

# THE MIRROR

NS MAYPORT, FLORIDA

CHINFO Award Winner

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[www.nsmayport.navy.mil](http://www.nsmayport.navy.mil)

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THURSDAY, October 30, 2008

## 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.

### NH Jax Lobby Closes For Reno

Naval Hospital Jacksonville is under construction to better serve our military families. Effective Oct. 23, the hospital's Quarterdeck entrance, also known as the main lobby, will be closed for an extended period as construction begins. All patients and visitors are invited to use the east entrance of the Outpatient Wing open 6 a.m. to 9 p.m. After that time and on all Federal Holidays, the Emergency Medicine Department entrance should be used.

### 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.

### Do You Have Talent, Mayport?

MWR Mayport is holding the Mayport's Got Talent competition for ages 16 and older. Preliminary auditions are 7 p.m. Nov. 12 (music category) and Nov. 13 (variety category) at Castaway's Lounge inside Beachside Community Center. The top finishers in each category will compete in the Grand Finale event at 7 p.m. Nov. 19 at Beachside Community Center's Main Hall. Grand prize for the overall winner is \$500 plus the choice of a \$500 professional recording session or \$500 vacation/ticket package. The runner-ups in each category will each receive the choice of a \$500 professional recording session or \$500 ticket/vacation package. Deadline to register is Nov. 7. For a complete list of contest rules, pick up a registration packet at Planet Mayport Single Sailor Center or Beachside Community Center. For more information, call 270-7788.

# Mayport Ships Team With Allied Partners During Joint Warrior

By MC2 Joseph R. Wax

Destroyer Squadron 24 Public Affairs

Ships led by the commander of Destroyer Squadron (DESRON) 24 learned a little more about interoperability while participating in the Joint Warrior Course, a multinational exercise held off the coast of Scotland, in October.

The exercise allows NATO and coalition navies to explore complex, real-world scenarios while operating in a multi-platform environment.

For U.S. and British ships involved in the exercise, Joint Warrior was a unique opportunity to work together with allied partners while providing each other with key services and

logistical support.

"If we take anything away from this exercise it is that we are stronger by working together and leveraging the strengths each one of us has," said Lt. Cmdr. Gil Ayan, the DESRON 24 material officer. "One of the great ways to create a bond is at the personal level."

One specific example of how the ships teamed together involved a Sailor from the guided-missile frigate USS Doyle (FFG 39).

Fireman Ben Stamps, a member of Doyle's engineering department, was transported by helicopter to HMS Ark Royal (R07) to undergo dental work that his ship couldn't perform

while at sea.

"I had a lot of swelling and sharp aching pain," said Stamps. "Ark Royal was out operating with us, and they volunteered to help me out."

Stamps said his situation shows how the two navies operate as one team while working in a joint environment.

"They (Royal Navy) have taken me in as one of their own and set me up with everything I needed," said Stamps. "They did an excellent job."

In addition to supporting each other with services, the two navies worked together to solve many logistical issues. Everything from parts to people were transferred between the

U.S. and Royal Navy ships to accomplish the mission.

The fleet replenishment oiler USNS Leroy Grumman (T-AO 195), which accompanied the other ships assigned to DESRON 24 to Scotland for Joint Warrior, spent the entire exercise conducting underway replenishments with ships of both navies, showcasing the interoperability between allied maritime forces.

"Complex and robust units - air, surface and under-sea forces - were operating together during Joint Warrior," said Ayan. "It speaks to how well our coalition nations work together. We have more things in common than things that are different. If we deploy together as a multinational force in the future, we'll be ready because of exercises like this."

Joint Warrior is a multinational exercise designed and run by the United Kingdom's Joint Tactical Exercise Planning Staff (JTEPS). Taking part in Joint Warrior with DESRON 24 were USNS Leroy Grumman (T-AO 195); the guided-missile frigates USS Doyle (FFG 39), USS Hawes (FFG 53) and USS Klakring (FFG 42); and the guided-missile destroyer USS Mitscher (DDG 57).

## Mayport Celebrates Navy Birthday



-Photo by MC2 Daniel Gay  
Guest Speaker Congressman Ander Crenshaw stands with the oldest and youngest Sailors, Yoeman Seaman Olga Carrera and Cmdr. Jerome Dillon, while they cut the cake at the Naval Station Mayport Navy Birthday Ball held last Saturday at Ocean Breeze Conference Center.

## Blue Angels Come To Jacksonville



-Photo by MC2 Daniel Gay  
The Lockheed-Martin C-130T Hercules known as "Fat Albert," taxis at Naval Air Station Jacksonville, preparing for the 2008 Wings of Freedom Air Show.

## DHA Screening Deadline Oct. 31

By Sharon Anderson

Chief of Naval Personnel Public Affairs

All commands have until Oct. 31 to complete a one-time screening of medical records to check if their Sailors have completed Deployment Health Assessments (DHA) and reassessments as required by NAVADMIN 207/08. DHAs are required for Sailors who have been on IA assignment in the USCENTCOM AOR since October 2001.

DHA is mandated by the Department of Defense to screen Sailors prior to deployment, to identify health concerns after deployment, and to facilitate appropriate care. The DHA process is designed to identify stress injuries and other health concerns that require further assessment or treatment.

"DHA process is key to tracking Sailor's concerns and issues so we provide the appropriate health care and support,"

said Capt. Lori Laraway Navy Operational Stress Control Coordinator.

Screening is required for all Sailors who either deploy for more than 30 days ashore OCONUS; are members of a deploying unit or deployed individually on the ground to the CENTCOM AOR; or any time the Commander exercising operational control specifically determines that personnel under his command were exposed to a potentially adverse physical or mental health threat (e.g., a deployed ship conducts operations that exposed Sailors to contaminants, disease, or traumatic events).

Sailors who rotationally deploy with ships/squadrons afloat are specifically excluded from the DHA requirement unless they served more than 30 days with boots on the ground.

See DHA, Page 10

# DoD Sets Guideline For Political Activities

**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 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.

## Homefront in Focus

**By Beth Wilson**

*Military Spouse Contributor*

The middle stages of the Emotional Cycle of Deployment take place during the actual deployment. Each stage may be experienced to varying degrees and lengths depending on your personality and previous experience.

Stage three, Emotional Disorganization, takes place during the first six weeks of deployment and for many is the most difficult stage. In this stage there can be an initial relief that your Sailor is gone and then a sense of guilt for feeling that way. This sense of relief comes from the emotional phases prior to the departure. These feelings are normal!

This stage can also be accompanied by feelings of restlessness and aimlessness. You may experience feelings of isolation. It takes time to get into a 'groove' without your Sailor in the home. Be patient with yourself. Communicate with your Sailor as much as possible.

Start your mail drop/care package. Get out and spend time with friends or family during this time. Pick up a hobby and set a few goals to accomplish during deployment. If this stage seems overwhelming contact your ombudsman for support and resources.

Stage four is called Recovery and Stabilization. This is when we have adjusted to the changes of deployment. Many spouses

find a new strength and maturity at this point and enjoy a new sense of independence. This is when you smile and say, "I am going to make it!"

Anna was a new Navy wife facing her first deployment. She was a lovely young lady with many concerns over the upcoming deployment and unsure how she would survive. During the 'emotional disorganization' phase Anna relied heavily on her ombudsman. Anna would call daily, email often and most times in tears. Anna's life was disrupted by the absence of her Sailor, her lover and her best friend.

Anna's ombudsman recounts, "I tried to help Anna meet other wives, develop interests and become active in the FSG during this challenging period. After about four and half weeks into deployment the phone stopped ringing and the emails from Anna dropped off. That was when I knew that she made it through the most difficult stage. She was now enjoying a new sense of independence and I watched Anna mature during this time."

and become active in the FSG

During this challenging period. After about four and half weeks into deployment the phone stopped ringing and the emails from Anna dropped off. That was when I knew that she made it through the most difficult stage. She was now enjoying a new sense of independence and I watched Anna mature during this time."

Stage five is called Anticipation of Homecoming. Depending on the length of your deployment this can begin as early as six weeks prior to the expected return. This stage is characterized by joy and anticipation. We start planning homecoming festivities and dream about the day we see our Sailor

walk across that brow.

This stage may also bring apprehension and concerns about your relationship. Perhaps you gained a little weight while your Sailor was gone. Maybe you experienced a great sense of growth during deployment and wonder what your marriage may be like when your Sailor returns. These are all normal feelings.

With the changes we have seen and experienced in the Navy's deployment schedules and we can go back to that challenging stage three. The good news is the returns to this stage are less intense and shorter in duration.

Throughout the deployment stages it continues to be impor-

tant to stay as connected to your Sailor as much as possible. Take every opportunity to write, email, send care packages, send family grams and mail drops.

Acknowledgements: Material for these articles includes www.myarmylifetoo.com, Kathleen Vestal-Logan, and the Navy Ombudsman Training Manual.

Next week we look at the Return & Reunion stages of the emotional cycle of deployment.

*Do you have questions or comments for Beth? Contact her at beth@homefrontinfocus.com. Don't miss Navy Homefront Talk!, Beth's internet talk show for spouses at www.blogtalkradio.com/nht.*

## Jax Area USO Has New Director

**By Jack Berry**

*USO Coordinator, Mayport Chapter, MOAA*

Retired Cmdr. John Shockley assumed the Directorship of the Greater Jacksonville Area USO Oct. 8, while retired Cmdr. KC McCarthy for the past four and a half years, left to become the Director of the USO San Diego.

McCarthy has been the driving force before a revitalized and expanded Jacksonville USO by developing a \$1.1 million recreational program for our uniformed service members and opening the Jacksonville International Airport USO Center for our transient troops.

Shockley returned to Jacksonville after his January 2008 retirement from U.S. Northern Command at Colorado Springs, Colorado. He and his wife Amy make their home on Fleming Island with his oldest daughter a graduate of USF in Tampa, son graduating from UNF in December 2008 and youngest daughter attending FCCJ.

Beginning his naval career as an E-1 from the Ohio coal area, he rose to his present rank with a varied service career.

He served on several Mayport based ships, among them, the USS Charles F. Adams (DDG-

2), USS Saratoga (CV-60), and USS John F. Kennedy (CV-67).

He also served on board NAS Jacksonville in various commands, including Commanding Officer of Transient Personnel Unit.

Officer of the community, Veterans groups, and Mayport MOAA in supporting our Service Members, and those transiting through JIA.

**MOAA Mayport Chapter USO Coordinator Jack Berry stands with outgoing Jacksonville Area USO Director KC McCarthy and incoming Director retired Cmdr. John Shockley. Shockley is not new to the area, serving tours on several Mayport-based ships and aboard NAS Jacksonville during his service.**

**Photo courtesy of MOAA**

**2), USS Saratoga (CV-60), and USS John F. Kennedy (CV-67).**

**He also served on board NAS Jacksonville in various commands, including Commanding Officer of Transient Personnel Unit.**

**John said he looks forward to continuing the good work of his predecessor, Ms McCarthy,**

**and working with the community, Veterans groups, and Mayport MOAA in supporting our Service Members, and those transiting through JIA.**

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# JL Hall Highlight Of Rockport Harvest Festival

From USS John L. Hall

USS John L. Hall (FFG 32) anchored in Rockport, Mass., on Oct. 16 to participate in the Rockport Harvest Festival.

Last year was the first time in 59 years that a ship pulled into Rockport, and John L. Hall was glad to answer the call this year. There was a weekend full of events planned for the crew to enjoy. The first night was a meet and greet with the Wardroom and Chief's Mess at the Sandy Bay Yacht Club.

A handful of Sailors visited the Den-Mar Nursing Home as a community relations (COMREL) project to interact and socialize with some of the residents. Ensign Samara Taylor, one of only two women on board, had the memorable experience of speaking with WAVES who served during World War II.

"It was an honor to meet heroic women who answered the call to serve so many years ago," Taylor said.

Although not all of the residents the crew met had been active in the military, they all had a connection to the Navy through family members or Department of Defense jobs and were happy to share their memories with another generation. The second COMREL project was painting the pool room of the American Legion Post 98 in Rockport. Five crew members spent the day giving the Legion Hall a makeover. According to Larry Story, member and project coordinator, the Legion had not had a paint job in 30 years.

"The guys are gonna come in and think they're in the wrong building," he said.

As a thank you, members of Post 98 served boiled lobsters and home-made New England Clam "Chowda" to the COMREL participants for



-Photos courtesy of USS John L. Hall

Boatswain's Mate 1<sup>st</sup> Class (SW) Damon Smalls works his way to lobster No. 14, while crewmembers and lobstermen look on.

lunch.

Sailors had the opportunity to spend time with local children. They ate lunch with elementary school students in the cafeteria, attended a cake-cutting ceremony performed by the Dean of Students for the Rockport school system, and then enjoyed a game of kickball with elementary, junior, and high school students.

The teams were split with Sailors and students on both teams, lasted for six innings and ended with a score of 9-6. The winners were all who participated in the game and had a great time. The second annual Rockport Harvest Festival Softball game took place on Saturday between USS John L. Hall and the reigning champs, the Rockport Police and Fire departments. After the

parade of colors by the local Sea Cadets and singing of the National Anthem, the game was off to a promising start for the Hall team. Under the coaching of Senior Chief Storekeeper (SW) Charles Shelton, they led 2-0. Three outs later, the Rockport PD/FD were up at bat and it was quickly apparent that weekly practices pay off for them. With a final score of 30-15, Rockport, the game ended with handshakes, a shirt swap, and a trophy presentation to both teams.

There was more than enough for the crew to do during the Rockport visit; Sailors got a lesson on the lobster industry from genuine lobstermen who showed Sailors how to make and set traps. This was followed by a seafood feast of clams, crabs, and of course lobsters.

Boatswain's Mate 1<sup>st</sup> Class (SW) Smalls broke the previous ship's record by eating a whopping 14 lobsters in one sitting. When asked how he felt afterwards his only response was, "Aargh!"

A local retired couple, the Farragthers, led some Sailors on a private, guided Salem Witch Tour that included the Salem Witch Museum and a sightseeing walk around the city. The Rockport Navy Welcoming Committee organized a Canteen at the local country club where sailors and locals got a chance to mingle and get to know one another. Local restaurants catered the event, Samuel Adams donated beverages, there were door prizes given out, and the DJ played tunes that everyone enjoyed dancing to. Drop-In Centers were set-up at two



USS John L. Hall kickball team visits with local Rockport students.



Command Senior Chief Dion Beauchamp and retired Cmdr. David Arnold prepare to dedicate wreaths at the memorial ceremony.



Personnel Specialist 1<sup>st</sup> Class (SW) Freddy DeLeon explains his job and uniform to two residents of the nursing home.



USS John L. Hall's softball team stands for the singing of the National Anthem at the 2nd Annual Rockport Fall Festival softball game.

Quarter.

Bluejacket of the Quarter was awarded to Storerkeeper Seaman (SW) Raashan Jones. Jones hails from Atlanta, Georgia and has served in the Navy for three years. He was praised for his tireless efforts in researching, accounting and obligating

more than \$200,000 in end of fiscal year funds. The Junior Sailor of the Quarter was presented to Ship Serviceman 2<sup>nd</sup> Class (SW) Nicholas H. Arant. Petty Officer Arant is a married father of two with 11 years in the Navy. He serves as the Leading Petty Officer for the

Sales and Services Division on board the ship and was directly responsible for the ship's Morale Welfare and Recreation fund receiving \$5,000 in profits generated through ships store and vending sales.

The Senior Sailor of the Quarter was Master-at-Arms 1<sup>st</sup>

Class (SW) Brian J. Williams. A nine-year Navy veteran, Williams is the command's Chief Master at Arms, PRT Coordinator and Reaction Force Leader. He was recognized for writing numerous anti-terrorism force protection drill packages for duty section training and

ULTRA-S preparations while also tracking ship-wide ATFP personnel qualifications.

This ceremony was a great opportunity for the crew of USS John L. Hall to extend their thanks and congratulations to these three outstanding shipmates.

## USS JL Hall Recognizes Outstanding Sailors

By Ensign Samara Taylor

USS John L. Hall PAO

USS John L. Hall held Captain's Call on the forecastle to honor the accomplishments of several shipmates on Oct. 6. Amongst those recognized were the Bluejacket, Junior Sailor, and Senior Sailor of the

Class (SW) Brian J. Williams. A nine-year Navy veteran, Williams is the command's Chief Master at Arms, PRT Coordinator and Reaction Force Leader. He was recognized for writing numerous anti-terrorism force protection drill packages for duty section training and

# Navy News

## USS Hue City SUPPO Receives National Award

**By Tim Christmann**  
Naval Supply Systems Command Public Affairs

Five officers, including one from Naval Station Mayport, received the 2007 Vice Adm. Robert F. Batchelder Navy League Award during the Supply Corps Junior Officer Training symposium (JOTS) in San Diego Oct. 24.

The award recognizes supply corps officers who have made significant contributions to the supply readiness of the Navy's operating forces.

The award recipients were: Lt. James O'Leary, USS Hue City (CG 66); Lt. Carl Koch, USS George Washington (CVN

73); Lt. Shawn Morgheim, Commander, Pacific Fleet; Lt. Shannon Walker, Logistics Support Group 2; and Lt. Christopher Koprivec, Navy Cargo Handling Battalion 1.

"It is a great opportunity to congratulate these fine officers," said Vice Adm. D. C. Curtis, commander, Naval Surface Forces. "What [these officers] do every day is well appreciated."

The award ceremony occurred in conjunction with JOTS, which provides a venue for Junior Supply Corps officers (O-1 to O-4) to discuss current career development issues and challenges in a peer setting.

"This [symposium] provides you with a chance to think about how you can be a more effective leader," said Rear Adm. Alan S. Thompson, commander, Naval Supply Systems Command and Chief of Supply Corps. "We should all continuously be working to improve our leadership skills."

The JOTS event covered a variety of career-related topics, including supply corps internships, diversity, the individual augmentation (IA)/GWOT Support Assignment (GSA) process and career progression guidance.



-Photo by Jeremy Lambert

*Electronics Technician 2nd Class Beau Joly, assigned to the Virginia-class attack submarine USS New Hampshire (SSN 778), breaks the pennant of Adm. Kirkland Donald, Director of Naval Reactors, during the boat's commissioning ceremony at Portsmouth Naval Shipyard. More than 3,500 people were in attendance at the ceremony, held at the Navy's first shipyard. New Hampshire is the fifth Virginia-class submarine, the first major U.S. Navy combatant vessel class designed with the post-Cold War security environment in mind.*

## New Hampshire Joins Fleet

**By Lt. Jennifer Zeldis**  
Fleet Public Affairs Center Atlantic

USS New Hampshire (SSN 778), the Navy's newest nuclear-powered attack submarine and the fifth of the Virginia-class, was brought to life Oct. 25 during a commissioning ceremony at Portsmouth Naval Shipyard.

Cheryl McGuinness served as the ship's sponsor, and gave the order to man the ship.

"Officers and crew of the USS New Hampshire, come aboard our ship, and bring her to life," she said.

McGuinness is the widow of Lt. Cmdr. Thomas McGuinness, a veteran Navy pilot and a copilot on American Airlines Flight 11 that was flown into the North Tower of the World Trade Center by terrorists Sept. 11, 2001.

"These Sailors are standing up for our country, standing up for freedom and standing up for our protection," said McGuinness.

"It should be comforting to know that their diligence allows all of us to truly rest knowing that they are keeping watch and that they are listening for anything that could threaten freedom."

More than 3,500 guests, including the crew's family and friends, submarine veterans and Portsmouth shipyard workers, attended the ceremony welcoming the submarine as the fourth naval vessel to be named New Hampshire. Approximately 1,000 additional residents of Portsmouth watched the cer-

emony on closed circuit television in Portsmouth's Prescott Park, across the Piscataqua River, within sight of the ceremony at PNS.

Sen. Judd Gregg (R-NH) served as the principal speaker during the ceremony. He praised the men of USS New Hampshire, the shipyard workers, and paid special tribute to the family members.

"Remember, there are families behind all these men serving on this ship," Gregg told the audience. "Those families sacrifice too. They have their Sailors away for months on end. Their courage, energy, vitality and vigor allow them to go on with their lives so that those Sailors can do their job of defending our nation."

In addition to all the dignitaries present was a special group of school children. Students from Garrison Elementary School in Dover, N.H., started a letter-writing campaign in 2004, requesting the submarine bear the name of their state.

New Hampshire arrived at PNS Oct. 19 and was warmly greeted by the community. The crew was treated to many events, including a lobster bake and several receptions in the local area. Several crewmembers also received tickets to watch the National Football League's New England Patriots take on the St. Louis Rams Oct. 26.

"To have the ship's motto the same as the state's motto of 'Life Free Or Die' is especially fitting," said Cmdr. Michael

Stevens, USS New Hampshire commanding officer.

"The New Hampshire and her crew will forge a new legacy that will be coupled together with the stories and achievements of many great New Hampshire notables who helped shape the history of the nation and this great state," said Adm. Kirkland Donald, director of Naval Reactors.

This is the first time in 12 years that two submarines of the same class have been commissioned in the same year. USS North Carolina (SSN 777) was commissioned in May.

Cost-reduction initiatives resulted in USS New Hampshire being delivered eight months early and \$54 million under budget. Some say this is just one of the reasons why the Virginia class of submarines is becoming a benchmark for future classes of naval ships.

Through their unique capabilities of stealth and endurance, Virginia-class submarines directly enable the Maritime Strategy core capabilities of forward presence, deterrence, sea control, power projection and maritime security. Equally adept at operating in the world's shallow littoral regions and deep waters, New Hampshire will significantly contribute to the mission areas of anti-submarine warfare; anti-surface warfare; special operations forces; strike; intelligence, surveillance, and reconnaissance; irregular warfare; and mine warfare.

No purchase is necessary to win. Winners will be selected in a random drawing on or around Nov. 21, 2008. Winners will be notified by their local Navy Exchange or NEXCOM headquarters. Winners' names will be posted online at [www.navy-nex.com](http://www.navy-nex.com).

## NEX Holds Customer Appreciation Sweepstakes

*From NEXCOM*

NEX shoppers will have the opportunity to win one of 30 \$1,000 shopping sprees, courtesy of the NEX and its many vendor partners. Customers can enter to win a \$1,000 NEX Gift Card at any NEX worldwide or online at [www.navy-nex.com](http://www.navy-nex.com) from Oct. 14 – Nov. 10, 2008.

"We wanted a way to show our customers that we appreciate

their shopping at their Navy Exchange, especially during the upcoming holiday season," said Chuck Early, Marketing Specialist for the Navy Exchange Service Command (NEXCOM). "We know there are a lot of places outside our gates where our customers can shop. However, our customers know they can save an average of 20 percent off the products

they purchase from the NEX, not including sales tax."

No purchase is necessary to win. Winners will be selected in a random drawing on or around Nov. 21, 2008. Winners will be notified by their local Navy Exchange or NEXCOM headquarters. Winners' names will be posted online at [www.navy-nex.com](http://www.navy-nex.com).

## Iwo Jima ESG In Gulf



-Photo by MCSN Chad Erdmann

*Foreign Navy ships participate in a photo exercise with ships from the Iwo Jima Expeditionary Strike Group (ESG) during a bilateral exercise in the Persian Gulf. The Iwo Jima ESG is supporting maritime security operations in the U.S. 5th Fleet area of responsibility.*

## Masters Degrees Available With DC Intern Program

**By Alison Dickson-Kozloski**  
Chief of Naval Personnel Public Affairs

Applications for the FY-09 Navy Washington, D.C. Intern Program are being accepted through Dec. 12 as announced in NAVADMIN 291/08.

This program, which runs from August 2009 through June 2010, offers an opportunity for up to six officers to receive a fully-funded Masters of Arts degree in organizational management from The George Washington University (GWU) while also serving on senior Washington, D.C. area staffs.

The program fosters a unique learning opportunity according to Lt. Cmdr. Brian Dreschler, who is currently enrolled in Navy Washington Intern Program.

"The fellowship is a great opportunity, not only for the curriculum in organizational management that is highly applicable to leadership in the

Navy, but also for the cohort

format where we learn from the civilians in the class. There are only 12 of us and we represent society well - from the military, State Department, nonprofit organizations," said Dreschler.

The intern program is designed for officers who have demonstrated superior performance, upward career mobility, and command potential. Participants will attend full-time evening classes at GWU and complete two-five month internships to expand upon their course work.

"The internship/curriculum combination is a phenomenal learning opportunity," Dreschler explained. "For the first six months, I am at the Joint Staff, Deputy Directorate for Special Operations (DDSO). Then, for the last six months, I will be at National Counter Terrorism Center. Although, the learning curve is steep, I am really get-

ting the big picture."

Other internship opportunities include serving on senior Washington DC area staffs such as Office of the Secretary of Defense, Joint Chiefs of Staff, Office of the Secretary of the Navy and other government agencies such as Department of State and Department of Homeland Security.

Eligibility is limited to active duty 0-4 and 0-5 unrestricted line officers who have demonstrated superior performance and command potential. Each prospective participant must be eligible for a 12-month (minimum) tour of shore duty and have completed JPME phase I. Officers who have previously finished an in-residence Department of Defense funded master's degree are not eligible.

For more information on the program and application process see NAVADMIN 291-08.

## 2009 DeCA Scholarships Program Opens Nov. 3

**By Caroline Williams**  
DeCA marketing specialist

November is a great time of year for many reasons – cool, crisp weather, tailgating at football games, Thanksgiving and fall colors, to name just a few. If you're a high school or college student and the child of a military family, you might want to add free college money to your list of favorite things because the 2009 Scholarships for Military Children Program opens Nov. 3.

Scholarship applications will be available beginning Nov. 3 in commissaries worldwide and online through a link at [https://www.commissaries.com](http://www.commissaries.com) and directly at <http://www.militaryscholar.org>.

The program kickoff each year in November coincides with National Military Family Month, and the scholarships are a great way for commissaries to get involved with the community and demonstrate support for the contributions of military families.

According to Defense Commissary Agency Director and Chief Executive Officer Philip E. Sakowitz Jr., the program has awarded more than \$6.4 million in scholarships to more than 4,000 of the best and brightest children of military families since the program

began in 2001.

"We know that education is the key to a better future," Sakowitz explained, "and we're thrilled to be a part of something that makes it a little more affordable for military families."

Commissaries are known for the savings they provide authorized customers who shop regularly – savings averaging 30 percent or more. In fact, commissaries have always sold groceries at cost, allowing them to pass a substantial savings on to their customers.

The scholarship program is emblematic of DeCA's commitment to improving the quality of life of America's service members and their families by making military paychecks go further in today's uncertain economy. The program awards \$1,500 scholarships to well-rounded, accomplished children of military families, meaning these families don't have to dig as deep into their pockets to pay for tuition.

Only dependent, unmarried children (under the age 23) of active duty personnel, reserve/guard and retired military members, survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship. Eligibility is

determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2009, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants should prepare to submit an essay on the following topic: "What would you place inside a time capsule to help people in the next century understand military life today?" Applications must be turned in to a commissary by close of business on Feb. 18, 2009. At least one scholarship will be awarded at every commissary location with qualified applicants.

Every dollar donated to the program by manufacturers, brokers and suppliers that sell groceries in commissaries, and the public at large goes directly to funding the scholarships. Fisher House Foundation underwrites the cost of administering the program, which is handled by Scholarship Managers, a national, nonprofit, scholarship management services organization.

# Calendar

## On Base

**Thursday, Nov. 6**  
**USS The Sullivans Family Readiness Group** will meet at 6 p.m. at the Mayport USO. The USO is located across from Sonics on Mayport Rd. Childcare will be provided. Please bring your finished decorated 10 x 10 napkin for the ship's quilt and a bag of candy to donate to the Sailor's holiday bags. The Sullivans' Children will be creating a Christmas craft during the meeting to mail to the ship. We will be discussing our halfway dinner, homecoming t-shirts, and many upcoming events. For more information email sullivansfrg68@aol.com.

**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.

## Out in Town

**Friday, Oct. 31**  
**Trunk or Treat-Come** participate in a Halloween alternative on Friday night from 6-8 p.m. at Isle of Faith UMC 1821 San Pablo Rd., Jacksonville 32224. There will be games and costume parades, free hotdogs and prizes. Trunks are decorated and full of Halloween goodies to hand out to the children. Wear you costume and come join us for the fun. More information is available at [www.isleoffaith.org](http://www.isleoffaith.org).

**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.

**The Fleet Reserve Association Branch 290** is hosting a Mexicali Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. Menu includes enchiladas, tacos, refried beans, chips and salsa. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of Doug Bracey will entertain until 1 a.m.. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

**Sunday, Nov. 2**  
The University of North Florida (UNF)'s Child Development Research Center (CDRC) and the UNF Nature Trails will host their fifth annual Family Fest, rain or shine from 1-4 p.m. at 4567 St. Johns Bluff Road, South. The focus is on literacy and nature. The event will benefit CDRC and the Nature Trails. Fun-filled activities for all ages include: audience participation stories in song with Bella Voce, poetry with professional storyteller and UNF faculty member Nile Crocodile, appearances by local children's author and UNF faculty member Gigi Morales David and other authors, crafts, nature projects, canoeing, games, nature scavenger hunt, parachute activity, a piñata, and face painting. Snacks and drinks will be available. Suggested donation is \$3 per child, \$5 per adult, or \$10 for the entire family.

Join Archeologist Keith Ashley at 2 p.m. for a seminar on local archeology; projects, findings, and interpretation. This seminar will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Sunday, Nov. 3**  
**Fleet Reserve Association Branch 290** hosts breakfast from 8-11 a.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Menu includes eggs, bacon or sausage, grits or hashbrowns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for breakfast sandwich, is requested. As always, the public is invited.

**Wednesday, Nov. 5**  
**Atlantic Beach Women's Connection** invites you to our Awesome Autumn Silent Auction and Bake Sale from 9:30-11:30 a.m. at Selva Marina Country Club, 1600 Selva Marina Dr. Atlantic Beach. Former majorette and successful business owner turned historic tour guide Corbina Ike of Savannah, Ga. will share how coming to the end of herself meant "A Whole New Adventure!" Come join the girls of ABWC for brunch where you can enjoy a tasty meal, make some new friends, and bid on fun and exciting gifts for the holidays! Cost is \$12 inclusive for non-members. Complimentary childcare available with reservation. Contact Kate at 534-6784 for questions or reservations or send email to [atlanticbeachwc@yahoo.com](mailto:atlanticbeachwc@yahoo.com).

**Thursday, Nov. 6**  
The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 360 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a world wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services, no matter how long, stop by the Branch Home, 390 Mayport Road, Atlantic Beach, FL or call 246-6855. New members are always welcome.

**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.

**Sunday, Nov. 9**  
The Church of Pentecost, 8709 Hogan Road is inviting service members to attend a 6 p.m. as the church honor service members - past and present. There will be special gifts and a reception to follow. For more information, call 645-0153.

**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](http://www.decorativeartistsofjacksonville.org).

**Thursday, 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](http://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.

**Friday, Nov. 21**  
Join Wild Amelia for a look at the stars. The evening will include a star talk at 7 p.m. and the opportunity to observe the stars up close through telescopes. The program will take place at Fort Clinch State Park. The program fee is \$5 per person and no reservations are necessary. Be sure to bring your flashlight and bug spray.

**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 plants and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**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 waterfront. 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](http://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.

**Saturday, Feb. 28**  
**Trail of Tails Pet Walk & Festival** Join the Jacksonville Humane Society for the first annual "Trail of Tails: Pet Walk & Festival." Register at [jaxhumane.org](http://jaxhumane.org) prior to the walk or at 8 a.m. on walk day. The walk kicks off at 10 a.m. and will start and end at Friendship Fountain Park. Entrance is \$30 per person, \$25 per person for team members. Animals walk with their owners for free. A festival featuring food, drinks and fun for the entire family follows the event. Registration for festival vendors is available by calling 904-725-8766 or visiting [www.jaxhumane.org](http://www.jaxhumane.org). All proceeds benefit the Jacksonville Humane Society, a non-profit adoption and animal education center.



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# HSL-46 Det. 4 Successfully Completes WOWU

By Ensign Marc Schron

HSL-46 Detachment Four

The "Dark Knights" of HSL-46 LAMPS Detachment Four have completed their Week One Workups (WOWU) onboard USS Vicksburg as part of the Eisenhower Carrier Strike Group.

Flying a minimum of 12 hours per crewmember during the course of six days, Detachment Four totaled 39.2 of flight time to quickly hone their skills. Using two helicopters to fly this large number of hours means a significant amount of maintenance, keeping the seventeen "Dark Knight" maintainers as busy as the pilots.

Included in the schedule for WOWU was the full gamut of helicopter operations, supported by all ships in the strike group.

On board Vicksburg, the detachment practiced VERTREP, HIFR, and smoke-light and ELVA (Emergency Low Visibility) approaches.

Following the successful completion of WOWU, Vicksburg and Detachment Four sailed in concert with the aircraft carrier USS Dwight D. Eisenhower. To further hone their skills, Vicksburg's detachment flew multiple PAX transfers as well as landing cross-deck on a DDG to transfer parts and personnel.

When not actively being tasked, the aircrews practiced their VID observation techniques and monitored Vicksburg's VBSS training for the upcoming 5<sup>th</sup> Fleet deployment.

Every training cycle brings



-Photos by HSL-46

*Lt. Andrew Dean and Aviation Warfare Systems Operator 2<sup>nd</sup> Class (AW/NAC) Funk pose in front of Cutlass 475 before evening flight operations.*

with it new personnel needing more advanced qualifications, especially for a LAMPS detachment.

Each of the Helicopter Second Pilots (H2P) stood Landing Safety Officer (LSO) under-instruction when not flying, learning the skills necessary to control the takeoff and landing of the aircraft.

When qualified, they will

be able to share the LSO duties with the two Helicopter Aircraft Commanders (HACs) and AIRBOSS. Running through an exhausting schedule of DLQ's (Daylight Landing Qualifications), un-aided night landings, and NVG-assisted landings, the "Dark Knights" accomplished their WOWU training smoothly and without incident. Integration of the Air

Department comprises a crucial element of Vicksburg's "go anywhere, do anything" capabilities, adding another substantial dimension to achieve mission accomplishment.

The aircraft assets, expertise, and level of professionalism the "Dark Knights" of HSL 46 Det 4 bring to the ship are key components of high-flying success for the Vicksburg team.



*Show in flight then making an approach, Cutlass 467 passes by Vicksburg on its starboard side during WOWU.*

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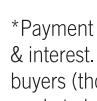
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**Happenings**

**Oct. 30: Thursday Team Trivia.** 7-9 p.m. at Bogey's. Now offering team trivia every Thursday evening. Normal Bogey's menu available starting at 6 p.m. 270-5143

**Nov. 3: Fall Intramural and Graybeard Basketball Begins.** Season runs through Feb. 23, 2009. Sign up at the Gym. 270-

5451  
**Nov. 3: Texas Hold 'Em (All Hands).** 7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome. 270-7198

**Nov. 4: 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  
**Nov. 7: Deadline for Turkey Shoot Racquetball Tournament.** Tournament is Nov. 12 at the Gym. 270-5451

**Nov. 7: Deadline for Mayport's Got Talent.** Ages 16 and older welcome. Preliminary auditions are Nov. 12 (music category) and Nov. 13 (variety

category). Top winners from the preliminary auditions will compete in the Grand Finale on Nov. 19. Grand prize is \$500 cash and your choice of a \$500 professional recording session or \$500 vacation/ticket package. For complete details, pick up a registration packet at Planet Mayport Single Sailor Center or

Beachside Community Center. 270-7788

**Nov. 8: No-TAP Bowling Tournament.** 1:30 p.m. at Fast Lanes Bowling Center. \$25 per person; includes bowling, shoes and entry into cash prize pot. Minimum 10 bowlers for tournament to be held. 270-5377

**Nov. 21-23: Open Water**

**Scuba Certification Course.** Last class of 2008! \$290 complete (\$320 guests); includes gear, study materials, instruction, certification, lodging and round trip transportation. Pre-registration required. 270-5541

## Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by Planet Mayport Single Sailor Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

**Oct. 31: Hall of Terror Trip.** Cost is \$10. Trip departs at 5:30 p.m. Pre-registration required.

**Nov. 3: Texas Hold 'Em.** 7 p.m. every Monday at

Castaway's Lounge. Free to enter. Everyone welcome.

**Nov. 6: Comedy Zone Trip.** Free trip open to those at least 18 years old. Trip departs at 6 p.m.

**Nov. 8: Planet Fest 9.** Trip departs at 10 a.m. for Metro Park. Cost is \$10. Featured bands included Hinder, Puddle of Mudd, Red Jumpsuit Apparatus, Shinedown, Rehab and more. Pre-registration required.

**Nov. 14: Dinner and a Movie Trip.** Cost is \$2 and includes pizza at Planet Mayport, transportation to the theatre and movie admission. Trip departs a half-hour prior to first selected movie.

**Nov. 15: FSU vs. Boston College Game Trip.** Game time TBA. Cost is \$15 and includes transportation to and from Tallahassee and admission. Pre-registration required.

**Oct. 31: Teen Halloween Party.** 8-11 p.m. at Club Teen. Free costume contest, scary movie and light snacks for middle and high school ages. 270-5680

**Nov. 3: Registration begins for Winter Youth Basketball.** Ages 6-15 (determined by child's age on Jan. 1, 2009). Cost is \$30 for ages 6-10 and \$35 for ages 11-15. Uniform and trophy included. Season begins in January. Register at

the Youth Activities Center. 270-5680 or 5018

**Nov. 3: Fit Factor Launch Party.** 4 p.m. at the Youth Activities Center. Fit Factor is a youth fitness initiative that encourages physical activity, healthy eating selections and rewards youth between the ages of 6-18 for their efforts. 270-5680

**Nov. 7: Family Dance Party, "Blast from the Past".** 5-7:30 p.m. at the Youth Activities

Center. Free admission. Children must be accompanied by a parent. Space is limited; sign up in advance. 270-5680

**Nov. 8: Family Game Day.** 2-4 p.m. at the Youth Activities Center. Children must be accompanied by a parent. 270-5680

**Nov. 8: Teen Dance Party.** 8-10 p.m. at Club Teen. Free for middle and high school ages. 270-5680

## MWR Sports/Fitness

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., LoImpact 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 LaPlace

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 Sensations 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., Victory PRT with Mia

**Friday**

6:30 a.m., Command Spinning with Ruthie

9:30 a.m., Intro to Spinning

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.



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# Think YOU have talent?

Enter the Mayport's Got Talent contest.

Register Oct. 7<sup>th</sup> - Nov. 7<sup>th</sup> at Planet Mayport or  
at Beachside Community Center. Ages 16 & older welcome!

## Preliminary Auditions:

### Music Category

Wed. Nov. 12, 2008, 7 p.m.

### Variety Category

Thu. Nov. 13, 2008, 7 p.m.

At Castaway's (Beachside Community Center)

## Grand Finale

Wed. Nov. 19, 2008, 7 p.m.

Beachside Community Center (Main Hall)

The top talent selected from the preliminary auditions will go on to compete against each other in the Grand Finale event. Prizes will be awarded to the top 3 contestants in the Grand Finale.

### Grand Prize (Overall Winner)

\$500 cash PLUS your choice of a \$500 professional recording session or \$500 ticket/vacation package.

### Top Music Winner

### & Top Variety Winner

Each category winner will receive your choice of a \$500 professional recording session or \$500 ticket/vacation package.



Pick up a complete list of contest rules at Planet Mayport or Beachside Community Center. For more info, call (904) 270-7788 or 7789.

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458530

THE MIRROR, NS MAYPORT, Thursday, October 30, 2008 9



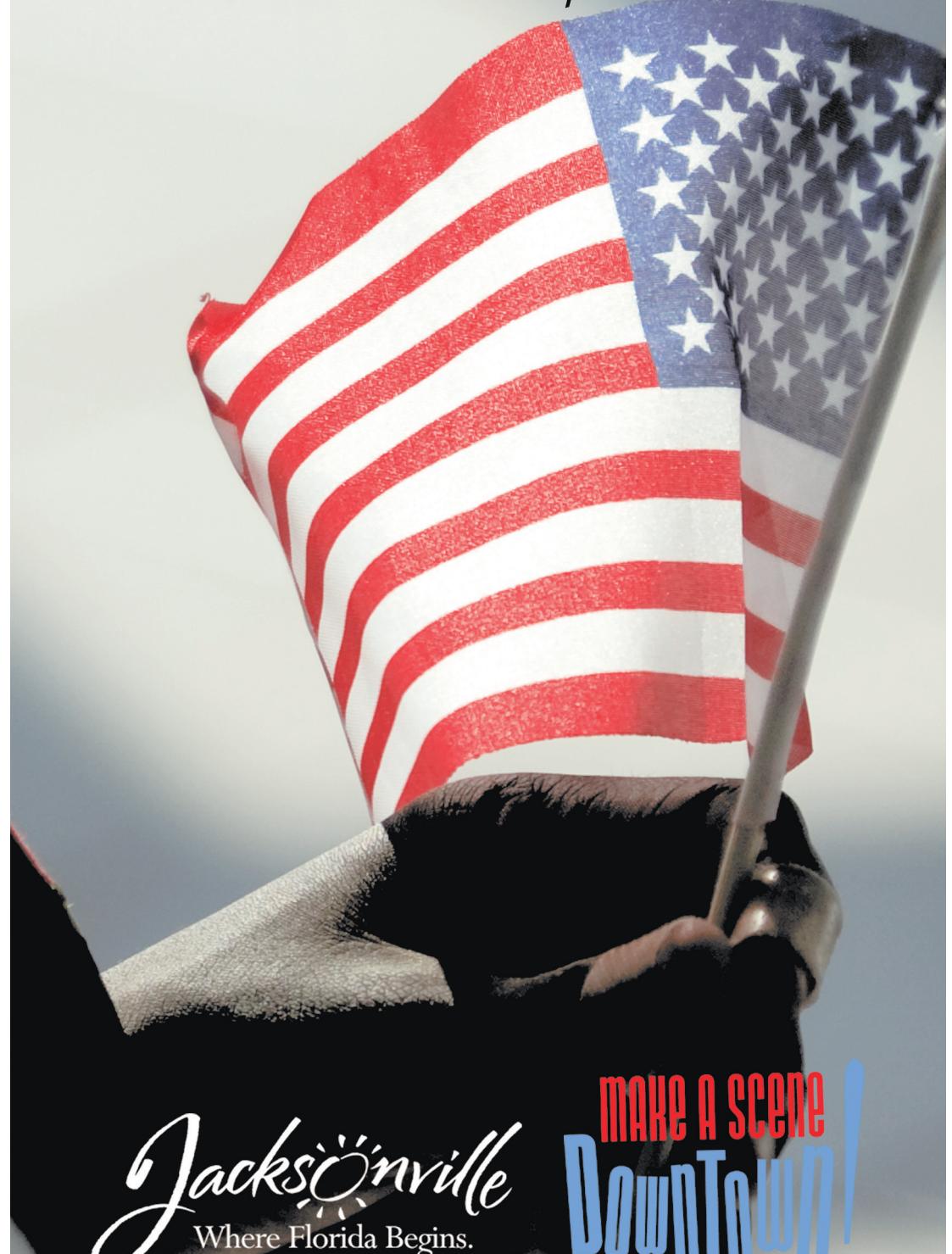
# Veterans Day Parade

Tuesday, November 11, 2008

11:01 a.m.

DOWNTOWN JACKSONVILLE

Wear your red, white and blue  
and join the City of Jacksonville  
to be *Forever Grateful*.



*Jacksonville*  
Where Florida Begins.  
**MAKE A SCENE  
DOWNTOWN!**

For More Information: (904) 630-3690 or [www.coj.net](http://www.coj.net)



## FRCSE Win STAR Award

By Frank Taormina  
FRCSE Public Affairs

At a recent award ceremony at Fleet Readiness Center Southeast (FRCSE), the Lockheed Martin Corporation presented the Star Supplier Facility Award to FRCSE as one of its top-performing suppliers.

This prestigious award is given only to Lockheed Martin suppliers who distinguish themselves by meeting some of the most stringent performance criteria in the aerospace industry. To join this elite group of STAR Suppliers, FRCSE achieved 100 percent quality and 100 percent delivery for all products provided to Lockheed Martin for a minimum of one year. Additionally, FRCSE met the established criteria for Lockheed Martin's Supplier Performance Evaluation metric that evaluates quality, delivery, affordability, and management/administration.

Capt. Tim Matthews, commanding officer at FRCSE, accepted the award on behalf of

the facility from Chris Conklin, subcontract program manager for Lockheed Martin. Also in attendance from Lockheed Martin were Shawn Granish, manager major subcontracts, Bill Perry, Lockheed Martin staff engineer, and Sheila Strope, Lockheed Martin's STAR Representative.

FRCSE partners with Lockheed Martin in a Performance Based Logistics (PBL) contract to support the ALQ-142 Electronic Counter Measures, APS-124 Radar, and the UYS-1 Spectrum Analyzer of the H-60B. FRCSE repairs the above systems by providing the labor while Lockheed Martin provides all parts and logistics.

In this PBL Partnership, Lockheed Martin is required to provide availability and reliability to the Fleet, with the help of FRCSE, through repairs and manufacturing of parts. FRCSE is required to deliver a quality product, on time, and at cost.

Lockheed Martin uses the Supplier Performance

Evaluation metric across their corporation to assess suppliers' performance in three evaluation categories. Suppliers can achieve STAR recognition on three levels including distributor, production, and subcontractor services. STAR suppliers are provided visibility across the Lockheed Martin Corporation, resulting in increased opportunity for more business and consideration for reduction of Lockheed Martin oversight at the supplier level. Lockheed Martin and its customers share benefits in higher supplier product quality, improved delivery performance, and associated cost savings.

Headquartered in Bethesda, Md., Lockheed Martin employs about 135,000 people worldwide and is principally engaged in research, design, development, manufacturing, integration, and sustainment of advanced technology systems, products, and services.

## Learning How To Support IAs



-Photos by MC3 Patrick Cook

*Capt. Stephen Nowak, a family readiness officer stationed aboard Naval Amphibious Base Little Creek, Va., teaches Command Individual Augmentee Coordinators (CIAC) at Naval Station Mayport, what their role is, what is expected of them as coordinators.*



*Nowak talks to the Command Individual Augmentee Coordinators about opportunities they can present to Individual Augmentees (IA), from their commands. IAs are Sailors who support or augment another Navy, Marine Corps or Army command deployed to Iraq, Bahrain, Afghanistan or another command as part of the Global War Against Terrorism.*

## VTT Classes Are Available

Training Support Department Mayport, Navy Marine Corps Learning Network Video-TeleTraining (VTT) is offering the following courses.

Nov. 3-6, Hazardous Material Control & Management (A-322-2601), 0900-1700 RM 150  
Nov. 4-5, SK Financial Management, 0800-1600 RM 151  
Nov. 6-7, Safety Programs Afloat (A-493-2099), 0800-1600 RM 151  
Nov. 12-13, Logistics Management (Jr. SK), 0800-

1600 RM 150  
Nov. 17-18, Safety Programs Afloat (A-493-2099), 0800-1600 RM 150  
Nov. 18-19, Inventory Management (Sr. SK), 0800-1600 RM 151

Nov. 19-21, DoD PKI/LRA Training, 0900-1700 RM 150  
Nov. 25-26, Depot Level Repairable (DLR), 0800-1600 RM 151  
Dec. 2-3, Operational Security Planner Course (J-2G-0966), 0800-1600 RM 150  
Dec. 4-5, Safety Programs

From Page 1

nmcphc.mar.med.navy.mil.

Reserve Sailors can complete the Post Deployment Health Re-Assessment by contacting the PDHRA call center for a health care provider review: 1-888-PDHRA-99.

To track the DHA process command leaders and medical personnel use the Medical Readiness Reporting System (MRRS). Commanders can validate completion of DHAs by individual or larger aggregations using appropriate UIC's to produce a MRRS compliance report. Requests for access or assistance with MRRS can be made by contacting PSC Douglass C. Davenport, OPNAV N16, by email at mrrspo@navy.mil.

Complete guidance and procedures for DHAs is in NAVADMIN 207/08 at www.npc.navy.mil.

## DHA

DHA consists of:

• Pre-Deployment Health Assessment (PRE-DHA, DD form 2795), conducted within 60 days prior to deployment.

• Post-Deployment Health Assessment (POST-DHA, DD form 2796), conducted within 30 days before or after return to home station.

• Post-Deployment Health Re-Assessment (PDHRA, DD 2900), conducted between 90 and 180 days after return to home station. The PDHRA can be done in conjunction with the periodic health assessment if time frames coincide.

Sailors access and complete DHA forms electronically at https://www-nmcphc.med.navy.mil/edha. Command may obtain a pass phrase for its Sailors by contacting the EDHA help desk at (757) 953-0717/DSN 377 or email: edha@

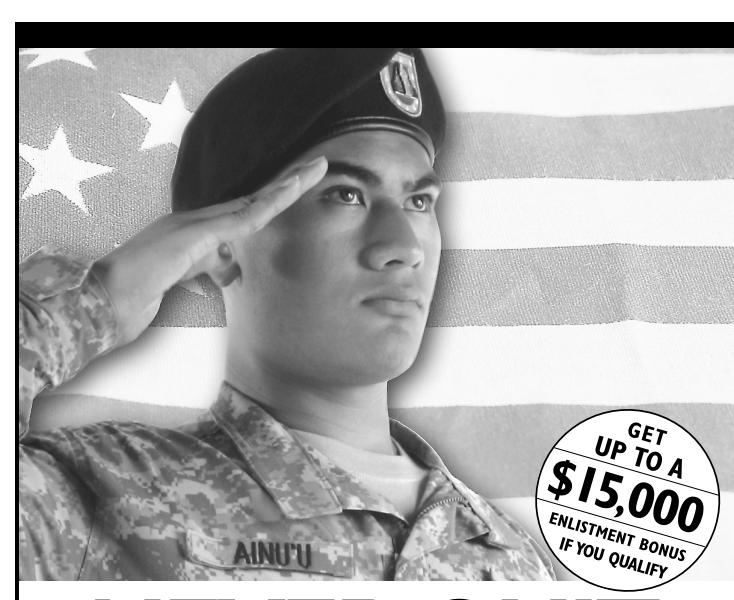
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**FCPOA\*** **November 15, 2008**

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Class Awards will be decided by participants for the following classes:  
**Classic Cars**   **Modern Cars**   **Trucks**

American 1988 & Older   American 1989 to Present   All Trucks  
 Foreign 1988 & Older   Foreign 1989 to Present   Foreign & Domestic

Registration: 9:00 AM - 10:00AM ONLY. Awards Ceremony 1:00PM

**Burn Out Contest!**   **Great Food!**   **Inflatables for Kids!**

**Early Registration Fee \$15.00 (Deadline Nov 1, 2008)**  
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**POC: Robert Marshall 954-557-4717**

Mail to: Naval Station Mayport c/o FCPOA \*Must Have Flier to Attend\*  
 P.O. Box 280032 Mayport, FL 32228

Name: \_\_\_\_\_  
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 City/State/Zip: \_\_\_\_\_  
 Vehicle Info: Year \_\_\_\_\_ Make \_\_\_\_\_ Model \_\_\_\_\_  
 Signature: \_\_\_\_\_

\*Naval Station Mayport First Class Petty Officer Association is not a Federal Entity. By entering this show I acknowledge the safety mandate that no vehicle can be moved within the venue, once parked, until completion of the awards ceremony, without the express approval of a chairperson. Said approval will be for emergencies ONLY. I also acknowledge that by entering the base I am subject to the appropriate rules and regulations including but not limited to NO firearms under any circumstances.

### HSL-42 At Sea With Iwo Jima

An SH-60B Sea Hawk helicopter assigned to Helicopter Anti-Submarine Squadron Light (HSL) 42 conducts a vertical replenishment with the guided-missile cruiser USS Vella Gulf (CG 72). Vella Gulf is deployed as part of the Iwo Jima Expeditionary Strike Group supporting maritime security operations in the U.S. 5th Fleet area of responsibility.

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-Photo courtesy of NEX

The Navy Lodge at Mayport recently celebrated this event with a luncheon out on the patio deck. Gwen Ellis-Smith awarded the staff with the luncheon and door prizes for their outstanding and fabulous guest service. Reservations can be made by calling 800-NAVY INN or call direct at 247-3964.

## Navy Lodge Recognizes Hospitality Appreciation

*From Navy Lodge*

Navy Lodge New London held a luncheon and performed various fun activities to celebrate Hospitality Appreciation Week. This was a celebration set aside to remind everyone of the importance of the people who work as housekeepers, maintenance and front desk. Our associates perform an integral role in fulfilling the mission of the Navy Lodge and take pride in servicing their guests.

"The success of this Navy Lodge would not

be possible without the invaluable work of my team members," stated Reggie Fowlkes, Lodge Manager. "They are a key element in keeping our day to day operations running smoothly; for that, I say thank you."

Participating in the Family Feud competition were housekeepers Christine Calci and Rose Anderson. Questions regarding Fire Safety & Prevention, MSDS training and Hotel Security were used to quiz the knowledge of the staff.



-Photo courtesy of NEX

Housekeepers Christine Calci and Rose Anderson participate in a Family Feud competition by answering questions about fire safety, MSDS training and hotel security.

## Save The Ta-Tas

*From Health Promotion by the Ocean*

According to the National Cancer Institute, breast cancer is the most common type of cancer among women in this country. Each year, more than 211,000 American women will learn they have this disease.

Breast cancer symptoms vary widely, from lumps to swelling to skin changes. However, many breast cancers have no obvious symptoms at all. A monthly self breast-exam should be part of your monthly health care routine, and you should visit your doctor if you experience breast changes. If you are over 40 or at high risk for the disease, you should also have an annual mammogram and physical exam by a doctor. The earlier breast cancer is found and diagnosed, the better your chances of beating it.

No one knows the exact causes of breast cancer. Doctors often cannot explain why one woman develops breast cancer and another does not. They do know that bumping, bruising, or touching the breast does not cause cancer. And breast cancer is not contagious. You cannot catch it from another person.

Research has shown that women with certain risk factors are more likely than others to develop breast cancer. Risk factors include; age, personal history of breast cancer, family history, race, certain breast changes, gene changes, and reproductive and menstrual history.

Health Promotion recognizes October as Breast Cancer Awareness Month. Make a commitment to yourself to check your breasts once a month by self exam all year round. If you notice any changes, make an appointment and get seen by your doctor. Women over 40 should be getting annual physicals and mammograms per direction by their provider.

Men also need to perform monthly self breast exams. Health Promotion offers shower cards that show you how to complete the monthly self exams. We are located at 2050 Marshall Couch Drive, next to the Chief's Club and the Fitness Center. The phone number is 270-5251.

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**THURSDAY, NOVEMBER 20, 2008**

**REGISTRATION: 11:30AM • LUNCHEON: NOON - 1:30PM**  
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### BY FAX 904-359-4180

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#### Run date Call by Fax by

**Thursday** Tue, Noon Tue, 11 a.m.

Please note: **Fax deadlines are one hour earlier.** Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

## CANCELLATIONS, CHANGES & BILLING

**Ad Errors** - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

**Ad Cancellation** - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

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Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

The anchor indicates the ad is a FREE Fleet Market Ad placed by military personnel.

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### Instruction

### Auctions

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### Real Estate for Sale

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### Real Estate for Rent

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### Commercial Real Estate

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Lots  
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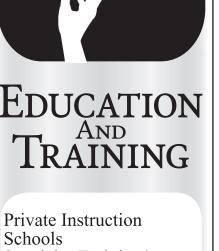
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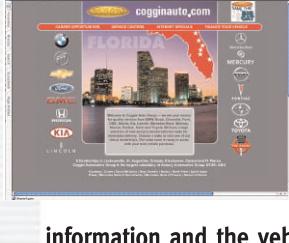
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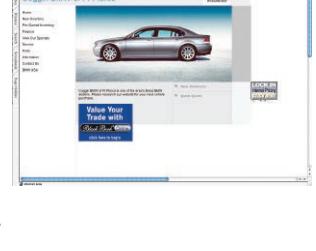
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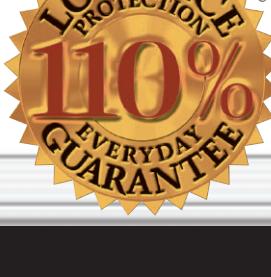
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St. Johns Apartments

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St. Johns Condominiums

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