOW \$239,990
Unit 8E	3 bed/2+ ba	was \$289,990	save \$50,000		NOW \$239,990
Unit 9D	4 bed/2+ ba	was \$286,990	save \$47,000		NOW \$239,990
SOLD Unit 3ER	3 bed/2+ ba	was \$289,990	save \$40,000		NOW \$249,990

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SEDA Construction Company
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CGC200880. Price & availability subject to change without notice. SEDA will pay up to \$6,000 toward total closing costs with SEDA approved lender. Contract must be written by 9-6-08. ** Contract Pending-accepting back-up contracts

Beaches Vets Support No Dough

From FRA
The Fleet Reserve Association Branch 290 is an active member of the Beaches Veterans Organization in supporting the USO "No Dough Dinners."

The next Beaches Veterans Organization event will be a family cookout on Sept. 21 from 1-5 p.m. This event is open to the public and will take place at the Fleet Reserve Association Branch 290 home, located at 390 Mayport Road, Atlantic Beach. Low-Country Boil will be the menu for a donation of only \$8. Take out orders are always welcomed. All proceeds raised at these events will benefit the "USO No Dough Dinners."

The FRA is a Congressionally-chartered organization representing the Sea Service community before the U.S. Congress and is comprised of current and

former members of the U.S. Navy, Marine Corps, and Coast Guard. Anyone can become as associate member with these interests.

Membership in the FRA may be obtained by calling 249-1389 or by visiting the Branch home. Branch meeting are held the first Thursday of each month. Full lunches are served Monday thru Friday, and Breakfast is served each Sunday morning. These events are always open to the public.

Subsequent BVO cookouts will be hosted by the other members every month. American Legion Post 129 will host in October, VFW Post 3270 in November and American Legion Post 316 in December.

For more information on these events or the Beaches Veterans Organization, please call Robin Amig at (904) 246-6855.

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wish.org
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THE NS MAYPORT, FLORIDA

Mirror

LOCATION	ADDRESS	CITY	LOCATION	ADDRESS	CITY
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC	JAX BCH	JAX BCH	KANGAROO/SMOKERS EXPRESS	10910 ATLANTIC BLVD.	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	220 A1A N	PVB	LIL CHAMP	1031 BEACH BLVD.	JAX BCH
GATE	619 A1A N	PVB	LIL CHAMP	1403 N 3rd ST	JAX BCH
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	10910 ATLANTIC BLVD.	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	1202 US-17	YUL
GATE	463779 SR 200/A1A	YUL	LIL CHAMP	8838 ATLANTIC BLVD	JAX
GATE	3230 EMERSON ST	JAX	LIL CHAMP	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1209 MONUMENT RD./LEE	JAX
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	301 ATLANTIC BLVD.	ATL BCH
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	2810 SR A1A N	ATL BCH
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	14376 BEACH BLVD./SAN PABLO	JAX BCH
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	300 BEACH BLVD./3rd ST.	JAX BCH
GATE	10946 FT CAROLINE RD	JAX	REBALT BAY COMMUNITY CENTER	1601 PENMAN RD.	JAX BCH
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	1601 PENMAN RD.	JAX BCH
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	A1A HWY	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1301 ATLANTIC BLVD.	JAX
GATE	2520 S 3rd ST	JAXBCH	SPRINT	1202 US-17	YUL
GATE	319 S 3rd ST	JAX BCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	2810 SR A1A N	ATL BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	11820 SAN JOSE BLVD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX

Updated: FEBRUARY 1, 2007

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

USS Gettysburg Welcomes Extra Crewmembers

By Lt.j.g. Dennis Panos
USS Gettysburg PAO
 USS Gettysburg got underway from Naval Station Mayport with a few extra "crewmembers" on Aug. 18.

These guest crewmembers were actually naval personnel from other commands who rode on board Gettysburg to fulfill their requirements and expand their professional resume. Gettysburg welcomed aboard two naval lawyers from the JAG corps and two Engineering Duty Officer from the Naval

Reserve to experience an underway environment on a surface combatant, and gain insight into the team needed to maximize the inherent capabilities found on a fleet cruiser.

The two Naval Engineering Duty Officers were Lt. Mike Fritz and Lt.j.g. Tonete Morgan, USNR. Both officers came on board Gettysburg with prior military experience, but no operational experience as naval officers.

Fritz was a prior Marine and had ridden aboard a naval war-

ship in a different capacity the last time he went underway, and Morgan previously served in the Air Force. As Engineering Duty Officers they were on board to get a feel for how the components they help develop as professional C4I engineers fit into larger systems on Gettysburg.

Gettysburg also invited aboard two Navy Lawyers, Lt.j.g. Cara Addison and Lauren Faust, to experience their first underway period since joining the Navy.

This underway experience

is a rare opportunity for young naval lawyer's to gain first-hand experience regarding the environment where the majority of their clients work. Both officers were excited about their visit.

"It's a great experience to come aboard a ship for a week to experience a bit of the life my clients live so I can more fully understand their unique situations" said Faust, "Additionally, I've always been excited by the Navy and this opportunity to be on Gettysburg is very rewarding."

Gettysburg's crew benefited from having the unique perspectives and talents of her guests. The Navy lawyers held office hours on board Gettysburg during the underway to help crew members create power of attorney's and wills as well as discuss other legal matters.

While underway the riders were treated to many exciting events as the ship shot both of the 5-inch guns and small arms on their first full day underway. Additionally, throughout the week they were able to

steer the ship from the bridge and see a variety of engineering and combat systems drills as Gettysburg prepared for her upcoming ULTRA-C and ULTRA-E certification events. Lastly, the riders were about to experience a night of rough seas as Gettysburg evaded Tropical Storm Fay.

After returning the guests to Mayport, Gettysburg continued up to Yorktown, Virginia to load ordnance for her early 2009 deployment.

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.

Aug. 28, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

Aug. 28, 9 a.m.-noon, New Parent Support Playgroup, USO

Aug. 29, 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.

Sept. 2, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 2, 9-11a.m., Parenting Class, USO

Sept. 3, 9-12p.m., TottleTyme Playgroup, USO

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

Sept. 4, 9-11a.m., Sponsor Training, FFSC

Sept. 4, 9-12p.m., New Parent Support Playgroup, USO

Sept. 5, 9-11a.m., Car Buying Tips, FFSC

Sept. 8, 8:30-3:30p.m., FERP - Career Preparation, FFSC

Sept. 8-11, 8-4p.m., TAP Retiree Workshop, Bldg. 1 Room 104

Sept. 8, 1-4p.m., Expectant Dad's Class, USO

Sept. 9, 1:30-3:30, FERP - Troops & Spouses to Teachers, FFSC

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

Sept. 9, 9-11a.m., Parenting Class, USO

Sept. 10, 12-4p.m., Leadership Life Skills for E4 & Below, Base Chapel

Sept. 10, 9-12p.m., TottleTyme Playgroup, USO

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

Sept. 11, 9-12p.m., New Parent Support Playgroup, USO

Sept. 12, 9-11a.m., Considerations For Home Buying, FFSC

Sept. 15-19, 7:30-4p.m., Command Financial Specialist Training, Base Chapel

Sept. 15, 8:30-9:30a.m., Career Advancement Account Workshop, FFSC

Sept. 15, 11-3p.m., Conversational English for Military Spouses, FFSC

Sept. 16, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 16, 8:30-4:00p.m., Leadership Life Skills for E5 & E6, Base Chapel

Sept. 16, 9-11a.m., Parenting Class, USO

Sept. 17, 9-2p.m., Tri-Base Job Fair, Morocco Shrine

Sept. 17, 8-11:30a.m., Stress Management, Wellness Center

Sept. 17, 9-12p.m., TottleTyme Playgroup, USO

Sept. 18, 9-12p.m., New Parent Support Playgroup, USO

Sept. 18, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 22, 8:30-4p.m., TAP Retiree Workshop, Bldg. 1 Room 104

Sept. 22, 8:30-2:30p.m., Military Spouse 101, FFSC

Sept. 22-25, 8 a.m.-4p.m., TAP Separatee Workshop, Bldg. 1 Room 104

Sept. 23, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 23, 1-4 p.m., Leadership Life Skills for E7 & Above, Bldg. 460 Room C

Sept. 23, 9-11a.m., Parenting Class, USO

Sept. 24, 9-12p.m., TottleTyme Playgroup, USO

Sept. 24, 6-7:00p.m., Individual Augmentee (IA) Family Discussion Group, USO

Sept. 25, 9-12p.m., New Parent Support Playgroup, USO

Sept. 25, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 26, 9-11a.m., Establishing a Sound Budget, FFSC

Sept. 29- Oct. 2, 7:30-4:00p.m., Executive TAP Workshop, FFSC

Sept. 30, 9-11a.m., Resume Walk-In Review Assistance, FFSC

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Sept. 25, 9-12p.m., New Parent Support Playgroup, USO

Sept. 25, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 26, 9-11a.m., Establishing a Sound Budget, FFSC

Sept. 29- Oct. 2, 7:30-4:00p.m., Executive TAP Workshop, FFSC

Sept. 30, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 30, 9-11a.m., Parenting Class, USO

Oct. 7, 9-11a.m., Parenting Class, USO

Oct. 14, 9-11a.m., Parenting Class, USO

Oct. 21, 9-11a.m., Parenting Class, USO

Sept. 24, 6-7:00p.m., Individual Augmentee (IA) Family Discussion Group, USO

Sept. 25, 9-12p.m., New Parent Support Playgroup, USO

Sept.

Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Hopkins at 237-5808 or 270-5373 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

2008 Puerto Rican Parade
Volunteers are needed for participation and planning of the 2008 Jacksonville's Puerto Rican Parade planned for Sept. 13 at the Jacksonville Landing. The event is sponsored by the Council of Spanish Speaking Organizations. For more information, contact Nila Alejandro at 291-3101 or elconciliojax@yahoo.com.

Jacksonville Zoo
The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are

held at the Pepsi Foundation Education Campus. All interested personnel please call CS1 Hopkins or call 270-5373 for more information.

YMCA of Jacksonville
YMCA of Jacksonville is looking for volunteers for their outreach programs geared towards males. For more information, contact Terra Herzberger at 265-1820.

Children's Home Society of Florida
Children's Home Society of Florida is getting ready to permanently place seven or eight children in loving homes within the next couple weeks. Seeking children's furniture. Contact Nick Geinosky at 904-493-7738.

Homeless Pet Shelter
Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact dfields@bellsouth.net.

St Augustine Amphitheatre Seeks Volunteers
St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring
Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers

and Sisters! If you are interested in this opportunity, please visit our website for more information: www.usojax.com

Navy-Marine Corp Relief Society Needs You

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

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and

need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

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

NS Mayport Retired Activities Office

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

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomelesscenter.org/volunteers.html

Dignity U Wear

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

on volunteering.

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

How To Properly Get Out Of Your Lease

By Lt.j.g. Ryan R. Charles
RLSO

Federal law allows servicemembers to terminate a lease before the end of the lease term. While reasons for early termination under this law vary, the common problem is that few people understand the law and the proper method of terminating the lease. Here are some tips on how to appropriately exercise your right to end your lease early.

Section 535 of the Servicemembers' Civil Relief Act (SCRA) covers termination of residential leases. This section allows servicemembers to terminate a lease in three circumstances: 1) the lease is signed by or on behalf of a person who then enters military service; 2) the lease is signed during military service and the servicemember then receives permanent change of station ("PCS") orders; or 3) the lease is signed during military service and the servicemember is then deployed for a period not less than 90 days. The protections apply whether the premises are occupied by the servicemember or by dependents. If your situation does not fit into these facts, the SCRA will not provide relief.

First, you must follow the SCRA's procedures for terminating your lease or else you will likely remain legally bound to the terms of the lease, even if you vacate the premises. You must provide the landlord with written notice of the termination, along with a copy of your orders. Oral notification will not suffice! Mail the notification return receipt requested, for proof of your compliance with the Act. If your lease provides for monthly payment of rent, the termination takes effect 30 days after the first day on which the next rental payment is due after the date you give your written notice.

For example, Seaman Smith signed a lease for which he pays rent on the first of each month. If Seaman Smith provides valid notice of early termination on May 15, he is not only liable for the remainder of May's rent, but also for all of June's rent. The effective date of his termination would be 1 July: 30 days after the first day the next payment is due (1

June) after his written notice (15 May). Should your lease provide for other than monthly payment of rent, the termination takes effect on the last day of the month following the month in which the notice is delivered. The key is to provide valid notification early. Also check with your local legal assistance office about state law, which may provide the servicemember with more favorable terms than the SCRA. In Georgia and Florida, for example, termination is effective 30 days after the date notice is delivered.

A second point involves "military clauses." A military clause is the paragraph of a lease that outlines a servicemember's obligations in the event of deployment or PCS orders. Often, a military clause simply tracks Section 535's language. Sometimes, however, a landlord will draft a military clause that attempts to change or limit the protections of the SCRA. Unless your lease contains language explicitly waiving the protections of the SCRA, you can still terminate your lease under Section 535. Please have any lease reviewed by a legal assistance attorney before you sign. Generally, any servicemember should avoid signing any contract that waives his or her protections under the SCRA. Any servicemember intending to sign such a contract should get the advice of a competent attorney before signing a contract with a waiver of SCRA rights attached.

Should your lease not have a military clause, or have one that varies from Section 535, you are not out of luck. Congress included Section 535 to prevent servicemembers from having to negotiate a military clause every time they signed a lease agreement, and to give them automatic protection in the case of a subsequent deployment or PCS move. If your landlord is uncooperative on this point, see a legal assistance attorney. We can assist you with drafting a letter to your landlord highlighting the statutory authority for terminating the lease and informing your landlord of the consequences of failing to comply—a possible federal misdemeanor charge.

As a preventive measure, it is a good idea to include in

your next lease a provision that outlines and exactly tracts your statutory rights under Section 535. There would be less confusion should you need to terminate early, and it would add a contractual level of protection to your claim.

You may have heard of a "reverse" military clause. A reverse military clause is a provision allowing a servicemember landlord to terminate the lease should he or she receive PCS orders within a certain radius of the leased residential property. Effectively, this allows servicemember landlords to kick out the current renters so that they can return to or use the property themselves. Reverse military clauses are not included in the protections of the SCRA. Therefore, unless your lease specifically contains such a provision, a reverse military clause is neither enforceable by or against you.

Keep in mind that even if you are able to use the SCRA to terminate your lease, you remain responsible for any unpaid rent amounts or utility bills. You also remain responsible for any damage to the property, although your landlord cannot keep your security deposit just because you terminated your lease under Section 535.

Also remember that a lease is nothing more than an enforceable contract. Basically, this means that if you sign the lease, you are accepting its terms and are bound by them, unless some other protection applies. Like every contract, always read the terms before you sign it.

As a final thought, Section 535 also applies to leases for professional, business and agricultural purposes, as well as to certain automobile leases. If you believe that the SCRA might apply to your lease, visit a legal assistance attorney. Our offices can be reached as follows: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959.

This article is not intended to substitute for the personal advice of a licensed attorney.

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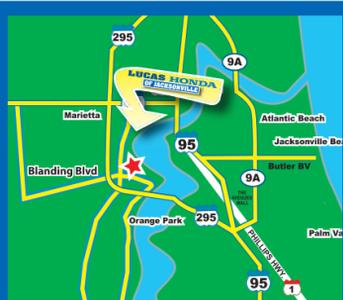
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