

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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## Vicksburg Participates In O'Bannon SINKEX

**By Ensign Marc Schron**  
*USS Vicksburg*

The crew of USS Vicksburg executed months of training and rehearsal last week as an integral part of the Eisenhower Carrier Strike Group sinking exercise of the ex-USS O'Bannon.

USS O'Bannon decommissioned from Naval Station Mayport in August 2005. Formed in a column of considerable water-borne firepower, the USS Vicksburg, USS Stout, USS Bainbridge, and USS Halyburton threw much of their war-fighting might at the helpless hulk of what was once DD-987.

Vicksburg began the assault with the launch of a Harpoon missile, a spectacle of which the entire crew was invited onto the flight deck to watch. After sending the ordnance down-range, the embarked "Dark Knights" from HSL-46 Detachment Four took to the air for their own assault. Closing to firing range, Detachment Four and Halyburton's Detachment Two used their frame-mounted .50 caliber machine guns and door-mounted M240 machine guns to practice small arms strafing of a surface target. Once their allotted ammo cans were exhausted, the helicopters

moved out to a safe distance to observe the warships close and engage the ex-USS O'Bannon in the majestic way that only a mighty surface combatant is able.

Each ship was given the chance to fire their Mk 45 5-inch deck guns, Vicksburg being privileged to shoot both her forward and aft batteries. Between rounds of shelling with the 5-inch, each ship made an approach to utilize their SCAT crew-served weapons. As Vicksburg came alongside the EX-O'Bannon, the destruction from the Harpoon missile and 5-inch rounds was evident in the large holes throughout the ship. Closing to within three-hundred yards, the SCAT teams honed their targeting by engaging pre-designated areas of the superstructure.

Leaving the EX-O'Bannon riddled with small-arms rounds and on fire, Vicksburg stood off to a safe distance while Bainbridge and Stout each fired an SM-2 missile. These last two engagements proved too great for the doomed ship, and the helicopter crews were able to report on the quick sinking as the EX-O'Bannon slid beneath the waves to its final resting place.



As Vicksburg comes alongside for crew-served weapons, the devastation to the ex-USS O'Bannon is revealed. Inset, A harpoon missile leaves the rails off Vicksburg's fantail, en-route to the ex-O'Bannon.

-Photos courtesy of USS Vicksburg

### OFF THE DECK

#### BEQ Survey Asks Resident Satisfaction

Bachelor Housing will be conducting the Annual Resident Satisfaction Survey starting mid October. This is the opportunity to let us know how we are doing and what you would like to see. When you are asked to complete this survey please take the time to fill out the survey. The survey will run for approximately six weeks. All surveys are confidential.

'Wings of Freedom' Inside this issue



#### NEX Holds Holiday Mega Event

Come join NEX for this exciting two-day event from 11 a.m.-3 p.m. on Oct. 31-Nov. 1 at the Mayport Main Exchange off Mayport Road where several events scheduled in the store. There will be a Bra Fitting seminar, animal care training tips, food and product sampling, Jockey underwear representatives on hand to show the latest fashions, fragrance demonstrations, and True Beauty at every age makeovers by Lancome. Call 242-3256 to schedule an appointment. There will be several door prizes given away including two flat screen televisions.

### In The Pumpkin Patch



From left, Ida Mafla, Alice Ocasio, Renee Austin and Wanda Beard pose in front of their display. The Mayport Commissary set up their annual "Pumpkin Patch" display in celebration for the fall festivities and Halloween.

-Photo by CTR2 Jamie Brown

## Families Invited To MWR Fall Fest

MWR Mayport is gearing up for its annual Fall Fest 2008.

Fall Fest begins at 2 p.m. at Sea Otter Pavilion with something for everyone. The event features games, inflatables, pony rides, train rides, clowns and face painting, all for free.

Entertainment will be provided by the Southeast Region Navy Band starting at 2 p.m. followed by performances by children from the Youth Activities Center at 3:15 p.m.

Food will be available for purchase including Caribbean fare, hamburgers, hotdogs, BBQ and brats. A variety of vendors will also sell crafts and baked goods.

At the end of Fall Fest, stay for an Oktoberfest celebration from 6-9 p.m. with the band, Southbound, along with specialty Oktoberfest beverages and food for purchase.

MWR's Fall Fest is sponsored by Bank of America, Dave and Busters and Navy Federal Credit Union. For more information, call 270-5228.

## SWE Takes Action For Surface Warriors

From Naval Surface Force Atlantic

Mine Countermeasure Ship Sailors will soon see a fix to correct the design flaw on the diesel engine exhaust flanges which have caused smoldering fires on their wood-hulled ships, Guided Missile Frigate Sailors will soon see the results of a study to investigate options for repairing or upgrading aging FFG engineering plant control systems, and Patrol Coastal (PC) Sailors will see work begin on more effectively maintaining their corrosion prone forward gun mounts.

These are just a few of the fleet issues addressed at the latest face-to-face conference of Surface Warfare Enterprise (SWE) stakeholders held in Washington D.C. Sept. 23-24 in which action was taken on a variety of issues affecting every class of ship in the sur-

face force. Led by Vice Adm. D.C. Curtis, Commander, Naval Surface Forces and Commander, Naval Surface Force, U.S. Pacific Fleet and the entire SWE Surface Board, the conference brought together major surface warfare stakeholders representing the Naval Sea Systems Command, Naval Supply Systems Command, the staff of the Chief of Naval Operations with the CLASSRON Commanders.

The centerpiece of the conference was a series of briefings on the first day from each of the Class Squadron (CLASSRON) commanders outlining their top priorities for the SWE's Sustainment and Modernization Team (SMT). Those briefings were followed by SMT briefs addressing actions already taken and possible courses of action

for each issue. According to Curtis, breaking down barriers to free and open communication across the enterprise and the resulting dialogue is what makes the SWE successful.

"Having all the stakeholders either in the room, or online via teleconference resulted in lively, but productive conversations that made it possible the very next day for the SMT to outline the way ahead on each and every one of the issues discussed. Our goal is to increase warfighting readiness!" exclaimed Curtis.

"It was the best face-to-face conference we've had in the 18 to 24 months that I've been associated with the CLASSRON," said LHDROn Commander Capt. Bill Valentine. "Communicating between the myriad of com-

plex activities associated with Surface Force maintenance, identifying requirements, then beginning to match scarce resources to the most important issues. It was a requirements and resource-focused discussion that was really bottom up, from the issues originating at the deck plates to solutions developed and implemented up the chain all the way to NAVSEA and even the CNO."

All told, conference attendees reviewed 30 fleet issues from all eight CLASSROns. Most of the issues sought improved capability and reliability as well as improved safety on the waterfront.

The issues will require longer term efforts and prioritization within the enterprise.

In addition to the specific issues mentioned above, others falling into the 30 percent that will receive immediate attention include:

\*Implementation and sustainment for LCSRON ship-to-shore distance support programs

\*Conducting corrosion control surveys and identifying work that needs to be done across the CGRON in future avails to maintain the ships for their expected service lives

\*Implementing changes to how LHDROn Continuous Maintenance Availabilities (CMAV) are scheduled with an eye toward minimizing interference with training schedules and adapting the process to

See SWE, Page 7

# Navy Provides Victims With Options For Reporting Domestic Violence

By Amy Sulzmann, Olivia Duffy and Betsey Larcom  
FFSC

The Department of Defense (DoD) is committed to ensuring victims of domestic violence are protected, treated with dignity and respect, and provided support, advocacy and care. On Jan. 22, 2006, DoD released a new policy on restricted reporting for incidents of domestic violence.

Adult victims of domestic violence now have two reporting options: unrestricted and restricted reporting. With unrestricted reporting, victims of domestic violence who want to pursue an official investigation

of an incident should use current reporting channels, e.g., chain of command, Family Advocacy Program (FAP), or law enforcement. Upon notification of a reported domestic violence incident, victim advocacy services and FAP clinical services will be offered to the victim. Additionally, at the victim's discretion/request, the healthcare provider will conduct any forensic medical examination deemed appropriate. Details regarding the incident will be limited to only those personnel who have a legitimate need to know.

Restricted reporting allows an adult victim of domestic

violence to disclose the details of his or her abuse to specifically identified individuals and receive medical treatment and victim advocacy services without requiring that notice be provided to the victim's or alleged offender's commander or law enforcement. Victims of domestic violence who desire restricted reporting under this policy must report the abuse to one of the following specified individuals: a victim advocate, a victim advocate supervisor or healthcare provider.

Additionally, a victim's disclosure of his or her domestic violence to persons other than those covered by this policy

may result in an investigation of the allegations by law enforcement, clinical intervention from the Family Advocacy Program (FAP) and command notification.

Some exceptions to confidentiality regarding a restricted report may have to be disclosed to the following persons or entities for the following reasons:

\*The victim authorizes disclosure in writing to named individuals

\*Victim Advocate, Victim Advocate Supervisor or Medical Personnel may disclose report to command officials or law enforcement when it is necessary to prevent or lessen a seri-

ous and imminent threat to the health or safety of the victim or another person

\*There is reasonable belief that child abuse has also occurred

\*Supervisors of the victim advocate or healthcare provider when disclosure is required for the supervision of direct victim treatment or services

\*When a military, federal, or state judge issues a subpoena for the covered communication to be presented to a military or civilian court of competent jurisdiction or to other officials or entities.

This change is made by the DoD in the interest of victims.

This offers victims the opportunity to access support and resources right on the base, with experts who understand military life, without requiring a report to command or law enforcement. If you or someone you know is in an abusive relationship, please contact your local Family Advocacy Program or Military One Source for support, assistance and care. Working together we can end the violence.

If you would like more information, please call the Fleet and Family Support Center, 270-6600 and speak to the Victim Advocate.

## FFSC Workshops, Class Schedules Set

From FFSC

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

Oct. 16, 9-12p.m., New Parent Support Playgroup, USO Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age.

Oct. 16, 9-11 a.m., Resume Walk-in Review Assistance,

FFSC Oct. 17, 9-11 a.m., Credit Report, FFSC

Oct. 20-23, 8 a.m.-4 p.m., TAP Separatee Workshop, Building 1 Room 104

Oct. 20, 8:30-9:45 a.m., FERP-Operation Re/Max, FFSC

Oct. 20, 11 a.m.-3 p.m., Conversational English for Military Spouses, FFSC

Oct. 21, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Base Chapel

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

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (STEP). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.

Oct. 21, 9-11 a.m., Resume Walk-in Review Assistance,

FFSC Oct. 23, 9-12p.m., New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age.

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

Oct. 22, 9 a.m.-noon, Tottletyme Playgroup, USO

Oct. 23, 8-11 a.m., Anger Management, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often,

it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Oct. 24, 9-11 a.m., Establishing A Sound Budget, FFSC

Oct. 24, 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.

Oct. 27, 1-2:30 p.m., FERP- Federal Employment Opportunities, FFSC

Oct. 27, 2:45-4 p.m., FERP-Starting Your Own Business Opportunities, FFSC

Oct. 28, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Oct. 28, 9 a.m.-noon, Tottletyme Playgroup, USO

Oct. 28, 1-4 p.m., Leadership

Life Skills for E7 & Above, Building 1, Room 104

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

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

Oct. 30, 9-12p.m., New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age.

Oct. 30, 9-11 a.m., Overseas Living, FFSC

## Homefront in Focus

By Beth Wilson

Military Spouse Contributor

The woman on the line, my friend, was whispering, "Beth, he'll be back in a minute. He was choking me. I don't know..." "Click," the line was dead. A few minutes later she called back saying her husband was outside. He had been abusing her throughout the evening.

My husband and I were friends with this military couple for over a year. There were things in their marriage that concerned me. She overreacted at the rising cost of formula for her infant. She was insistent on being home in time to have his "drink" ready for him. She was "afraid" her son wouldn't be potty-trained "in-time". He controlled her cell phone access, the family checkbook and her friends. She was living in an abusive relationship. He was a respected Sailor of the Quarter.

Domestic violence is defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse can be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone. It can happen to anyone, any sex, race, age, or sexual orientation regardless of socio-economic background or education. It happens to couples who are married, living together or dating.

Military couples are not immune. The Department of Defense is responding. Each military installation has a FAP (Family Advocacy Program) or CAP (Counseling, Advocacy & Prevention) program. These programs provide trained/certified counselors to provide resources, support, counseling and education for victims and their abusers. There is real help for you!

How do you know if you are abused? Does your partner:

Embarrass you with put-downs? Look at you or act in ways that scare you? Control what you do, who you see or talk to or where you go? Stop you from seeing your friends or family members? Take your money or paycheck, make you ask for money or refuse to give you money? Make all decisions? Tell you you're a bad parent or threaten to take away or hurt your children or pet? Prevent you from working or attending school? Act like the abuse is no big deal, it's your fault, or deny it? Destroy your property or threaten to kill your pets? Intimidate you with knives or other weapons? Shove, slap, choke, or hit you? Force you to drop charges? Threaten suicide? Threaten to kill you? For Have you been threatened not to let the command know? If you can answer yes to even one of these questions you may be in an abusive relationship.

If you are being abused please know it is not your fault! There are many organizations standing ready to assist you. You can access DoD support and resources to enlist their help without your service member's command or local law enforcement being notified. You can receive medical assistance, counseling and support from your base support office in privacy. This is called a "restricted report." Restricted reporting offers you the opportunity to access support from experts who understand military right on your base.

If you or someone you know is in an abusive relationship, please contact the local FAP/CAPS office for support, assistance and care. If you do not know how to access these services please contact your base operator or command ombudsman, you do not need to tell why you want the contact numbers. The violence and abuse can stop and you are worth it.

Questions, comments or need help? Please contact Beth at [beth.wiruth@shearerconsulting.com](mailto:beth.wiruth@shearerconsulting.com).

## Military OneSource Establishes Wounded Warrior Resource Center

From Navy Office of Information

The Department of Defense announced Sept. 8 that the Military OneSource service has established a Wounded Warrior Resource Center telephone number and e-mail address for service members and their families, if they have concerns or other difficulties during their recovery process.

Service members and their family members can now call 1-800-342-9647 or e-mail [wurc@militaryonesource.com](mailto:wurc@militaryonesource.com) 24/7 to request support. Assistance provided by the resource center will not replace the specialized wounded warrior programs established by each of the military services, but it will offer another avenue of assistance for military facilities, health care services, and/or benefits information.

The Department of the Navy continues to care for their wounded through the efforts of their call centers, Safe Harbor

for Naval personnel, and the Wounded Warrior Regiment for Marine Corps personnel, both of which will be complemented by the newly established Department of Defense call center.

"The department is committed to aggressively addressing the needs of our service members and their families," said Secretary of Defense Robert M. Gates.

Specially trained consultants will ensure consistent, quality customer-centric support. The consultants will identify the appropriate "warm hand-off" to either a military service or federal agency with authority to resolve the matter. The resource center consultant will maintain

communication with the caller until the issue or concern is resolved.

"The term 'wounded warrior' encompasses the entire population of wounded, ill and injured service members and veterans," said Principal Deputy Under Secretary of Defense for Personnel and Readiness Michael L. Dominguez. Chief Yeoman Byron Britt, a consultant answering the phones at Safe Harbor, finds the job professionally and personally satisfying and full of surprises.

"When the phone rings you never know who is going to be on the other line," said Britt. "It could be a servicemember or their mother or wife. The one

guarantee is that whoever it is you will be able to help them through a difficult time.

"One my most memorable moments while working on the call center was when we had the honor of meritoriously promoting a petty officer who was severely wounded while he was serving in Iraq. His mom and wife were so proud. Moments like that make me realize just how important what we do is."

The Wounded Warrior Resource Center meets the requirements of Section 1616 of the FY08 National Defense Authorization Act for a centralized number and ensures wounded families and caregivers have a number to call at any time.

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Sunday 9 a.m.  
Monday-Friday 11:30 a.m.  
Confessions: before & after mass or upon request  
CCD: Sunday 10:30 a.m.  
Baptisms: class 3<sup>rd</sup> Sunday of month

**Protestant Worship**  
Sunday 10:30 a.m.  
Sunday school 9:15 a.m.  
Baptism: For information contact your chaplain

**Women's Bible Study**  
Wednesday 9:30 a.m.  
**Protestant choir**  
Wednesday 7 p.m.

**Interdenominational MOPS (Mothers of Pre-Schoolers)**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays each month 9:15 a.m.  
For more information contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

**Marriage**  
Contact Chaplain 6 months prior. PREP is required

  
NS MAYPORT, FLORIDA  
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Email: [mayportmirror@comcast.net](mailto:mayportmirror@comcast.net)  
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NS MAYPORT, FLORIDA

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# Calendar

## On Base

**Thursday, Oct. 16**  
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.

**Thursday, Nov. 20**  
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.

**Thursday, Dec. 18**  
USS Philippine Sea family readiness group will meet and hold a potluck on the third Thursday of the month at 6:30

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. After dinner, join us for a Sing-Along with Bill until 1 a.m.

**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.

**Join a park ranger at 11 a.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.**

**Friday, Oct. 24**  
The Fleet Reserve Association Branch 290 is hosting a Low-Country Boil Dinner on from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m.

**Saturday, Oct. 25**  
The Mandarin Museum & Historical Society is hosting its

fifth annual "Stowe, Steamboats and Stories," from 7 to 9 p.m. at the Walter Jones Historical Park in Mandarin. During this free event, visitors will journey into the park by lamplight and meet figures from the area's past. Previous years have included Harriet Beecher Stowe, Maple Leaf survivor Mrs. Chadwick, and steamboat magnate Captain Brock. "Stowe, Steamboats and Stories is a great opportunity for the people to interact with reenactors and learn about the history of this area," said Andrew Morrow, Executive Director for the Mandarin Museum & Historical Society. "The park has its own mystery at night. Children are encouraged to wear costumes to the event and we will provide refreshments." The Walter Jones Historical Park is located at 11964 Mandarin Road. For information and directions please contact (904) 268-0784. Email: mandarinmuseum@bellsouth.net or visit www.mandarinmuseum.net

**Sunday, Oct. 26**  
Join a park ranger at 1 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

**Friday, Oct. 31**  
Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$4 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the music DOUG BRACEY from 9 p.m.-1 a.m.

**Saturday, Nov. 1**  
Join a park ranger at 11 a.m. to explore how fire impacts the environment. Discover the benefits of prescribed burns as a

management tool for healthy ecosystems and as a tool for defending against devastating wildland fires. The program will take place at the Bluffs pavilion on Big Talbot Island. No reservations are necessary and the program is free with \$2 vehicle entrance fee.

**Saturday, Nov. 8**  
Join a Park Ranger at 11 a.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

**Tuesday, Nov. 11**  
Decorative Artists of Jacksonville are holding their regular monthly meeting at 7 p.m., Riverside Avenue Christian Church, 2841 Riverside Avenue. Beginning artists welcome - no experience necessary. After the business portion of the meeting, attendees learn about new painting techniques through demonstrations and hands-on lessons. All media are covered, and members paint on surfaces ranging from canvas and paper to furniture and gourds. For more information, visit www.decorativeartistsofjacksonville.org. **Saturday, Nov. 15**

As a public service, U.S. Coast Guard Auxiliary 14-04, Jacksonville Beaches, is offering a one day Safe Boating Course.

Program runs from 7:30 a.m.-5 p.m. and will be held at the Captain's Club, 13363 Beach Blvd., in Jacksonville. Course fee of \$25 includes materials. The course meets the Florida State requirement for a Boaters Safety Card that could result in a decrease in your boat insurance. For more information, please contact Mike Christnacht at 904-502-9154 or log onto www.uscgajaxbeach.com.

**Sunday, Nov. 16**  
Join one of our knowledgeable park rangers at 1 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

**Saturday, Nov. 22**  
Join a park ranger at 11 a.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natu-

ral community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Saturday, Nov. 29**  
The city of Jacksonville invites boaters to celebrate the start of their holiday season at the 23rd annual Jacksonville Light Parade at 7 p.m. on the downtown riverfront. The St. Johns River will transform into a dazzling array of lights, sound and holiday spirit as the First Coast boating community decorates their vessels from bow to stern to compete in the largest lighted boat parade. This event is part of the Make A Scene Downtown! series. For information about registering, please contact the Office of Special Events at (904) 630-3690 or visit www.coj.net and click on Light Parade.

**Sunday, Nov. 30**  
Join a park ranger at 1 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

## Out in Town

p.m. at the Mayport USO.

**Thursday, Oct. 16**  
Virginia Tech Corp of Cadets will meet at Fionn MacCool's, 333 1st Street North, Jacksonville Beach Social hour starts at 6 p.m.; Presentation at 7 p.m. Cost is \$5 donation for VT Scholarship Fund. Please RSVP no later than Tuesday, Oct. 14, 2008 by e-mailing Carolyn Ranieri at A93Hokie@comcast.net Presentation will include: Colonel Rock Roszak, Director of Corps Alumni Programs will be presenting a slideshow presentation that describes the leader development program including leadership instruction, opportunities for students and cadet achievements in academics and service projects. The presentation ends with a music video showing our alumni serving their country around the world. May also include the Corps involvement in the aftermath of April 16 at VT.

**Friday, Oct. 17**  
The Fleet Reserve Association, Branch 290, is hosting a Seafood Dinner from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. 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



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# SERMC Conquers Fall Sports Challenge

**From Staff**

SERMC earned bragging rights as the winner of the 2008 Fall Sports Challenge held Oct. 8-9 at Naval Station Mayport.

The semi annual event is held every Spring and Fall. The Spring winners, USS Underwood, are currently deployed and could not defend their title.

This year's Sports Challenge featured more than 300 participants from nine different Commands.

The Individual Command event winners:

CO/CMC Canoe Race, Cmdr. Josh Sniegowski and CMDCM(SS) Buck Taylor of HSL-48

Experience Canoe Race, SERMC

3-on-3 Basketball, USS Carney

Speedminton, HSL-48

8-Ball Pool, SERMC

Bowling, SERMC

Dodgeball, SERMC

Kickball, HSL-42

Softball, HSL-44

Mini Biathlon, HSL-48

Golf, HSL-42

Cricket Darts, SERMC

Volleyball, HSL 48

Horseshoes, HSL-48

Simon Says, NBHC

Strongman Competition, HSL-48

Auto Racing, HSL-48

Tug-o-War, SERMC

The third place overall winner with 900 points is USS Carney

The second place overall winner with 1,125 points is HSL-48.

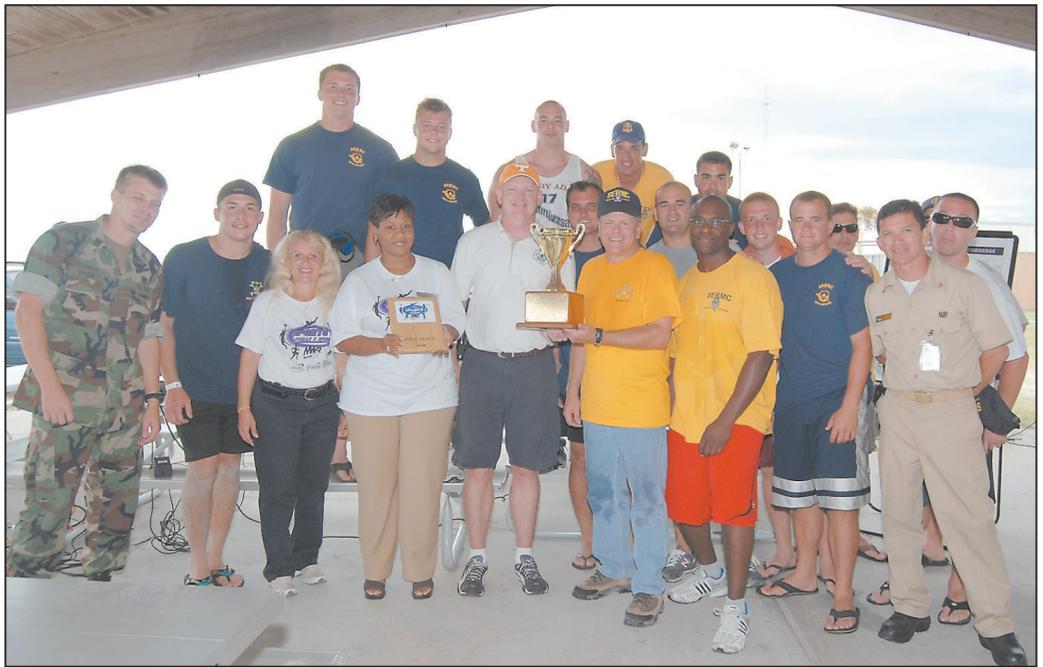
The first place overall winner with 1,250 points is SERMC

The MVP award winner is Navy Diver 3<sup>rd</sup> Class Josh Davis of SERMC

He participated in 8 events, showed spirit and support for his command.

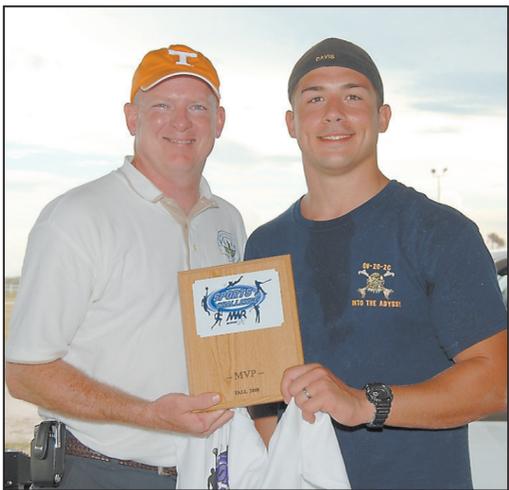
Sponsors of the event include Navy Federal Credit Union, APS Promotional Solutions, Coca Cola.

The next Sports Challenge will be held in April. For more information, contact Rita Hammerstad at 270-5451.



-Photos by Paige Gnann

SERMC beat out HSL-48 and USS Carney to take home the 2008 Fall Sports Challenge trophy after winning six events with 1,250 points.



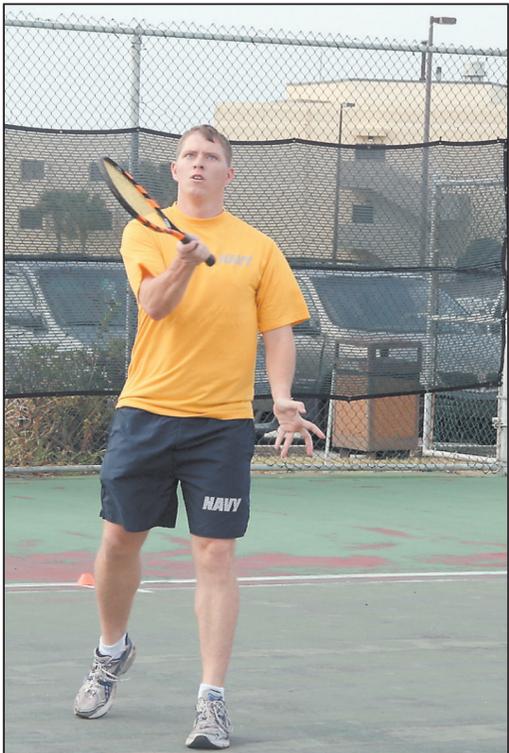
Navy Diver 3<sup>rd</sup> Class Josh Davis of SERMC was named the Most Valuable Player of the event. He participated in eight events and showed spirit and support for his command.



Cmdr. Josh Sniegowski and CMDCM(SS) Buck Taylor of HSL-48 are the winners of the CO/CMC Canoe Challenge held at Wonderwood Lake.



Boatswain's Mate 3<sup>rd</sup> Class (SW) Brandon Sanderson of Harbor Ops takes a shot during the 8-Ball competition at Fast Lanes Bowling.



Lt.j.g. Parker Carlisle of USS Carney goes after the birdie during a game of Speedminton.



Hospital Corpsman Andrea Herrera of NBHC is the winner of Simon Says.



Master Chief Aviation Electrician's Mate Kevin Smith of HSL-48 lets a shoe fly during the Horseshoes competition.



A Sailor bowls in hopes of a strike during the No Tap Bowling competition held at Fast Lanes Bowling.



A Sailor from ATG slides in for a safe First Base during a Kickball game against HSL-44.



Sailors from USS Carney race to get balls during the Dodgeball competition.



Sailors take off during the Mini biathlon event, including a 3K run.



Aviation Warfare Systems Operator 2nd Class (AW/NAC) Mike Todd of HSL-48 swims the 200-meter portion of the Mini biathlon. He eventually won the event.



HSL-48 Experienced Canoe team is towed in after tipping into Lake Wonderwood. SERMC's team of Chief Hull Technician (SW) Shannon Coen and Chief Electronics Technician (SW) Choyce LaRue won the event.



A Sailor tags second during a Kickball game at the softball fields behind NBHC.



Teams compete in the Auto Racing Event outside of Beachside Community Center.



Naval Station Mayport Tug-o-War team pulls in an attempt to outseat their opponents during the event. SERMC eventually won the competition.



USS Carney and HSL-48 go toe-to-toe for the 3-on-3 Basketball competition with USS Carney coming out the champion of the event.



SERMC tries to defend against Naval Station Mayport during the Volleyball competition.



SERMC teammates shout encouragements during the Tug-o-War competition.



Operations Specialist 1st Class Joseph Hogan and Chief Boatswain's Mate Andrew Tinsley of NS Mayport flip a tire during the Strongman competition.

# Navy Accepts Delivery Of Destroyer Stockdale

By Program Executive Officer Ships Public Affairs

The Navy accepted delivery of the guided-missile destroyer Stockdale from General Dynamics Bath Iron Works during a ceremony in Bath, Maine, Sept. 30.

Designated DDG 106, the new destroyer honors Medal of Honor recipient Vice Adm. James Bond Stockdale (1923-2005), the legendary leader of American prisoners of war (POWs) during the Vietnam War.

Stockdale is the 56th Arleigh Burke-class destroyer. The ship will be able to conduct a variety of operations, from peacetime presence and crisis management to sea control and power projection. Stockdale will be capable of fighting air, surface and subsurface battles simultaneously and contains a myri-

ad of offensive and defensive weapons designed to support maritime warfare. The ship can operate independently or as part of carrier strike groups, surface action groups, amphibious ready groups and underway replenishment groups. The ship's combat system centers around the Aegis combat system and the SPY-1D(V), multi-function phased array radar.

Cmdr. Frederick W. Kacher, of Oakton, Va., is the prospective commanding officer of the ship and will lead the crew of 276 officers and enlisted personnel. The 9,200-ton Stockdale is being built by Bath Iron Works, a General Dynamics Company.

The ship is 509 feet in length, has a waterline beam of 59 feet and a navigational draft of 31 feet. Four gas turbine engines will power the ship to speeds in

excess of 30 knots.

Stockdale was the highest-ranking naval officer ever held as a POW in North Vietnam. His plane was shot down Sept. 9, 1965, while flying combat missions over North Vietnam. Stockdale spent more than seven years in captivity at prisons in North Vietnam, including time at the infamous "Hanoi Hilton." Four of those years were spent in solitary confinement.

While imprisoned, Stockdale is credited with organizing a set of rules to govern the behavior of fellow POWs and for helping to develop a code for prisoners to communicate with each other that included tapping on cell walls. In recognition of his leadership and sacrifice he was awarded the Medal of Honor in 1976.

## Check Cholesterol At Door

By Maj. Karen E. Hawkins DeCA dietitian

You are what you eat is so true when it comes to controlling cholesterol. Instead of a hamburger with french fries, how about grilled salmon and a baked sweet potato for dinner? Your heart will love you for it as growing evidence shows that eating foods high in omega 3s, soluble fiber, nuts, olive oil and plant stanols or sterols can help lower cholesterol. And with high cholesterol being one of the major risk factors for heart disease, controlling those levels is important for a healthy heart.

**Go fish**  
Salmon and other cold-water fish are high in omega 3s, which have cholesterol-lowering benefits. Omega 3 fatty acids also help the heart by reducing blood pressure and the risk of blood clots. Research shows that for those who have had a heart attack, fish oil, which has omega 3s, reduces the risk of sudden death. The American Heart Association recommends eating at least two servings of fish a week, and notes salmon, trout, herring, mackerel, tuna and sardines as having the highest levels of omega 3s. If you

don't like fish, add ground flaxseed and walnuts to your diet along with using canola oil. You can also get omega 3s by taking 500-1000 milligrams of fish oil pills daily. If you get a fish burp from taking the pills, then look for the coated variety or the ones labeled "burp less" so you can get the benefits without a fishy aftertaste. The Food and Drug Administration recommends a maximum of 3 grams of omega 3s, with no more than 2 grams per day from a dietary supplement.

**Go oatmeal**  
Oatmeal has soluble fiber, which helps lower the low-density lipoprotein (LDL), the "bad" cholesterol. You can also get soluble fiber in foods such as beans, pears, apples, psyllium and barley. Eat 1 1/2 cups of cooked oatmeal along with a banana to get about 10 grams of soluble fiber. You need at least 10 grams of soluble fiber a day to lower your total and LDL cholesterol.

**Go nuts**  
Growing evidence suggests eating walnuts and almonds can help reduce blood cholesterol while keeping blood vessels healthy and flexible. Nuts

are high in calories, but eating only a small handful will help do the job. Try using a handful of walnuts or almonds on your salad instead of meat, cheese or croutons.

**Go olive oil**  
Olive oil has lots of antioxidants that can lower your "bad" cholesterol while leaving your "good" - or HDL - cholesterol alone. The Food and Drug Administration recommends using two tablespoons of olive oil a day to get its heart-healthy benefits.

**Go plant sterols and sterols**  
Look for the margarines, orange juice and yogurt drinks fortified with plant sterols to help reduce cholesterol by more than 10 percent. You need at least 2 grams - which equals two 8-ounce glasses of orange juice fortified with plant sterols a day to help lower cholesterol. If you are watching your budget, and who isn't these days, it may be most economical to get the plant stanols or sterols from fortified juice or margarines.

For more information about eating out, visit <http://www.commissaries.com>, go to Ask the Dietitian.

## USO News

The USO will hold a Jaguars ticket lottery for games that have a high demand for tickets. Guidelines for the lottery include participants must go to the USO and fill out a lottery request slip on the day the tickets go on sale. This slip enters your name into the drawing for a chance to buy two tickets only. If your name is drawn, you will be called and required to come to your USO within 24 hours to purchase your tickets. Cost is \$20 for two tickets. As with all Jaguar tickets, these are for active duty only.

Mayport and NAS JAX USOs will be selling tickets to the Southern Women's Show at a discounted price to active duty only for \$5 each. Active duty military must present their military ID to purchase a ticket(s). Tickets must be purchased in person. The Southern Women's Show will be held from Oct. 16-Oct. 19 at the Prime Osborn Convention Center, downtown, Jax.

The 2008 holiday season will be a special one for both

the USO and our well-deserving military personnel and their families. The USO is assisting Sears to promote the new Sears Heroes at Homes program. This program allows Sears customers to support non-profit organizations. This year, Sears will make a \$250,000 donation to the USO as a thank you for customers using their Sears Card. Additionally, the Heroes at Home Wish Registry program will feature an online portal in which military families can post their wishes; and consequently the public can go online and contribute towards these individual's holiday wishes.

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 of the new box; one branded with 'America Supports You' (a Department of Defense-spon-

sored 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.

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.

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.

Fax, copy and free notary service is also available.

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

## Help Children Stay Active, Encourage Healthy Eating

By Lt. Col. Karen E. Hawkins

DeCA dietitian

We can work together to help our children live healthy, active lives in our communities, our schools and our homes. Nearly 20 percent of children and teens in Department of Defense families are considered obese, and across the nation the numbers are even greater as one child in three is overweight. These numbers go beyond expanding waistlines: Overweight children and adolescents are more likely to have risk factors associated with heart disease, high blood pressure, high cholesterol and Type 2 diabetes.

The Defense Commissary Agency has joined TRICARE, Military OneSource, the Army and Air Force Exchange Service, and Health and Human Services to ask the military community to "Take the Pledge" to help address the chronic issue of childhood overweight and

obesity.

I pledge to:

- \*Be a role model by making healthy choices for myself.
- \*Help children be physically active through everyday play and participation in sports.
- \*Support children's healthy eating habits.

**To get started**  
Choose fresh fruit for snacks and desert. Keep a bowl of fruit on the counter for on-the-go snacks.

Use portion control when eating meals. If the serving is bigger than your fist, then it's probably too much, unless it's a vegetable salad. If you want seconds at a meal, go for the vegetables or salad.

Choose lean meats, chicken and turkey. Grill, bake and broil instead of frying.

Be physically active every day. Playing ball, cycling, skating, swimming and walking are just some of the activities you can share with your children to

help build healthy habits that can last a lifetime.

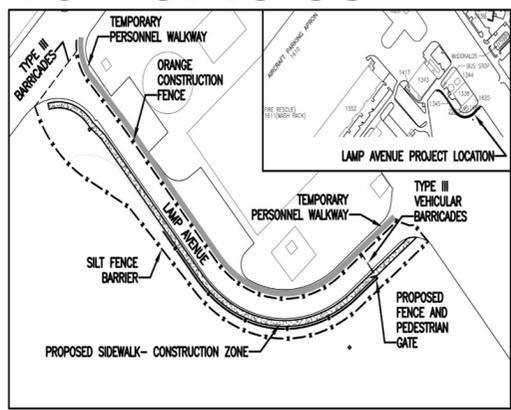
During October, visit <http://www.tricare.mil>, <http://www.commissaries.com>, <http://www.militaryonesource.com>, and <http://www.aafes.com>, as well as the HHS and HRSA Web sites for articles, advice columns, blogs and more about childhood obesity. Remember to "Take the Pledge."

For more information about making healthy choices, go to <http://commissaries.com> and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive.

Sign up with the DeCA Dietitian on <http://www.twitter.com> and get messages sent to your cell phone today.

For delicious recipes, check out Kay's Kitchen. And to enjoy all of your commissary benefit sign up for the Commissary Connection.

## Lamps Closed To Vehicles



An illustration of Lamps Road shows the area that will be closed to vehicular traffic during construction to improve visibility in the area.

From Staff

Lamps Road, connecting the large Fire & Emergency Services parking lot to Patrol Road will be closed to vehicular traffic from Oct. 14-31 while Otak Group, Inc. installs a new sidewalk efrom the parking lot area to Building 1343,

according to Joann Mason of NAVFAC SE.

"This closure is necessary to allow additional safety measures for the personnel transiting this area walking and safe access for the contractors' construction of the sidewalk," she said.

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# Naval Intelligence Director Visits Mayport

By MC3 Alan Gragg  
U.S. Naval Forces Southern Command/  
U.S. 4th Fleet Public Affairs

Director of Naval Intelligence Vice Adm. David J. "Jack" Dorsett visited Naval Station Mayport Oct. 9 to speak with Sailors and other intelligence personnel.

First, Dorsett arrived at U.S. Naval Forces Southern Command (NAVSO)/ U.S. 4th Fleet headquarters to meet with NAVSO/4th Fleet Commander Rear Adm. Joseph D. Kernan, and speak to a group of Mayport's intelligence personnel about upcoming changes to the Navy's intelligence community.

Dorsett told the group of personnel from various ships and commands based at Mayport of his plans to increase education opportunities for enlisted Sailors and officers in intelligence job fields.

"We are getting ready to go through some fundamental changes in the Navy that will

alter (our Intel) relationships," said Dorsett. "One of my priorities at Naval Intelligence is to increase the educational opportunities for our Sailors... I want depth of understanding in our profession."

After visiting NAVSO/4th Fleet, Dorsett toured USS Farragut (DDG 99), an Arleigh Burke-Class Guided Missile Destroyer which returned to Mayport from its maiden deployment Oct. 5. Dorsett ate lunch with Farragut's wardroom members, and briefly discussed the Navy's Intel changes and congratulated them on a successful deployment.

The Director of Intelligence is head of the Office of Naval Intelligence (ONI), headquartered at the National Maritime Intelligence Center in Suitland, Md.

Farragut returned from a deployment conducting TSC missions, and counter-illicit trafficking operations in the U.S. Southern Command

(SOUTHCOM) area of focus, which encompasses the Caribbean, Central and South America, and surrounding waters. During the deployment, Farragut was under the operational control of NAVSO. Once the ship returned to Mayport, U.S. 2nd Fleet took over operational control.

NAVSO, the Naval Component Command of SOUTHCOM, directs U.S. Naval Forces operating in the Caribbean, Central and South American regions and interacts with partner nation navies within the maritime environment. Various operations include counter-illicit trafficking, Theater Security Cooperation, Humanitarian Assistance and Disaster Relief, military-to-military interaction and bilateral and multinational training.

Fourth Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces in the SOUTHCOM area of focus.



-Photo by MC3 Alan Gragg  
Vice Adm. David J. "Jack" Dorsett, Director of Naval Intelligence arrives aboard USS Farragut (DDG 99) during a visit to Naval Station Mayport. Dorsett also visited U.S. Naval Forces Southern Command (NAVSO)/U.S. 4th Fleet headquarters in Mayport, met with NAVSO/4th Fleet Commander Rear Adm. Joseph D. Kernan, and spoke to a group of Mayport Intel personnel while in Mayport.



-Photo by MC3 Alan Gragg  
Vice Adm. David J. "Jack" Dorsett, Director of Naval Intelligence, speaks to a group of Mayport Intel personnel at U.S. Naval Forces Southern Command (NAVSO)/U.S. 4th Fleet headquarters.

## SWE

other classes  
\*Addressing LSD diesel engine formal periodic assessments ensuring smart scheduling practices which consider the ships' schedules and updating the supporting technical documentation

\*Investigating options to possibly give a higher priority and earlier implementation of the planned phased replacement of Aegis large screen displays onboard DDGRON ships

Many of the issues discussed were important not only to the CLASSRONs that brought them up, but to all ships in the force. An obvious example is the issue of corrosion.

"If I had to pick a single issue that cuts across all classes, it's corrosion," said McManamon. "We have to get the identification and fixes in place for all classes, in order to get to 313 ships in the Navy."

According to the

Commander of the PCRON, Cmdr. Steve Coughlin, that's one of the great benefits of the face-to-face conference format used by the SWE. He says he learns lessons and solutions to common problems from the other ship classes.

"It's about the big picture," he said. "I learned things about FFGs that I had no idea they were doing. The engineering control problems that they're having are very similar to some issues with our main propulsion diesel engines. For me, right now, it's not as important as my other issues. But I can appreciate their challenges, and if I start seeing similar issues on my ships, I'm going to consult these guys and find out what path they went down. So there's a lot of potential for future work getting done on my ships just by the work being done by these other guys."

The SWE's Chief Readiness Officer Rear Adm. Kevin

Quinn says surface Sailors have strong advocates in the CLASSRON commanders.

"They get up in front of a crowded room and explain issues with confidence to the program managers, senior civilians and flag officers," said Quinn. "They go over their issues - the fleet's issues -- with an outstanding level of technical knowledge and competence backed up by good data. They explain everything in a high level of detail."

"The credibility they've built up here inside the beltway, and certainly out in the fleet, makes them powerful, impact players. It struck me as clear as a bell as I was watching these guys that they're the best and they're really making a difference. I'm proud of what they've done in their squadrons and I'm proud of what they did here, all of it designed to improve warfighting readiness!"

From Page 1

OCTOBER 25 - 26  
NAVAL AIR STATION JACKSONVILLE



# Robert G. Bradley Welcomed By Philadelphia

**By Ensign Joshua Cowart**  
*USS Robert G. Bradley PAO*

During the afternoon of Aug. 29, the city of Philadelphia was treated to the sight of the USS Robert G. Bradley (FFG 49) steaming up the Delaware River to the piers at Penn's Landing in the heart of historic Philadelphia.

RGB pulled into Philadelphia at the conclusion of the Joint Warrior Group Sail, a multi-ship exercise off the Virginia Capes. After a week of intensive combat systems and seamanship evolutions, RGB was ready for a little relaxation and the city of Philadelphia gave the Sailors an all-American welcome.

As RGB completed the seven-hour sea and anchor detail up the Delaware Bay and Delaware River to Philadelphia, the ship rendered honors to two historic

forts and two warships. The crew first rendered honors to Fort Delaware, a Civil War fort and the re-enactors at Fort Delaware returned with a saluting battery from a period mortar. Further up the Delaware, the crew rendered honors to Fort Mifflin, a Revolutionary War fort, and RGB's salute was returned by the firing of period muskets and period cannons. On the final leg of the transit, RGB was preceded into port by a Philadelphia fireboat, which sprayed streams of water from her four firefighting cannons.

RGB also had the honor of saluting the decommissioned warships ex-USS New Jersey (BB 62) and ex-USS Olympia (C 6). Ex-New Jersey is a battleship and a veteran of the Korean, Vietnam, and first Gulf War. Ex-Olympia is a cruiser

from the Spanish-American War era that served as Commodore Dewey's flagship at the battle of Manila Bay in which no American lives were lost.

On the night of RGB's arrival, Mike Driscoll, a local business-owner, in conjunction with the Philadelphia Navy League, hosted an all inclusive reception at his bar and grill, Finnigan's Wake, at no expense to the Sailors of RGB. The majority of the crew, officer and enlisted, gathered at the local watering hole for a night of fun and food.

Philadelphia lived up to being the "City of Brotherly Love" during RGB's four days at Penn's Landing. The "Bradleymen" enjoyed many different attractions, beginning with a complimentary double-decker bus tour of the city, courtesy of the U.S. Navy League of

Philadelphia. The tour covered the historic district, the legendary steps of Rocky Balboa fame, the Franklin Center, and concluded after three hours at the famed Geno's Steaks, where the Philly Cheese Steaks were again provided courtesy of the Navy League.

That same evening a reception was hosted on the flight deck of Robert G. Bradley. As the sun set, "Bradleymen" and guests were treated to jazz music from a local band, while enjoying a few light snacks. Among the guests were the President of the local Navy League Chapter, two City Council members, school Superintendents, the Commanding Officer of Naval Recruiting District Philadelphia, and two retired Navy SEALs, and one of whom retired in 1968 after thirty years of honorable

naval service. Additionally, several veteran's and members of the local Navy League Chapter were present, as well as a Pearl Harbor survivor. RGB's Commanding Officer, Commander Clint Carroll, was presented with a 40mm shell casing, fired from the saluting battery of the ex-New Jersey, by the members of the battleship's preservation society.

For three days RGB opened its decks to the citizens of Philadelphia. Each day the lines of tourists extended far down the pier as the people of Philadelphia came out to see what life on a warship is all about. Included among the tourists were reporters from the Philadelphia Channel 6 and Channel 69 news teams, and The Bulletin, a local family newspaper. The Bulletin ran an

article that highlighted RGB's visit to Philadelphia and her tours.

The crew of RGB was welcomed with open arms. The citizens of Philadelphia were supportive and caring of the crew. It was a moving sight to have Sailors cheered as they walked down the road. It was common for complimentary drinks to be purchased and meals provided at no cost to the Sailors. "Bradleymen" accepted enough handshakes, pats on the backs, and thanks of the citizens to last a lifetime. The support provided was amazing and it was a wonderful experience for the crew of Robert G. Bradley to share with the citizens of Philadelphia.

## RGB Embarks On Joint Warrior Group Sail

**By Ensign Rachel Florea**

*USS Robert G. Bradley*

USS Robert G. Bradley (FFG 49) participated in a multi-ship exercise in preparation for operations with NATO Allies during Aug. 22-29.

This exercise, in preparation for Joint Warrior, marked a fast-paced, intensive training week for RGB. Although frigates often operate independently, RGB demonstrated its strengths and ability to operate within a challenging multi-ship environment.

The group sail began during the four-hour sea and anchor detail, with RGB having to defend herself from several simulated small craft attacks, allowing Bradleymen to hone skills necessary for defense against small and highly maneuverable vessels, while still maintaining the necessary situational awareness to operate the ship in a restricted channel.

RGB also had the opportunity to participate in a multi-ship, gunnery exercise with two other vessels. Each ship fired more than fifty rounds from their main guns. RGB's fire control crew manning the 76mm gun performed flawlessly.

On the last day of the event, the group conducted a large Anti-Submarine Warfare exercise with USS Mitscher (DDG 57) and USS Samuel B. Roberts (FFG 58). RGB spearheaded the event, firing a Recoverable Exercise Torpedo (REXTORP) at a simulated submarine. After a successful firing, the recovery crew was quickly deployed to monitor and recover the torpedo.

During the event RGB also demonstrated the ability to perform an Underway Replenishment (UNREP).

USS Robert G. Bradley (FFG 49) finished the Joint Warrior group sail strong and was recognized by Commander Destroyer Squadron 24 (COMDESRON 24) for superior performance.

"I had the opportunity of observing Robert G. Bradley, a ship at the top of its game and representing Mayport well," said Commodore John Kersh. "She executed a series of complex, multi-platform events (both ship and helo) and made it look easy; everything from firing and recovering torpedoes to divisional tactics (DIVTACS) and gun-shoots. It was most enjoyable to be underway on such a fine ship."

The exercise was challenging and rewarding.

Ensign John Buss put it best by saying "it was probably the busiest week ever, but you learned so much that it was worth every moment." Following its performance during Joint Warrior group sail, RGB finished all requirements for work-up training and has been certified as an "Independent Unit Ready for Tasking" allowing RGB to be called upon to perform operations in support of national tasking and is fully deployment ready.

Upon completion of the Joint Warrior group sail, RGB continued up the coast for a port visit in Philadelphia.

## RGB Nominated For Ney Award for Food Service Excellence

**By CSCS John Palermo**

*USS Robert G. Bradley*

USS Robert G. Bradley (FFG 49) is one of two finalists in the small afloat category for the Captain Edward F. Ney Memorial Award.

The Ney awards were established in 1958 by the Secretary of the Navy and the International Food Service Executives Association (IFSEA) to improve and recognize quality food service in the Navy.

IFSEA is a food service industry trade association whose members include executive chefs, operators, dietitians, consultants, managers and owners of catering firms, restaurants, hotels and clubs.

The Ney award recognizes overall food service excellence by evaluating key areas in customer service, restaurant style environment, cleanliness and management.

To compete for the Ney award (afloat category), the command must score well on the supply management certification. (SMC). The SMC team from Afloat Training Group (ATG) recommends the commands that

score well. The Commander, Naval Supply and the Navy Food Management team determine who will compete for the award.

The inspectors review administration, records, food service management system, menu

planning and food production, customer satisfaction, training, sanitation, safety, inventory, equipment and nutrition.

The dedicated Food Service Team on RGB "Thinks Ney Every Day!" and eagerly anticipates the results for 2008.



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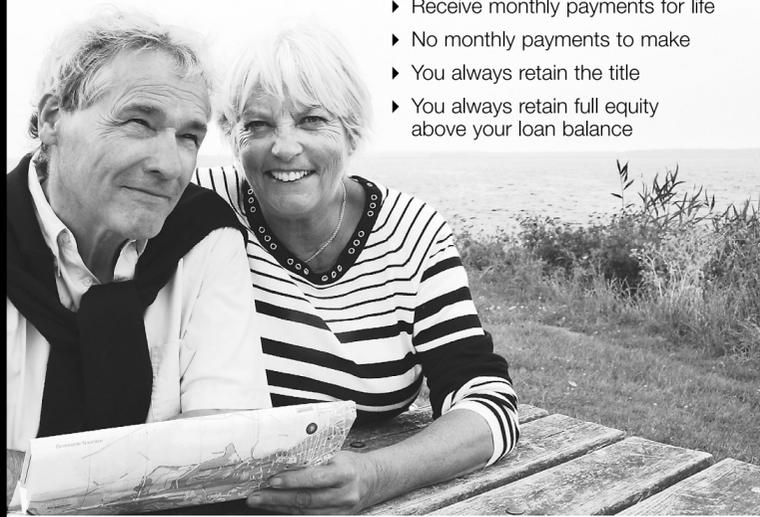


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# USS Roosevelt Sailors Earn Citizenship

By Ensign Michele Rollins and Ensign Kyle Miller

*USS Roosevelt*  
Four USS Roosevelt Sailors took one of the most important steps of their lives recently, as CS2 Juan Otero, GSM2 Petrina Coleman, EMFN Sudesh Banskota and EMFN Ousman Nyassi became United States citizens in the months prior to Roosevelt's deployment.

The ceremony, including an oath of citizenship, completed a long process for each of these Sailors, who have lived in the United States for several years.

Otero moved to Brooklyn, N.Y. from Mexico when he was 4 or 5 with his family. His father and sisters have since become U.S. citizens also. The 22-year-old Otero was formerly unable to pick an aviation rate or apply for an officer program because he was not a U.S. citizen. Now, as a U.S. citizen, he is exploring different rates or the Seaman-to-Admiral program as he continues his Navy career.

Coleman moved to the New Jersey from Jamaica in 1988 with her mother and sister. Her citizenship ceremony was a small affair, scheduled prior to deployment, and included just one other new citizen.

Coleman's sister was there

to support her, and Coleman is excited about the new opportunities and meaning behind her citizenship. While she missed the deadline for voting in the upcoming election, she looks forward to future opportunities to exercise her new rights as an American citizen.

For Banskota, he learned about the Navy's citizenship assistance when he reported to Great Lakes and completed the paperwork in Jacksonville upon reporting to Roosevelt.

Originally from Nepal, He moved to the US at age 13 with his mother. When he joined the Navy, Banskota was unable to select Mass Communications Specialist as a rate because he was not an American citizen. Now, many more opportunities are open to him through his citizenship.

Nyassi moved to New York from Gambia in 2003, leaving his family at home in Africa in search of new opportunities. He joined the Navy in 2006 and became a citizen in June of this year, waiting the minimum required time of five years after he first arrived.

Now that he is a citizen, his brother may be able to come to the United States also. These four Sailors are happy to have reached this accomplishment, as

it opens doors for them both in the Navy and in everyday life.

To gain citizenship, each had to be a legal resident for five years and pass a test consisting of ten questions and reading and writing in English. Nyassi became a citizen on June 17 at Florida Community College of Jacksonville with more than 200 others.

Less than a month later, Otero and Banskota recited the oath of citizenship on at FCCJ on July 8 along with about 150 others. After the oath of citizenship ceremony, both Otero and Banskota then quickly flew out to join ROOSEVELT for the remainder of the COMPTUEX and JTFEX exercises in preparation for the ship's upcoming deployment. GSM2 Coleman became a citizen in a small ceremony in Tampa on Aug. 21 just seven days before Roosevelt deployed.

Roosevelt is extremely proud of these four Sailors and their enduring contributions and commitment to our country. These important steps they have taken have opened new doors for each of them and allowed them opportunities they did not have in the past.

# USS Roosevelt Visits Neum

By Ensign Sophia Fischer

*USS Roosevelt PAO*  
USS Roosevelt (DDG 80) recently visited Neum, Bosnia during a port visit.

A challenging sea and anchor detail led to a beautiful cove to drop anchor on Sept. 15. Some Roosevelt Sailors took off on the liberty launch boats to explore the town while many others stayed behind to prepare for two formal receptions to be hosted by Roosevelt's crew and Commanding Officer, Cmdr. Stanley O Keeve.

On Sept. 17, Roosevelt welcomed the President of Bosnia and Herzegovina, President Haris Silajdzic as well as the Chief of Staff Miladin Milojcic, Minister of Defense, Selmo Cikotic and finally the United States Ambassador to Bosnia the Honorable Charles L. English. Multiple associates joined as well as members of the local media.

The guests were offered tours

of the ship by the commanding officer and Executive Officer, Lt. Cmdr. Scott Harvey. The guests said they were thrilled to visit the bridge, forecabin and central control station. The tour concluded on the flight deck with the playing of both the Bosnia and United States National Anthem followed by remarks from Keeve, the Ambassador and the president.

An interpreter translated so all guests could enjoy the commentary. All guests were then escorted to the officer wardroom to share finger foods and refreshments. The president took a keen interest in the Franklin and Eleanor Roosevelt (Roosevelt's namesake) memorabilia on display throughout the room.

The evening concluded when the president politely asked the CO with a smile, "Captain, I request your permission to go ashore."

The following afternoon

Roosevelt hosted more than 100 guests for a less formal gathering. The U.S. ambassador was again present, as well as civilian and military representatives from various other embassies including the Ukrainian, Russian, Chinese and British embassies. Junior officers welcomed the group by providing tours. The guests were quite eager to learn and asked lots of questions, ranging from crew life, to weapons capabilities, to fuel consumption rates. The tours again concluded on the flight deck where the Ambassador and Keeve spoke.

Both exchanged expressions of gratitude for Roosevelt's visit to Neum. All guests then enjoyed a delicious assortment of food and beverages. It was a pleasure for all involved and an honor to meet such important figures in both the government and military of our allied nations.

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# CDC, CDH Recognize Fire Prevention Week



-Photos courtesy of MWR  
Children and CYP Professionals from the Pretoddler classrooms at the Child Development Center are visited by Sparky out on the playground.



Children in VPK 2 and CYP Professional Selinda Bradley are visited by Sparky at MWR's Child Development Center as part of Fire Prevention Week.



CYP Professional Nafesha Slaughter and the Preschool 1 class from the Child Development Center learn about firefighter gear during Fire Prevention Week. Also shown are Naval Station Mayport's Firefighter Bob Smith (left) and Driver Operator Lt. Andrew Penski.



Three-year-old Charles Seidel is sitting tall as he "drives to McDonalds" in one of Mayport's fire trucks. Navy Child Development Home (CDH) provider Tammy White and the children in her care went on a field trip to Naval Station Mayport's Fire & Emergency Services Department during Fire Prevention Week. During their visit, the children received a close-up look at a firetruck, ambulance and rescue truck along with a tour of the base's fire station. Several children also tried on the safety gear. For more information on the Navy's CDH Program, including information on how to become a home provider, call 270-6961.



One-year-old Ryan Renteria tries on a fireman's helmet during the CDH field trip.

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# New Infant Room Established At CDC



From MWR

Multiple military and DoD families on the Central Enrollment Waiting List (CEWL) benefited when MWR Mayport opened a new infant classroom on Oct. 1 at the off base Child Development Center, Bldg. 1960.

The new classroom has a maximum capacity of eight infants and welcomes ages six weeks until one year of age. Two full-time Children and Youth Programs (CYP) Professionals, Emily Santos and Carmen Colon, care for the eight infants Monday through Friday in the new classroom. With the addition of the new infant room, MWR Mayport now cares for a total of 32 infants with 16 at the on base Child Development Center and 16 at the off base facility.

"We are very excited about this new classroom," said Gloria Kivipelto, Mayport's Training and Curriculum Specialist. "Everything in the class is new, including high chairs that are

lower to the ground allowing the care provider to sit and make eye-to-eye contact when feeding."

The classroom also provides a variety of books and toys that encourage development, active play and exploration. Along with books and toys, the Child Development Center uses Baby Signs where simple sign language is utilized for communication development. Infants are also provided daily opportunities for outdoor play. A playground is located just outside of the infant classroom and is specifically designed for children under one year of age.

The Child Development Programs at Naval Station Mayport are accredited by the National Association for the Education of Young Children (NAEYC). For more information about Mayport's Child Development Centers, call 247-7740.

-Photo courtesy of MWR

Left, CYP Professional Carmen Colon greets Sarah Reimann as she drops off her two-month-old son, Braydon Reimann, at the new Infant 1 classroom. Above, CYP Professional Emily Santos feeds three-month-old Miah Smith while Caden Henry, age 10 months, relaxes with a bottle in a cushy infant-size chair.

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# MWR Happenings

**Oct. 16: Puerto Rican Cuisine.** 10:30 a.m.-1 p.m. at Fast Lanes Grille (while supplies last). 270-5377

**Oct. 16: No Thursday Team Trivia.** This week's trivia is cancelled due to a VIP function. Trivia resumes on Oct. 23 at 7 p.m. 270-5143

**Oct. 18: Fall Fest.** 2-6 p.m. at Sea Otter Pavilion. Event features fun for the entire family including carnival games,

clowns, face painting, pony rides, train rides, mechanical games, inflatables and more. Everything is free except food. 270-5228

**Oct. 18: Oktoberfest at Fall Fest.** 6-9 p.m. at Sea Otter Pavilion. Stay after Fall Fest for a live band plus food and specialty beers for purchase. 270-5228

**Oct. 20: Golf Course Overseeding Begins.**

Temporary greens will be in use for approximately two weeks during which time greens and cart fees will be half-price. 270-5380

**Oct. 20: Texas Hold 'Em (All Hands).** 7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome. 270-7198

**Oct. 21: Red Pin Bowling.** 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike

with a red head pin and win a prize. 270-5377

**Oct. 21: 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

**Oct. 22: Wii Wing Wednesdays.** 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

**Oct. 23: Family Steak Night.** 5-8 p.m. at Foc'sle CPO Club. Steak dinners are \$9 and include steak, baked potato, corn on the cob, side salad and a dinner roll. Children's specials also available. Everyone welcome. 270-5431

**Oct. 24: All Navy Wrestling Tryouts.** 5:30 p.m. at NAS Jacksonville's Gym. 542-3239

**Oct. 24: Navy Birthday Ball.** 5:30 p.m. social hour followed by 7 p.m. dinner at Ocean Breeze. Guest speaker is Congressman Ander Crenshaw. Cost is \$25 per person for E1-E6, \$35 per person for E7-O3 (GS7 and below), and \$45 per person for O4 and above (GS8 and above). Ticket includes dinner, champagne toast, commemorative glass and entertainment. Purchase tickets at ITT. 270-5145

## Liberty Call

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

**Oct. 18: Orlando Magic Trip.** Orlando Magic versus Miami Heat at Jacksonville's Veterans Memorial Arena. Cost is \$20. Trip departs at 5 p.m.

**Oct. 19: Savannah Day Trip.** Free transportation to Savannah

for a day of fun. Trip departs at 8:30 a.m.

**Oct. 20: Texas Hold 'Em.** 7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome.

**Oct. 23: Comedy Zone Trip.** Free transportation, admission and appetizers included. Must be at least 18 years old. Trip departs at 6 p.m.

**Oct. 25: Halloween Horror**

**Nights (Orlando) Trip.** Cost is \$60. Trip departs at 3:30 p.m.

**Oct. 26: Jags vs. Cleveland Browns Trip.** Cost is \$5. Trip departs at 1 p.m.

**Oct. 29: Barracks Bash.** 4:30-7:30 p.m. between Barracks 1586 and 1587. Free food, entertainment, games, competitions and giveaways.

**Oct. 17: "Girls Just Wanna Have Fun" Freedom Friday.** 7-11 p.m. at the Youth Activities Center for girls in grades K-5<sup>th</sup>. \$7 in advance; \$9 the day of. 270-5680

**Oct. 18: Fall Fest.** 2-6 p.m. at Sea Otter Pavilion. Event features fun for the entire family including carnival games, clowns, face painting, pony

rides, train rides, mechanical games, inflatables and more. Everything is free except food. New for 2008... stay and enjoy an Oktoberfest-style celebration with live music, adult beverages and food for purchase from 6-9 p.m. at Sea Otter Pavilion. 270-5228

**Oct. 25: Halloween Costume Contest.** 5:30 p.m. at the Youth

Activities Center. Free to enter. Open to children ages infant to 12 years old. 270-5680

**Oct. 25: Haunted House and Hayrides.** 7-11 p.m. at the Youth Activities Center. Admission to the Haunted House is \$3 per person. Hayrides are \$1 per person. 270-5680

**Fall Festival**  
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Pony Rides ■ Train Rides ■ DJ  
Entertainment by Navy Children  
Inflatables ■ Food for Purchase

**New for 2008...**  
We'll be rockin' into the night with live music, food and specialty beers from 6-9 p.m.

For more information, call MWR Mayport at (904) 270-5228.

## MWR Sports/Fitness

The Intramural & Greybeard Basketball meeting will be held Oct. 28 at 11 a.m. at the gym lobby.

There will be a free Bar Biathlon Darts and Pool Tournament for active duty at Fast Lanes Bowling Center at 5 p.m. on Oct. 29. Sign up in the gym by Oct. 22. Call 270-5451 for more information.

A new fitness schedule is now in effect.

The Surfside Fitness schedule is as follows:

- Monday**  
7 a.m., TRX with Ruthie and Emily  
9:30 a.m., Power Walking with Ruthie  
9:30 a.m., Broken Hearts with LaPlace  
1 p.m., Moms in Motion with Traci  
4:30 p.m., Zumba with Emily
- Tuesday**  
6:30 a.m., Yoga with Mia  
9:30 a.m., Lolmpact with Emily  
11:30 a.m., Advanced Mind

Body with Mia, Ruthie and Emily  
1 p.m., Strength Solutions & Flexibility Fix-Ups with LaPlace

**Wednesday**  
6:30 a.m., Functional Flexibility and Stress Management with Mia  
9:30 a.m., Intro to Mind Body with Mia  
Noon, Lunch Crunch with LaPlace  
1 p.m., Moms in Motion with Traci  
3 p.m., TRX with Ruthie and Emily  
5:30 p.m., Kids Clinic with Ruthie  
5:30 p.m., Kickboxing with LaPlace

**Thursday**  
9:30 a.m., Pump and Grind with Emily and Mia  
11:30 a.m., Zumba with Emily  
1 p.m., Strength Solutions & Flexibility Fix-Ups with LaPlace  
**Friday**

7 a.m., Beach Bootcamp with LaPlace  
9:30 a.m., Broken Hearts with LaPlace  
9:30 a.m., Fitness Equipment Training with Ruthie

The Gym schedule is as follows:

**Monday**  
6 a.m., Weight Training for Warfighters with Ruthie  
11:30 a.m., Circuit Senations with LaPlace  
3 p.m., Command Row-bics with LaPlace

**Tuesday**  
6 a.m., Command Cardio Pump with Traci  
11:30 a.m., Resistance with Traci  
3 p.m., Conditioning for Running with LaPlace  
4:30 p.m., Spinning  
5:45 p.m., Fitness Equipment Training with LaPlace

**Wednesday**  
7 a.m., Cardio, Combat and CORE with Traci  
11:30 a.m., Spinning with Traci

**Thursday**  
7 a.m., Command Jump and Jab with Ruthie  
11:30 a.m., Row-bics with Ruthie  
3 p.m., Victory PRT with Mia

**Friday**  
6:30 a.m., Command Spinning with Ruthie  
9:30 a.m., Intro to Spinning with Mia  
11:30 a.m., Strength Training Basics for Women with Traci

2008 Aqua Aerobic Season comes to a close The daily aqua aerobics schedule has been reduced to only three more classes. They will be held Friday Sept. 26 at 9:30 a.m. at the base pool. Come join the Navy Fitness Trainers and the 40 plus regular aqua aerobics attendees for the final classes this season.

**FAMILY Steak Night**  
AT FOC'SLE CPO CLUB

**MWR MAYPORT**

4-8 p.m.  
**Thursday, Oct. 23, 2008**

**Steak Dinner... \$9**  
Steak, baked potato, corn on the cob, side salad & dinner roll

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NS MAYPORT, FLORIDA

**OFF-BASE PICKUP LOCATIONS**

LOCATION	ADDRESS	CITY
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX
COMFORT INN	MAYPORT RD.	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH
FCE - SHELL	7150 MERRILL RD	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX
FLEET LANDING	MAYPORT RD.	JAX
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX
FLETCHER HIGH SCHOOL ROTC	JAX BCH	JAX BCH
GATE	1900 MIZELL RD	STAU
GATE	220 A1A N	PVB
GATE	619 A1A N	PVB
GATE	10970 US 1/SR210	ST AUG
GATE	2350 SR 16	STAU
GATE	463779 SR 200/A1A	YUL
GATE	3230 EMERSON ST	JAX
GATE	3938 HENDRICKS AVE	JAX
GATE	8070 ATLANTIC BLVD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX
GATE	5617 BOWDEN RD	JAX
GATE	570 BUSCH DR	JAX
GATE	12548 SAN JOSE BLVD	JAX
GATE	10946 FT CAROLINE RD	JAX
GATE	1001 MONUMENT RD	JAX
GATE	10044 ATLANTIC BLVD	JAX
GATE	4100 HECKSCHER DR	JAX
GATE	2520 S 3rd ST	JAXBCH
GATE	319 S 3rd ST	JAX BCH
GATE	9144 BAYMEADOWS RD	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX
GATE	9540 SAN JOSE BLVD	JAX
GATE	1605 RACETRACK/SR13	JAX
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX
JIFFY LUBE	11820 SAN JOSE BLVD	JAX

LOCATION	ADDRESS	CITY
JIFFY LUBE	10430 ATLANTIC BLVD	JAX
JIFFY LUBE	13560 ATLANTIC BLVD	JAX
JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
JIFFY LUBE	1672 S 3rd ST	JAXBCH
JIFFY LUBE	8379 BAYMEADOWS RD	JAX
JIFFY LUBE	5295 SUNBEAM RD	JAX
JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
JIFFY LUBE	9699 SAN JOSE BLVD	JAX
JIFFY LUBE	2837 TOWNSEND BLVD	JAX
KANGAROO	10100 GRANITE PLACE	JAX
KANGAROO	1031 BEACH BLVD.	JAX BCH
KANGAROO	1403 N 3rd ST	JAX BCH
KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
LA CRUISE GIFT SHOP	A1A HWY	JAX
LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
LIL CHAMP	13967 McCORMICK RD.(MT PLEASANT RD)	JAX
LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
LIL CHAMP	1310 S. 3rd ST.	JAX BCH
MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
OTTER RUN OFFICE	ASSISSI LANE	JAX
RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
RIBAUTL BAY COMMUNITY CENTER	ASSISSI LANE	JAX
SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
SPRINT	1202 US-17	YUL
SPRINT	8838 ATLANTIC BLVD	JAX
SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
SPRINT	1209 MONUMENT RD./LEE	JAX
SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
SPRINT	301 ATLANTIC BLVD.	ATL BCH
SPRINT	2810 SR A1A N	ATL BCH
SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
SPRINT	1601 PENMAN RD.	JAX BCH
U.S. COAST GUARD OFFICE	A1A HWY	JAX
USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX

Updated: FEBRUARY 1, 2007

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

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

**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 Pepsico Foundation Education Campus. All interested personnel please 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](mailto: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](http://www.usojax.com)

**Navy-Marine Corp Relief Society Needs You**

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

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

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

2006 to sign up.

**Lea's Place**

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been 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 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](http://www.imshomelesscenter.org/volunteers.html)

## Telling His Story



-Photo courtesy of MWR  
Carl Day, parent of Skylar Day, shared some pictures and items he brought back from a trip to Egypt. Day visited the VPK2 class at the CDC off-base on Oct. 3. He is stationed in Washington, DC and travels all over the world wherever there is a U.S. Embassy. He is with a Naval Support Unit with the State Department.

MWR fun for the entire family... Saturday, Oct. 25<sup>th</sup>

<p><b>FREE Costume Contest</b> Judging begins PROMPTLY at 5:30 p.m.</p> <p><b>Categories:</b> ♦Cutest ♦Scariest ♦Most Creative ♦Best All Around</p> <p><b>Ages:</b> Infant-4 years 5-8 years 9-12 years</p>	<p><b>Haunted House &amp; Hayrides</b> 7-11 p.m.</p> <p><b>Haunted House:</b> \$3 per person</p> <p><b>Hayrides:</b> \$1 per person</p>	<p><b>MWR MAYPORT</b></p> <p>Also offering...</p> <p><b>FREE Outdoor Movies, 7-11 p.m.</b></p> <p><b>Concession Stand, 6-10 p.m.</b></p>
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At Mayport's Youth Activities Center (904) 270-5680

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## Balfour Beatty Communities

\*Free 1/2 month rent on select 3 bedroom homes. No security deposit when paying by allotment.

# The Dos And Don'ts Of Election Time

**By Lt. Janelle Lokey**  
NS Mayport Judge Advocate

The November general elections are rapidly approaching and it is time once again to reemphasize the importance that all Americans carry out the obligations of citizenship. However, it is equally important that all Armed Forces and Department of Defense (DoD) personnel understand what they can and cannot do in regard to political activities.

Department of Defense maintains a long-standing policy that DoD personnel acting in their official capacity may not engage in activities that associated the DoD with any partisan political campaign or election, candidate, cause or issue.

Members of the Armed Forces may:

- Register, vote and express a personal opinion on political candidates and issues, but not

as an official representative of the Armed Forces. However, all personnel, especially in leadership positions, should be mindful of such discussions in the federal workplace;

- Promote and encourage others to exercise their voting franchise, if such promotion does not constitute use of their official authority or influence to interfere with the outcome of any election;
- Sign a petition for legislative action or petition to place a candidate's name on an official ballot, if the signing does not require the member to engage in partisan political activity;
- Display a political bumper sticker on the member's privately owned vehicle (POV). Regulations state members may place one sticker on a POV, but not an oversized banner or flags. Members in leadership positions who have assigned

parking spaces should be sensitive to such activity since it may create an appearance of unlawful influence; and

- Attend partisan and nonpartisan political fundraising activities as a spectator when not in uniform and no appearance of official sponsorship can reasonably be drawn.

Members of the Armed Forces shall not:

- Use official authority or influence to interfere with an election, affect the outcome of an election, solicit votes for a candidate or solicit political contributions;
- Serve in any official capacity with a partisan political club or be listed as a sponsor of a partisan political club;
- Speak before a partisan political gathering that promotes a partisan political party, candidate or cause;
- Display a large political

sign, banner or poster (as distinguished from a bumper sticker) on a private vehicle; and

- Display a partisan political sign, poster, banner or similar device visible to the public at one's residence on a military installation, even if that residence is part of a privatized housing development.

Civilian federal employees may:

- Participate in political organizations by being members of a political party, serving as officers of a political party, attend and participate in political conventions and serve as delegates to a political party convention;
- Display a political sign, sticker, button or similar material (but not while on duty, in a government office or building, or using a government vehicle); canvass for votes; endorse or oppose a candidate in political advertisements and manage a

political campaign;

- Make financial political contributions, attend, address or be a featured guest at a political fundraiser, solicit or receive uncompensated volunteer services and organize a political fundraiser hosted or sponsored by others.

Civilian federal employees shall not:

- Use their official titles while participating in a permitted political activity, use authority to coerce anyone into participating in a political activity, solicit or receive uncompensated volunteer services from a subordinate or solicit or discourage the participation in a political activity of anyone with official matters before DoD;
- Solicit or receive political contributions, allow the use of their official titles in relation with political fundraising, or host or sponsor a political fund-

raiser;

- Run for partisan political office (except as Independent candidates in certain local elections); and
- Participate in a permitted political activity while on duty, while in a government office or building, or while using a government vehicle.

Department of Defense personnel must forward all inquiries from political campaign organizations to a public affairs officer (PAO) for awareness and appropriate action. In response to specific inquiries, PAOs will only provide information that is available to the general public.

For more information, contact the Staff Judge Advocate Office at 270-6289 ext. 1801.

## NAS Jacksonville To Host World-Class Show

From NAS Jacksonville

NAS Jacksonville announces the return of local flying sensation and "First Lady of Aerobatics" Patty Wagstaff to this year's air show. The two-day show is scheduled for Oct. 25 and 26, 2008, and will be free and open to the public.

Wagstaff of St. Augustine, Fla., is internationally known for the most thrilling, low-level aerobatic routines in the world. Flying before millions of air show spectators each year, her breathtaking performances give spectators a front-row seat view of the precision and complexity of modern, unlimited hard-core aerobatics. A six-time member

of the U.S. Aerobatic Team, Patty has won the gold, silver and bronze medals in Olympic-level international aerobatic competition and is the first woman to win the title of U.S. National Aerobatic champion and one of the few people to win it three times.

Many other fabulous, high-caliber performers will entertain this year's show. Leading the pack are the world-famous Blue Angels, the Navy's flight demonstration squadron, which was formed at NAS Jax back in 1946.

Also scheduled to perform is Les Shockley's Jet Truck; Skip Stewart Pitts, Rich's Incredible

Pyro, Greg Shelton & Ashley Battles, Matt Chapman, Red Star and The Dragon, David Marco P-51D Mustang "Sizzling" Liz," Bob Cox L-39 "Albatross," and Jon Mohr 1943 Stock Stearman PT-17, the F/A 18F Super Hornet Strike Fighter; F-15 West Coast Demo Team; F-16 Viper East Demo Team; F-86 Dale Snodgrass (Military Heritage Flight); E-2C Hawkeye; H-60H/F; and the 82d Airborne Division All American Freefall Team.

More detailed information on the acts is available at [www.airshow.jacksonville.com](http://www.airshow.jacksonville.com)



## SURFLANT Conducts Shiphandling Competition

**By MC3(SW) David Wycaver**  
Fleet Public Affairs Center Atlantic

Commander, Naval Surface Force, Atlantic (COMNAVSURFLANT) hosted a shiphandling competition Sept. 2-5 at the new Navigation Seamanship Shiphandling Trainer (NSST) located on Naval Station Norfolk.

Enlisted Sailors assigned to various ships in the Hampton Roads area had an opportunity to showcase their skills in this new competition.

The three-day event allowed 16 Sailors from different platforms, who are or soon will be Officer of the Deck (OOD) qualified, to perform various shiphandling duties to include maneuvering different size vessels, pulling along side the pier for mooring and man overboard drills.

"We had 45 minutes to complete two evolutions," said Chief Sonar Technician (SW/AW) Chris McGrath, NSST participant from USS Hawes (FFG 53). "We're responsible for taking the ship out of port and we all started out on the same pier. Each competitor had to complete several tasks outlined by those providing the critiques."

"This opportunity gave me the chance to handle some dif-

ferent situations I wouldn't normally face in regards to shiphandling," said Boatswain's Mate 1st Class (SW/AW) Charles Bohan, NSST participant from Patrol Craft Crew Golf. "My ship is rather small and through this simulation I was given the task of maneuvering bigger vessels which was a change of pace. Every class of ship is different in its own regard and provides new challenges."

One of the organizers behind the event explained how the NSST trainer is essential to shiphandling.

"The trainer allows us to provide various environments for shiphandling evolutions including different pier locations, wind speed, sea conditions and other essential aspects to give Sailors the most realistic training possible," said Capt. Michael Turner, NSST director.

Several Sailors offered their opinion on the competition on how it will help them in the future out in the fleet.

"It's great to be a part of this event. I'm glad the simulator has now been opened up to enlisted personnel," said McGrath. "The surface officers have seen the benefits of this kind of training and now that can be carried over to the enlisted Sailors as well."

The competition involved several rounds of action ultimately leading to a final round where three participants competed to be number one. A luncheon will be held Sept. 17 to announce the top three finalists and the one who placed 1st in the contest.

"With this being the first year we've done this competition, there is a learning curve on the entire process," Turner added. "We hope to build off this year's success and make the competition even better in the future."

COMNAVSURFLANT plans to conduct this competition each year with NSST.

For more information on next year's event, please visit [www.nsstraining.org](http://www.nsstraining.org).

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**dreeshomes.com**

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

**ACROSS**

- Sailor's mop
- Takes steps
- Donna lead-in
- Volcano output
- Record spoiler
- Kindled anew
- Start of quip
- U.A.E. rulers
- Remove the rime
- Break down, as a sentence
- Had lunch
- Accomplishes, Biblical-style
- Part 2 of quip
- Advanced deg.
- Baloney!
- Reclined
- Part 3 of quip
- Epistle
- Isinglass
- Bumpkin
- Greek letter
- White-collar worker?
- Part 4 of quip
- Amino, for one
- Tango number
- Sound of a leak
- Part 5 of quip
- Long or hot finish?
- ETs' transportation
- Synthetic fabric
- Certain wind instruments
- Overcharge
- End of quip
- Tapestry in "Hamlet"
- Poi source
- Ky. neighbor
- Takes ten
- Collar or jacket
- Those, to Jose

**DOWN**

- Lost traction
- Boggs of baseball
- Shunning
- Barcelona bank
- Opening letters
- Sound of thunder
- Pentateuch
- Unsaturated alcohol
- Early neonate
- ZZZ letters
- Of a pelvic bone
- Jocularity
- Sailing
- Colorful tropical fish
- Ingests
- Pilgrimage destination
- Up to 28 3100
- Cash for security
- Boxing letters
- "Bulba"
- Snow runner
- F.A.O. Schwarz and others
- Numerical endings
- Dawn Chong and Carruth
- Small newt
- Frigidity
- Not by any means
- Widen
- Sweetener
- Ere
- \_\_\_ for the taking
- Like Jack Sprat's diet
- Milton of Uganda
- Fictional sleuth Wolfe
- Ferber or Buchanan
- Tax return info
- Gun in old slang
- Achieved victory

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**By Alan P. Olschwang Huntington Beach, CA 10/16/08**

**Last Week Answers**

W	P	A	R	N	A	B	U	B	M	P	H		
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10/09/08

# NMFC Norfolk Watch Team Helps Southeast Region Set Battle Rhythm For Hurricane Season

By Mary Anne Broderick Tubman

*CNRSE Public Affairs*  
 Virtually all of the 20 installations of Commander, Navy Region Southeast (CNRSE) have felt the impact of the 2008 hurricane season. Members of the Crisis Action Team in the region's headquarters at Naval Air Station (NAS) Jacksonville, Fla., were joined in telephone conference calls by CNRSE Installation Commanding Officers (ICOs) to listen to weather briefs provided by the Naval Maritime Forecast Center (NMFC) in Norfolk, Va. During major storms such as Fay, Gustav, and Ike, NMFC personnel prepared forecast information that shaped readiness decisions at CNRSE installations from the Caribbean to the Texas coast.

With 65 active duty and civilian personnel, NMFC delivered as many as three briefs per day detailing severe weather forecasts and ensuring CNRSE stayed one step ahead of approaching storms. Their expertise and attention to detail enabled installation commanding officers and emergency managers to make informed decisions regarding airfield activities, evacuations, and ultimately, for the safe return to normal operations.

"Many people were involved in the preparation of briefs," said Lt. Cmdr. Robert Cosby of NMFC. "For tropical warnings, one or two junior Aerographer's mates, a seasoned AG2 or AG1 serving as Hurricane Duty Officer (HDO), the Chief of the Watch, and the Command Duty Officer were part of the process."

For each hurricane brief, NMFC Norfolk produced forecast graphics, text warnings, destructive winds forecasts, and detailed potential impacts used by CNRSE and other fleet customers. The briefer gathered data, correlated information from other sources, such as the National Hurricane Center (NHC), and compiled it into the



-Photo by Aerographer's Mate 2<sup>nd</sup> Class Benjamin Barker  
 Pictured on the watch floor of the Naval Maritime Forecast Center (NMFC), Norfolk are (from left) Lt. James Scianna, Ship Routing Officer Kenneth Ghormley, forecasters Aerographer's Mate 2<sup>nd</sup> Class Alicia Scott, Aerographer's Mate 2<sup>nd</sup> Class Derek Tinsley, and Aerographer's Mate 1<sup>st</sup> Class Paul Stimson. NMFC personnel have provided detailed weather briefs to installations under Commander, Navy Region Southeast (CNRSE) throughout the 2008 hurricane season, particularly during Tropical Storm Fay and hurricanes Gustav and Ike. U.S.

brief. The briefer discussed the storm forecast with the watch team and the NMFC Hurricane Specialist at the NHC. A thorough review of all model guidance, weather observations, and other data was conducted to produce a good brief.

"Tropical systems are notoriously difficult to forecast, especially their intensity and long-range track," Cosby said. "A shift in a forecast direction of 50 miles or less can make a dramatic difference in the conditions at a particular installation, and will subsequently drive very challenging decisions."

These decisions, which CNRSE installations made numerous times during this hurricane season, included pre-positioning of response teams

near the potential areas of land-fall, but out of harm's way, in order to be on-site to render assistance once return to an area was deemed safe. Other decisions included calling sailors and civilian employees to muster, and providing direction on when to safely secure installation assets.

Knowledge of a storm's anticipated arrival time allowed for evacuation of personnel and dependents to safe havens, a decision which was made twice this year by NAS Key West. In cooperation with the Naval Aviation Forecast Center, NMFC storm data also affected the decision to sortie and/or hangar aircraft at NAS Jacksonville in the days before Tropical Storm Fay.

It was also used in the call to sortie ships from Naval Station (NS) Mayport, Fla., and to nest minesweepers at NS Ingleside, Texas.

Weather forecasts helped installations determine when recovery and assistance operations could safely begin. These

forecasts allowed New Orleans and Texas installations to plan and execute safe returns to normal operations and provide support to local communities devastated by hurricanes Gustav and Ike.

"The NMFC forecasters were invaluable in providing timely and thoughtful inputs, and became an integral part of the development of our crisis response course of action," said Capt. Bryan Cuny, CNRSE Operations Officer and Battle Watch Captain.

The recommendations from NMFC helped CNRSE installations determine when to set Conditions of Readiness (COR), which ensured the protection of people and property in advance of the storm.

"Above the quality of their inputs was the responsiveness of the NMFC personnel to the needs of the individual ICOs, who had to make the tough calls in so many areas," said CNRSE Executive Director Bruce B. Cwalina.

When the Meteorology and Oceanography community reorganized in 2004, its plan was to deliver tropical support to installations and regions, including weather advisories, from a center that was not physically located on or near their area. NMFC Norfolk took advantage of opportunities to make a difference in supporting installations and fleet commands.

"Installations had valid concerns about how they would receive weather support from people who weren't actually there," said Cosby. "We had to

build confidence that we could tailor our services to their specific needs, and do our best from a standoff location."

Site visits by NMFC leaders in 2007 to installations including NAS Key West, Fla., NS Guantanamo Bay, Cuba, and NAS Corpus Christi, Texas, provided insight into specific concerns and helped NMFC focus its strategies.

"I'd like to think that we have answered the skeptics in a very good way," Cosby added.

With NMFC's help, CNRSE installations have protected personnel and assets. NMFC will continue to provide guidance that will support preparation, prevention, and mitigation during a hurricane season.

"Our success is the result of more than two years of collaboration with NMFC to develop protocol, installation requirements, and a battle rhythm that was constructed around their products," Cuny said. "They responded every time critical decision points approached, and sustained this optempo throughout every weather event."

"Time and time again, NMFC has provided quality inputs in spite of unpredictable conditions that often make tropical storm forecasting problematic," said Cwalina. "I couldn't be prouder to work with them and to have their expert support during these most critical times."

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# Constructive Eviction Of Residential Leases

By Lt.j.g. Guy Reschenthaler

*RLSO*  
Three weeks ago you rented your apartment. At the time, everything seemed perfect. The neighborhood seemed safe and there were no defects in the apartment. Things were going great. Now you have discovered that there has been a string of robberies at your apartment complex, and the landlord has taken no steps to improve safety. The heating system only works half the time, and it is the middle of February! Worse yet, the plumbing has not worked for two days. You and your spouse have even considered moving into a hotel until matters improve.

Before you pack your bags, you call the landlord for the seventh time. He only makes vague promises about fixing the problems. You're at your wits end. You ask yourself, "What are my legal rights?" What you need to know is the law on constructive eviction.

Constructive eviction occurs when the landlord's actions have the effect of evicting you, the tenant. The legal standard for constructive eviction varies from state to state. The tenant usually must prove that the landlord's action or inaction made the apartment uninhabitable. A tenant can argue that the landlord has failed to provide a basic need or that he has made living in the apartment unbearable. The best way a tenant can prove constructive eviction is to

argue that the implied warranty of habitability was broken.

An implied warranty is a warranty that is included in a contract, whether stated in the contract or not. By statute, every residential lease contains an implied warranty of habitability. The warranty states that the landlord promises to maintain the rental property so that the apartment is fit for human habitation. This means that the landlord has an obligation to provide such things as plumbing, heat, locking doors, drinkable water, electricity and other basic necessities.

Violations often occur after the tenant has taken possession. The landlord should be notified and given a reasonable time to fix the problem. "Reasonable"

depends on the problem. For example, it is likely reasonable to go without heat for one or two days. Going without heat for several weeks is another story. Whatever the reasonable time period may be, if the problem is not fixed, a tenant has several options. To evaluate your options, speak with an attorney as early into the process as possible.

Another possible trigger for constructive eviction is a violation of the doctrine of quiet enjoyment. The right to quiet enjoyment is the right not to be unreasonably disturbed in your apartment or house. This right may also apply to common areas such as sidewalks, backyards and pools. If your landlord is constantly entering your

apartment, making demands to inspect the property at late hours of the night, or even permitting other tenants to play loud music or have wild, noisy parties in the evening hours, then the landlord may have violated the doctrine of quiet enjoyment. If the landlord does not fix the problem after receiving notice, then this too can trigger a constructive eviction.

Servicemembers, as a mobile group of people, are likely to face property leasing issues. Most of the time, problems can be worked out by communicating the problem to the landlord. Make sure the communications are documented in letters or emails. If the problems persist and your landlord refuses to remedy the situation, legal

assistance attorneys are available to assist you and your family.

Call them at the following numbers: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.

# Military Retirement Pay, Divorce: What Can You Lose?

By Rachel Van Patten

*RLSO*  
How much of a servicemember's military retirement pay can a former spouse be awarded in a divorce? The answer is largely controlled by the Uniformed Services Former Spouses' Protection Act (USFSPA), a federal act which addresses this specific issue. Contrary to what many people may believe, there is no 10 year minimum length of marriage requirement for division of military retirement pay to a former spouse. Read on for an explanation of USFSPA and its impact on state court divorce proceedings.

The first step is to understand that federal law treats the two types of retirement pay, disability and non-disability, differently for the purpose of a divorce award.

**Disability Retirement Pay**  
No portion of disability pay can be awarded to a former spouse for alimony, child support or property division. The amount of retirement pay the former spouse can receive in a divorce proceeding is lower when the servicemember receives disability pay. This is because a servicemember eligible for disability pay must waive a corresponding portion of non-disability pay to prevent double-dipping. However, state courts have the power to offset the difference by adjusting how other distributable marital property is portioned out to each spouse.

**Non-Disability Retirement Pay**

USFSPA allows, but does not require, state courts to award non-disability retirement pay to a former spouse in a divorce. How much can be awarded varies by state. It is important to understand that an award of retirement pay to a former spouse as property division is not the same as an award of retirement pay as alimony or another type of support payment. This means that receipt of the pay as a property interest would not end upon the former spouse's later remarriage. Moreover, there are specific rules under USFSPA that must

be followed in order for state courts to have jurisdiction to divide retirement pay as a property interest.

USFSPA also allows state courts to award potential non-disability retirement pay. That is, even if a servicemember is years away from retirement eligibility, the court can award part of the projected retirement pay in a divorce decree. The amount of the retirement pay subject to division is based upon the servicemember's pay grade and time of service on the date of the divorce decree. The former spouse will have to wait until the servicemember retires, if at all, before receiving any payment. The award will reflect a formula to be calculated upon retirement for an actual percentage.

**Property Distribution: Disposable Pay Rule**

Under USFSPA, state courts may only divide the disposable pay portion of the non-disability retirement pay as part of the marital property. Disposable pay is the total monthly retirement pay to which a servicemember is entitled, less any of the following: (a) amounts the servicemember owes to the United States for previous overpayments of retirement pay and recoupments required by law because of retirement pay entitlement; (b) amounts deducted from retirement pay as a result of forfeitures or waivers; (c) disability retirement pay; and (d) amounts deducted for survivor's benefits if the beneficiary is the same person to whom payment is being made pursuant to the court order. Disposable pay also does not include withheld taxes.

**Property Distribution: Direct Payment Rules**

Former spouses may be entitled to direct payment, an automatic monetary deduction from the servicemember's pay, to satisfy a court ordered award. However, there are two instances in which the Defense Finance and Accounting Service (DFAS) will not make direct payment to the former spouse.

First, federal laws place a 50% cap on the maximum amount

of disposable pay that can be awarded to a former spouse as marital property, paid directly through automatic deductions. This does not include alimony and child support, as discussed below. Furthermore, this does not prevent the state court from awarding more than 50% of the disposable pay to the former spouse as marital property. This only means that DFAS will not honor direct payment to a former spouse in excess of 50% of the disposable pay for division of marital property.

Second, DFAS will only make direct payment when the former spouse satisfies the 10 year rule. Under the 10 year rule, the couple must have been married for at least 10 years which overlapped at least 10 years of creditable military service. Note that this is a DFAS policy which does not limit state courts when making an award determination of disposable pay as marital property. The servicemember remains responsible for ensuring that the former spouse receives all the awarded portion of disposable pay. Failure to adhere to the state court award could result in various civil remedies and even jail time.

The former spouse which receives direct payment also faces the tax liability of the income. DFAS issues two 1099 forms; each former spouse pays taxes on his or her own share.

**Property Distribution: Court Order Rule**  
If the state court order is silent about division of retirement pay, then the entire amount is awarded to the servicemember. However, the former spouse can later ask the court to revisit the divorce decree to address the issue of dividing military retirement pay if the divorce decree does not specifically say that the claim is waived nor that no portion of it is awarded.

**Alimony and Child Support**  
Awarding non-disability retirement pay for alimony and child support is completely different than when dividing it as marital property.

First, there is no 10 year rule. Even if the servicemember

retired before marrying the former spouse or if they were married less than ten years, the state court can order direct payment of non-disability retirement pay to the former spouse to satisfy alimony and child support awards.

Second, the direct payment maximum percentage cap increases to 65% when alimony and child support are included. Note that disposable retirement pay is distributed by direct payment on a first come, first served basis where the servicemember has been divorced more than one time.

State Laws Regarding Division of Military Retirement Pay  
All 50 states have statutes,

case law or both permitting the division of military retirement pay in a divorce. Only Puerto Rico classifies military retirement pay as separate property of the servicemember and not part of the marital assets, deeming it not divisible in divorce proceedings. Each state has its own rules regarding alimony, child support and property distribution which the parties must follow.

This article is neither to be relied upon as legal advice nor to take the place of consulting an attorney. If you need to see a legal assistance attorney about such a divorce issue, Region Legal Services Office Southeast legal assistance 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; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009.

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*From TRICARE*  
Eligible families of activated National Guard and Reserve members will continue to save up to \$300 in annual deductibles now that a TRICARE "demonstration" program is a permanent benefit.

Eligible family members of Guard and Reserve personnel activated for more than 30 days under federal orders in support of a contingency operation are made eligible for TRICARE Standard and TRICARE Extra, which have annual deductibles. While they may be eligible to enroll into TRICARE Prime or TRICARE Prime Remote for Active Duty Family Members, which have no deductibles, many may choose to stay with TRICARE Standard or Extra.

Introduced as one of the first TRICARE healthcare enhancements after Sept. 11, 2001 to assist the increasing number of National Guard and Reserve service members activated to support the Global War on Terrorism, the benefit waiving annual deductibles has been a demonstration project for over seven years.

"The demonstration has worked well and the benefit is not changing," said the Deputy Director of TRICARE Management Activity, Maj.

Gen. Elder Granger. "We simply want to make sure our Guard and Reserve families know this is a permanent benefit now that final federal regulation has been published."

Guard or Reserve families often meet annual deductibles under their commercial plans before they get activated. Waiving the TRICARE Standard and Extra deductibles means eligible families will not have to pay additional deductibles under TRICARE. The annual deductible for Standard and Extra is \$300 for families.

"National Guard and Reserve members and their families make huge sacrifices to protect our freedom. We don't want to see them sacrifice even more by paying deductibles twice in one year," Granger said.

The published regulation also contains provisions that make it easier for Reserve and Guard members to continue to see their family physicians by potentially increasing the amount that can be paid to out-of-network health care providers.

Since eligibility for TRICARE benefits is determined by the services, to ensure family members are eligible for the TRICARE Reserve Family Benefit, activated Reserve and Guard members should visit

their local military ID card issuing facility and update their information in the Defense Enrollment Eligibility Reporting System (DEERS).

### Health Promotion's Ship Shape Class, CFL Meeting

Health Promotion by the Ocean Wellness Center is hosting the quarterly Command Fitness Leaders (CFLs) meeting on Oct. 22 at 9 a.m. in Bldg. 2050 on Marshall Couch Drive next to the Surfside Fitness Center. All Mayport CFLs and health promotion representatives are invited to attend.

Naval Branch Health Clinic Mayport's Health Promotion Department will be offering the Fall Ship Shape class starting Oct. 23 from 9-11 a.m. The class is for eight consecutive weeks and topics include: nutrition, portion sizes, calories, fat, emotional eating and fitness. All active duty, dependents 17 years of age and older, and retirees are welcome to attend.

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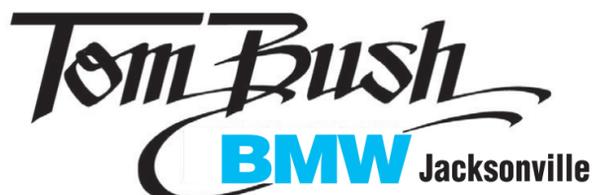
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