

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, December 18, 2008

OFF THE DECK

The Mirror Holiday Hours

The Mirror newspaper will not publish the weeks of Dec. 25 and Jan. 1 due to the holidays. All submissions for the Jan. 8 edition should be received no later than Dec. 31. For more information, call PAO office at 270-5226 ext. 1011.

Holiday Hours For MWR

Several MWR facilities will be closed during the holiday shutdown. The closing schedule is as follows:

Dec. 24
Ocean Breeze Conference Center, Pool

Dec. 25
Auto Skills Center, Beachside Community Center, Bingo/Castaways/Computer Cove/Pizza Hut, Business Office/Admin/Personnel, Child Development Centers, Child Development Home, Fast Lanes Bowling Center, Information Tickets and Travel (ITT), Ocean Breeze Conference Center, Pool, Outdoor Adventures/SEDA, Pelican Roost RV Park, Recycling/Vehicle Storage, Surfside Fitness, Vet, Youth Activities Center, Windy Harbor Golf & Bogey's.

Dec. 26
Auto Skills Center, Admin/Business Office/Personnel, Child Development Centers, Child Development Home, Information Tickets and Travel (ITT), Ocean Breeze Conference Center/CPO Club, Pool, Recycling/Vehicle Storage, Surfside Fitness, Vet, Youth Activities Center

Dec. 31
Ocean Breeze Conference Center, Pool

Jan. 1
Auto Skills Center, Bogey's, Business Office/Admin/Personnel, Child Development Centers, Child Development Home, Fast Lane Bowling Center, Information Tickets and Travel (ITT), Ocean Breeze Conference Center, Outdoor Adventures/SEDA, Pelican Roost RV Park, Pool, Recycling/Vehicle Storage, Surfside Fitness, Vet, Youth Activities Center

Jan. 2
Business Office/Admin/Personnel, Child Development Home, Information Tickets and Travel (ITT), Ocean Breeze Conference Center, Pelican Roost RV Park, Pool, Recycling/Vehicle Storage, Surfside Fitness

MWR facilities that will remain open through the holiday include:

Dec. 24
Auto Skills Center
Beachside Community Center, 11 a.m.-5 p.m.

Bogey's
On-base Child Development Center, 6:30 a.m.-noon
Off-base Child Development Center, 6 a.m.-noon

Gymnasium, 5 a.m.-9 p.m.
Fast Lanes Bowling Center, 10:30 a.m.-1 p.m.

Information Tickets and Travel (ITT), 9 a.m.-noon

Outdoor Adventures/Southeast Dive Adventures closes at noon
Pelican Roost RV Park, 9 a.m.-5 p.m.

Planet Mayport, 11 a.m.-11 p.m.

See Holiday Hours, Page 8

Welcome 2009 At NS Mayport

From MWR

Rock n' Bowl at Fast Lanes Bowling Center on Dec. 31 from 10 p.m. until 12:30 a.m.

Cost is \$10 for ages 9 and younger and \$15 for ages 10 and older. Cost includes two and a half hours of bowling, shoes, snacks and soda plus party hats, noisemakers and a non-alcoholic toast at midnight.

Reservations are required. Make your reservations by Dec. 26 and receive one free bowling game pass. For those ages 21 and older, alcohol will be available for purchase from Fast Lanes Grille. For Rock n' Bowl information, call Fast Lanes at 270-5377.

Castaway's Lounge is ringing in the New Year with Jacksonville's premier cover band, Neurotic Butterfly, from 9 p.m. to 1 a.m. Dec. 31. There will also be free hors d'oeuvres and drink specials. Ages 18 and older are welcome; must be 21 and older to drink. Check out Neurotic Butterfly at www.myspace.com/neuroticbutterflyrocks. Reservations are not required. For more information on activities at Castaway's Lounge, call 270-7205.

Single Sailors and Geographical Bachelors are invited to Planet Mayport on New Year's Eve for holiday festivities all day including free popcorn, a movie marathon and a sparkling, non-alcoholic toast at midnight. Planet Mayport will extend its hours until 12:30 a.m. on New Year's Eve. Planet Mayport is located in Bldg. 46 across from Bravo Pier. For more information on Single Sailor activities, call 270-7788.

On Jan. 1, the Bingo Program will kick off 2009 with a Bingo

See 2009, Page 8

Tastiest Ship In The Basin



-Photo by CTR2 Jaymie Brown

The winning Gingerbread House team from USS Carney, Culinary Specialist 1st Class(SW) William Stoneback, Culinary Specialist 1st Class(SW) Carlos Appleby, Hospital Corpsman 2nd Class(SW) Jacob Sturgill and Culinary Specialist 1st Class(SW) Jesse McKinley, stand with judges Capt. Carl Bush, Helicopter Maritime Strike Wing, Atlantic, Capt. Glenn Zeiders, Commander, DESRON 14, and NS Mayport Commanding Officer, Capt. Aaron Bowman. Commands throughout NS Mayport were encouraged to participate in the Dec. 10 event. The houses were donated to local charities.

Ships Light Up NS Mayport



-Photo by MC1 Heather Ewton

A panel of VIP judges from NS Mayport, USO and Gator Country 99.9 FM are greeted by crewmembers of USS Farragut and a cut-out of Admiral Farragut during the Ship Holiday Lighting Competition on Dec. 16. Ships were judged on use of lights, creativity and holiday spirit displayed. USS Klakring received first place, followed by USS Farragut and USS Philippine Sea.

West Assumes Duties As 12th MCPON

By MCCS(SW/AW)
Bill Houlihan

Master Chief Petty Officer of the Navy
Public Affairs

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West took the helm of the enlisted force as the Navy's 12th MCPON, receiving the ceremonial cutlass from MCPON (SW/FMF) Joe R. Campa, Jr., in a change-of-office ceremony at the Washington Navy Yard Dec. 12.

The ceremony marked the end of a 29-year career for Campa, who had served as MCPON since July 10, 2006. During his time as MCPON, Campa emphasized a return to "deck-plate leadership" for the Navy's chief petty officer community and stressed the importance of infusing the fleet with a sense of the Navy's heritage, traditions and rich history.

"With a singular drive, he infused in our chief petty officers' mess a renewed spirit of heritage, service and high



-Photo by MC1 Jennifer A. Villalobos

MCPON Joe R. Campa, Jr., left, gives the cutlass to Master Chief Rick D. West during the Passing of the Cutlass ceremony at the Sail Loft at the Washington Navy Yard. West is replacing Campa as the 12th MCPON.

standards," said Chief of Naval Operations, Adm. Gary Roughead, who served as the ceremony's guest speaker. "He formed the MCPON's

Mission, Vision and Guiding Principles."

Campa wasted little time beginning a process he referred to as "re-setting the Navy's Chief's Mess." He introduced the Chiefs' Mission, Vision and Guiding Principles (MVGPP) just two months after taking office then used that document as a foundation for a series of CPO Mess changes and recommendations to senior Navy leadership.

During the 30-month period he was in office, Campa deliberately introduced the MVGPP to the Navy and inserted the language into Chief Petty Officer Selection Board precepts, as well as the recently developed new CPO evaluation.

He was instrumental in the decision to rescind a policy requiring an associate degree for selection to senior chief and also successfully pushed for opening up advancement exams to Sailors serving in theaters

such as Iraq, Afghanistan and the Horn of Africa.

Campa discussed none of his personal accomplishments during his retirement remarks, though, instead focusing on the gratitude he felt at the opportunities the Navy has provided him and the memories he'll take with him of his years as a United States Sailor.

"In the years to come I can guarantee you that the Sailor in me will never fade," said Campa. "I'll miss everything about our great Navy. I'll miss the Sailors with their energy, their swagger and their courage to speak their minds. I'll miss the culture and the attitude that is ours and ours alone, and I'll miss the sea more than I care to admit."

West, joined the Navy in 1981 and most recently served as Fleet Master Chief for Fleet Forces Command in Norfolk. He had previously served as

See West, Page 4

CO Column

I'm writing this late Monday night so I can meet the deadline and I know if I turn it in late, The Mirror editor Paige Gnann will find some bad pictures of me and put them on the front page. I wanted to wait to finish the base holiday lighting competition and get the results in my article. This year we had three separate categories: Shiplighting, housing, and memorial park.

In the shiplighting, we had three guest celebrity judges Eden, Amadeus, and Steve from Gator 99.9 as well as Wendy from the USO and CMCs Davidson and Davis. The Fire and Rescue team patiently escorted the judges around in their state of art fire engines and ambulances. Sixteen ships were in the basin and I am proud to announce first place to the USS Klakring, second place to the USS Farragut, and third place to the USS Philippine Sea. I am so glad I was not a judge as it was unbelievable competition. The bribes and Command Participation may have been the key factors in the final decisions—well maybe not but at least I enjoyed them and it was great seeing the leadership on the ships.

In the base housing com-



Capt. Aaron Bowman

petition we had the NAVSTA Executive Officer CDR Mike Watson and Balfour Beatty Housing Director John Armstrong as Judges. First place went to 878A and the Kuhl's Griswold Christmas; right behind them was second place with the Langs at 847A; and third place at 1115B from the Wilsons. Honorable mentions went to 1014B/C for the Lutz/Thompson cooperative effort, 517 Remillard Holiday bash, and the 1070B Hawk family originality.

The first annual Memorial park Christmas decorating winner went to Naval Station Mayport! Congratulations to all the winners and I hope all the

Commands enjoy the prizes and recognition. Super job by all the participants and I appreciate the hard work by the judges. The base looks great. I know I've got a lot of retirees that read this - get out to the base and take a look because I know you won't be disappointed.

There are a whole lot of drugs off our city streets thanks to the crew of USS Samuel B. Roberts (FFG 58) and embarked helicopter squadron HSL 60 Detachment two. Last week they pulled into port and off loaded an incredible 498 bales of seized cocaine interdicted by various units from drug smugglers. That is 13 metric tons and a street value of \$190 million dollars! The ship was deployed under operational control of U.S. Naval Forces Southern Command and U.S. Fourth Fleet conducting counter illicit trafficking operations in support of Joint Interagency Task Force South in the U.S. Southern Command area of focus.

Several exciting and seasonal things have gotten us all in the holiday spirit, and I want to thank our MWR for helping to launch the season this year with the Christmas tree lighting, the decorations around the base, and the "Magical Christmas"

event and Children's Bingo at Beachside Community Center. Santa arrived and we even had snow on base! If you haven't been in the remodeled Beachside Center, please stop by and see what the have done - what a dramatic and enjoyable change. Still a little more work to do but I am so proud of how it looks compared to a few months ago. We also had the 2nd annual base gingerbread contest with USS Carney taking home the trophy.

I want to thank all the volunteers we had for the Salvation Army bell ringers. The efforts and Christmas spirit you showed will make a huge difference in so many lives the holiday season. This holiday season is going to be tough for a lot of families and the volunteer work you did will make a huge difference.

Each week I want to give a "hats off" shout out to those departments that are making a difference each and every day. All of you are doing so; I just want to give that extra call out of appreciation. This week it's "hats off" to everyone at our base services. You are out there scraping, painting and making this base look sharp as you breathe new life to the exteriors

of our buildings. It looks fantastic and is noticed by everyone. My hat is off to you and all the hard work you are putting into our base. Thank you so much.

I mentioned this in my last column and it's worth mentioning again. We lost two Sailors a couple of weeks ago: one from a traffic accident and one from suicide. This is the prime time of year when some folks may not feel the same holiday spirit as the rest of us and I can't stress enough that you are not alone - please watch out for your shipmates. Help is always available at any time and if there is ever a need, you can always start out at our quarterdeck and get the initial information of who to contact. Holiday travel is another concern of mine and if you plan to travel and for some reason might be delayed coming back, please contact your chain of command for an extension of your leave if you must. I would rather have a Sailor extend leave than be in a rush getting back and get a phone call in the middle of the night of a tragedy.

Service to our country and tribute to the ultimate sacrifice was observed with a day at sea onboard USS McInerney

(FFG 8) during Pearl Harbor Day Dec. 7. Each year since 1966, Mayport's Fleet Reserve Association Branch 290 organizes this event and this year more than 250 veterans including several Pearl Harbor survivors made the trip to honor those shipmates who died that fateful day. This was another superb job by the association and crew of McInerney. The shipmates you hosted will no doubt have a life long memory of their day at sea.

Have a wonderful Christmas and New Year's. I am proud to serve all of you and I appreciate everyone who has provided ideas and effort to make this base even better. I look forward to 2009, as we will continue to grow, change and become even better. Keep those great suggestions coming in at aaron.bowman@navy.mil or the CO's suggestion box located at the base galley. Speaking of the Galley, they have a great menu on Christmas day. All are invited and for \$6.35 you get Turkey, Roast, King, Crab, etc. Unbelievable menu - hope to see you there.

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Christmas, Hanukkah, New Year's; how long is a holiday?

Holidays can be an interesting time for everyone, civilian and military. Who do you spend the holidays with? At home, with his family, with your family? Is your service member deployed or home, home but has duty?

Katie and I were talking recently. We talked about our lives, our marriages; holiday shopping and all the things women talk about over coffee. Katie mentioned how blue she has been over the upcoming

holidays. Katie is very close to her family and this will be the first time she isn't with family and friends for the holidays. She is blue in anticipation of Christmas Day.

Have you noticed that we women tend to mull things over in our hearts and minds which can then affect our outlook? My husband calls it "nuking it." I can fret over something or over analyze a situation or try to anticipate all the variables and thereby prepare my reaction to it. Phew - it can be exhausting. The holidays can be the same. Managing our expectations of the holidays can be the differ-

ence between a 'tough' holiday and a joyous one.

William Fenton, Chief of Clinical Services, FFSC San Diego offers Katie, and all of us, great advice. On my internet talk show last week (www.blogtalkradio.com/nht) William asked Katie a simple question, "What traditions do you have with your husband?" That simple question started a new thought process for not only Katie but many listeners. Katie was focused on the traditions she would miss with her family...with one simple question her focus was challenged. Katie is now looking forward to cre-

ating new traditions with her husband. Her creativity is running and though she will miss family, her hopes are with her new family.

Listening to the show was Melanie, a National Guard spouse whose husband is deployed in Afghanistan for the second time. She realized she could take the same principle; building new traditions, new expectations, for herself and her children. Discussing things with her deployed soldier they are starting a Christmas 'deployment tradition' using the internet to connect. The children picked their favorite ornaments

to send for 'daddy's deployment tree'. They are picking one present to wait for Daddy's return to have Christmas with him (in the spring).

I do not want to diminish the real sadness and disappointment of being separated from loved ones and especially our service member during the holidays. [I have not been able to spend the holidays with my family for five years.] I do want to encourage all of us that in this magical season we can manage our expectations and thought-life. We can focus on what we will 'miss' or we can expand the same energy creatively planning to celebrate

the joy, hope and love of this season with both old and new traditions.

So, how long is a holiday? Clue: how long is any day of the year? The reality is Christmas, like today, is 24 hours. New Years Day, like tomorrow, is just 24 hours. The days of Hanukkah and Kwanza? Twenty-four hours. I hope your 24-hours will be full of old and new traditions.

Questions or comments for Beth? Email her at beth@homefrontinfocus.com. Check out her internet talk show for Navy spouses, *Navy Homefront Talk!* at www.blogtalkradio.com/nht.

Letter to the Editor

Finegan Elementary is the school most of your fellow sailors' elementary age children attend. The school may be closed without your help. I am asking you to attend a meeting being held by the school board on January 6, 2009 at 6 p.m. This will be held at the Duval County School Board Office at 1701 Prudential Drive in downtown Jacksonville. This meeting will help decide the fate of Finegan Elementary.

At a meeting held in November parents were informed that it would be beneficial to have as many community members and parents as possible attend to show their support. The decision has not been made, so it is still possible to voice your support and make a difference. It has been selected to be closed due to lack of funding from the Duval County School Board. The proposal is to move the children from Finegan Elementary to Mayport Elementary. This may not seem like a big deal, but consider the fact that 96 percent of all the students at Finegan are military children. Mayport Elementary is a great school, but it does not have the same experiences with the military children that Finegan has. It is true that there are some children that have deployed military parents that attend Mayport, the majority of our military families have children attending Finegan.

You may not have children in Finegan Elementary, but a lot of your shipmates do. You may wonder how this affects you, and why I am writing a letter in the paper asking for your attendance and support. Let's be honest: a sailor who is confident in their family's well-being while they are deployed is a more productive sailor. They are able to concentrate on their mission, and not worry quite as much about their family. This

directly affects every military member, both underway and here at home.

Finegan Elementary is an extremely supportive place for our military families. Yes, their primary function is to educate our children. They complete this task in a fantastic manner. However, to do this, they must also be able to understand the way of life for the military child. At any given time, up to half of the children may have a father or mother deployed. This is stressful and scary and can leave a child with many feelings they cannot deal with alone. The peace of mind begins at home with the parental support and reassurance of mom or dad. But outside of the home, children rely heavily on their neighbors, friends, available family members and their school.

Finegan has a long-standing successful history of educating and supporting our children. The staff is familiar with the needs of a child who is sometimes confused as to why their family member is gone. The teachers understand the fact that sometimes a child just needs a hug or someone to listen to them. I am a parent who has had 3 children attend Finegan. I have seen first hand the attention, love and dedication to these children that the children receive at this school. I also can tell you the amount of support for me, as the spouse "left behind" that is given. As a young, new military wife (many years ago) I had no idea what to expect from my husband's deployments. I quickly learned to stay involved with my children's education and was encouraged to come to the school whenever I was able. Finegan has always maintained an open-door policy for parents, desiring us to stay connected with our children.

I am sure many of your neighbors and fellow military mem-

bers have similar stories they could tell you about Finegan Elementary: Just ask us, we'll tell you. I know this school is not just about convenience, it is about excellence. There is an unparalleled commitment to our children and their education as well as their emotional well-being. We are so certain of this, that even though we have purchased a house by the airport, we continue to bring our children to Finegan.

How many signs a day do you read on the back of vehicles stating "Support Your Troops"? Well my friends, this is a way to put that thought into action. Support the local elementary school that works so hard and cares so much to support military children. Please attend the meeting on Jan. 6, 2008 at 6 p.m. in the Duval County School Board building at 1701 Prudential Drive.

Krystella Hubbard



Roman Catholic Mass
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 3rd 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)
1st & 3rd Tuesdays each month 9:15 a.m.
For more information contact MOPS coordinator at mayportmops@yahoo.com

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

National Guard Preps To Celebrate 372nd Birthday

By Renee Hylton

Special to American Forces Press Service

The United States is a young country, but four of the oldest military organizations in the world are in the country's National Guard.

The National Guard celebrates its 372nd birthday tomorrow. On Dec. 13, 1636, the Massachusetts Bay Colony divided its citizen-soldiers, or militia, into the North, South and East regiments. The Massachusetts Bay colony was seven years old in 1636.

About 5,000 men, women, and children had made the two-month voyage to the New World, leaving behind the relative comfort and safety of England. In Massachusetts, they confronted a wilderness of dense forests, wild animals and suspicious Indians.

The colonists needed a military force for protection, but they had no money to hire a mercenary army, which was common practice in Europe at the time.

So they turned to the English tradition of the militia - citizen-soldiers who gathered for military training and who could fight when needed. In Massachusetts, all able-bodied men between ages 16 and 60, except ministers and judges, were required to join the militia.

By 1636, the Massachusetts Bay Colony militia was large enough to be divided into three separate regiments. Today, the military lineage of these regiments from 1636 is carried on by the 101st Engineer Battalion, the 101st Field Artillery, the 181st Infantry and the 182nd Cavalry, which are all still part of the Massachusetts Army National Guard. These four units, in one form or another, have been in continuous service since 1636, and are the oldest units in the U.S. Army.

Much has changed in this country since 1636, but one thing has not: citizen-soldiers still gather to train and deploy as they have for 372 years. Renee Hylton works in the National Guard Bureau.)

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Chapel Holiday Service

From Staff

Base Chapel has released its holiday calendar for Catholic and Protestant services. Catholic dates are as follows:

- Dec. 24, 5 p.m., Vigil Mass of Christmas
 - Dec. 25, 10 a.m., Mass of The Nativity of the Lord
 - Jan. 1, 10 a.m., Mass for Blessed Virgin Mary Mother of God
- Protestant service dates are as follows:
- Dec. 21, 10:30 a.m., Children's Pageant
 - Dec. 24, 7 p.m., Christmas Eve Candlelight Service

SBR Recovers More Than One Ton of Cocaine

From USS Samuel B. Roberts Public Affairs

While on patrol in the Eastern Pacific Ocean, units assigned U.S. 4th Fleet and the U.S. Coast Guard recovered more than one ton of cocaine Dec. 2.

USS Samuel B. Roberts (FFG 58), with embarked Helicopter Anti-submarine Squadron Light 60 (HSL-60) Detachment 2, "Smooth Operators," and U.S. Coast Guard Law Enforcement Detachment (LEDET) 402 recovered 41 bales of cocaine floating on the surface of the water after pursuing a go-fast vessel into Panamanian territorial waters.

The coordinated actions of the U.S. Navy, U.S. Coast Guard, and Joint Interagency Task Force-South (JIATF-S) were instrumental to the successful recovery of the narcotics.

USS Samuel B. Roberts, homeported in Mayport, Fla.,

is currently deployed to the Eastern Pacific under the operational control of U.S. Naval Forces Southern Command (NAVSO) and U.S. 4th Fleet, conducting counter illicit trafficking operations in support of JIATF-South, U.S. Law Enforcement and participating nations' drug control policy.

NAVSO, the Navy component command of U.S. Southern Command (SOUTHCOM), oversees maritime operations throughout Latin America, including exercises and deployments, counter-illicit trafficking support, and Theater Security Cooperation (TSC) events. U.S. 4th Fleet is the numbered fleet assigned to NAVSO exercising operational control of U.S. Navy units temporarily operating in the SOUTHCOM area of focus, which encompasses the Caribbean, Central and South America and surrounding waters.



Coast Guard photo by PA2 Bobby Nash
Sailors aboard the USS Samuel B. Roberts (FFG-58) load bales of cocaine aboard a pallet for transfer off the ship Dec. 12. More than 11 metric tons of cocaine were offloaded from USS Samuel B. Roberts (FFG 58) and turned over to federal law enforcement personnel. The offload consisted of cocaine seized by various Coast Guard and Navy units from separate cases in the Eastern Pacific Ocean and Caribbean Sea.



-Photo by MC1 Leah Stiles

Drugs seized by the U.S. Navy and U.S. Coast Guard are on the fantail of the guided-missile frigate USS Samuel B. Roberts (FFG 58) before being offloaded by law enforcement officials. More than 13 metric tons of drugs worth more than \$220 million were interdicted by several different units and collected onboard the ship for transport back to the United States. Samuel B. Roberts and embarked Helicopter Anti-submarine Squadron Light 60 (HSL-60) Detachment 2 are deployed under operational control of U.S. Naval Forces Southern Command and U.S. 4th Fleet based in Mayport, conducting counter illicit trafficking operations in support of Joint Interagency Task Force-South in the U.S. Southern Command area of focus.



Coast Guard photo by PA3 Michael Hulme
Navy personnel offload 498 bales of seized cocaine in Mayport, Dec. 12, 2008, which was interdicted by Navy and Coast Guard personnel in the eastern Pacific Ocean and Caribbean Sea.



Coast Guard photo by PA3 Michael Hulme
Bales of cocaine are being offloaded from the USS Samuel B. Roberts in Mayport, Fla., Dec. 12, 2008. Navy and Coast Guard personnel interdicted more than 11 metric tons while patrolling in the Pacific Ocean and Caribbean Sea.

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-Photo by MC2 Jason R. Zalasky

An SH-60B Sea Hawk from Helicopter Anti-Submarine Squadron Light (HSL) 42 conducts helicopter in-flight refueling aboard 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.

HSL-42 Supports MSO Aboard USS Vella Gulf

By MC2 Jason R. Zalasky

Iwo Jima Expeditionary Strike Group Public Affairs

Helicopter Anti-Submarine Squadron Light (HSL) 42 Detachment 1 conducts a variety of missions that support maritime security operations (MSO) in the U.S. 5th Fleet Area of Operations (AOO) while embarked aboard guided-missile cruiser USS Vella Gulf (CG 72).

These missions - which include anti-surface warfare; anti-submarine warfare; reconnaissance; search and rescue; vertical replenishments; and personnel transfers - help Vella Gulf play a crucial role in providing security and stability in the region.

"I cannot imagine being underway without this air detachment," said Capt. Mark Genung, Vella Gulf's commanding officer. "The SH-60B is an extension of the ship, and when they are used to their fullest ability, we are one of the most flexible and capable MSO assets here in the U.S. 5th Fleet."

Lt. Cmdr. Matt Bradshaw, HSL 42's officer in charge aboard Vella Gulf, said the ship and squadron work together to provide security.

"In the U.S. 5th Fleet AOO we help defend ships or other high value units from small boat attacks or from low, slow fliers," said Bradshaw. "We also provide Vella Gulf Sailors with a picture of who's out there over the horizon, averaging six to seven hours a day of flight time. We have

flown as many as 12 or 13 hours in a day."

HSL-42 Detachment 1 is homeported in Mayport, Fla., and comprised of 21 Sailors and six officers. They began their current deployment with Vella Gulf in late August.

"The guys are excited to be out here," said Bradshaw. "They see it as a mission that they can look at and say, 'what we are doing is important.'"

Vella Gulf is deployed as part of the Iwo Jima Expeditionary Strike Group conducting MSO in the U.S. 5th Fleet Area of Operations. MSO helps develop security in the maritime environment. From security arises stability that results in global economic prosperity. MSO complements the counterterrorism and security efforts of regional nations and seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

CNO Bids Farewell To Campa, Welcomes West

By MC2(SW) Rebekah Blowers

Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO), Adm. Gary Roughead, bid farewell to Master Chief Petty Officer of Navy (MCPON) Joe R. Campa Jr. and welcomed MCPON (SS/SW) Rick D. West as the Navy's 12th MCPON in a change-of-office ceremony Dec. 12.

Campa retired after 28 years of service and more than two years as the senior enlisted member of the Navy. Roughead said Campa has displayed extraordinary leadership, keen insight and sound judgment during his career.

"Master Chief Petty Officer Campa's accomplishments as a leader however, are matched by his stature as a warfighter. As a Fleet Marine Force Corpsman, he served alongside Sailors and Marines in peace and war," Roughead said.

CNO said Campa should be proud of his many contributions and accomplishments while he served as the 11th MCPON, from deckplate leadership to empowering the Navy's senior enlisted community.

"With a singular drive he infused in our chief petty officers' mess a renewed spirit of heritage, service, and high standards. He formed the MCPON's Leadership Mess to coalesce fleetwide chiefs around those renewed standards and expectations. He created and enforced The Chief Petty Officer Mission, Vision and Guiding

West

Pacific Fleet Master Chief. In his remarks, he discussed the honor associated with leading an entire enlisted force.

"You all exemplify what it is to be a United States Sailor," said West. "Honor, courage and commitment.

"You are fighting in Iraq and



-Photo by MC1 Jennifer A. Villalovos

Chief of Naval Operations (CNO) Adm. Gary Roughead delivers remarks at the Passing of the Cutlass and retirement ceremony in honor of retiring Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa, Jr., left, and incoming MCPON Rick D. West during a ceremony at the Sail Loft at the Washington Navy Yard. West will be the 12 MCPON.

Principles," Roughead said.

CNO said Campa was also his trusted advisor and helped him transition into his position as the Chief of Naval Operations. He talked of traveling with Campa to the Persian Gulf, Iraq and Afghanistan.

"As we visited and met with our Sailors and I would watch him interact with our Sailors, it was so clear to me that what was shining through was the respect, the admiration, the obligation and indeed the love he had for every man and woman who wears the uniform that we hold so dear," Roughead said.

CNO welcomed MCPON West and said he looks forward

to working with him.

"Master Chief West brings to the office extreme competence and the quiet confidence that has earned him respect across the fleet and throughout the ranks."

"He will be my eyes and ears wherever the Navy may be, and I look forward to working very close with him and to take advantage of his sage and wise advice because I know he will tell me not what I want to hear, but what I need to hear."

West most recently served as Fleet Master Chief for Fleet Forces Command in Norfolk. He had previously served as Pacific Fleet Master Chief.

From Page 1

ute to CPO heritage, accepted the ceremonial cutlass from Ima Black, widow of the Navy's first Master Chief Petty Officer of the Navy, MCPON Del Black. Campa made Mrs. Black an honorary master chief in 2007.

Afghanistan; are on I-As in Cuba, Africa and Bahrain and are forward deployed on ships and other duty stations throughout the world. I will honor your commitment by upholding the ideal of service that my predecessors have established."

Campa and West, in a trib-

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Calendar

On Base

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 p.m. at the Mayport USO.

Sunday, Jan. 11

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, will speak before the Mayport Chapter, MOAA Brunch. The event will be held at the Ocean Breeze Conference Center, NS Mayport, with a social hour beginning at 12:30 p.m., followed by a roast beef buffet. Bowman will brief members, and guests, on the present and future plans for the Mayport. All officers, and former officers, and their wives, are invited to attend, and learn about this important part of our military community, by going on line, to www.mpmoaa.org, or by calling Ann Froehlich at 946-0944 for their reservations.

Out in Town

Saturday, Dec. 20

Breakfast with Santa. Come enjoy a festive Pancake Breakfast on at Isle of Faith UMC, 1821 San Pablo Rd. Jacksonville, 32224, in the Fellowship Hall. Visit with special guests, Mr. and Mrs. Santa Claus. There will be two seatings, the first at 8 a.m. and the second at 9:30 a.m., so reservations are needed. Get your photos with Santa. Tickets are \$3 (1-12 yrs.) and \$4 for adults (1+ yrs.) For more information contact Debbie at 514-9033. All proceeds go to the Dominican Republic Mission team. While your having fun with Santa, the team will wrap you presents for a donation.

The Cummer Museum of Art & Gardens, 829 Riverside Avenue, Jacksonville will host classes in painting, printmaking, collage and construction with changing themes for children ages 6 to 8 from 10 a.m. to

noon. Members \$10 per class, Non-members \$15 per class. For more information or to register, call (904) 355-0630.

Join a Park Ranger at 11 a.m. and learn how to identify the most common snakes, their habitat and lifecycles. This interpretive program explores the snakes that are native to Florida and live at the Talbot Islands State Parks. Discover why these critters are important to a healthy and balanced natural community. 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.

The Jacksonville Zoo and Gardens' first Milk and Cookies with Santa event, sponsored by Winn-Dixie, will take place from 10 a.m. to 4 p.m. There will be crafts, cookie decorating, holiday music and of course that jolly ole elf himself, Santa Claus! There will be \$2 off admission for guests who bring one or more non-perishable food items to be donated to the Second Harvest Food Bank. Milk and Cookies with Santa is free with regular admission to the Zoo. The Jacksonville Zoo is a non-profit organization and is an accredited member of the Association of Zoos and Aquariums (AZA). It is open year-round, seven days a week, 9 a.m. - 5 p.m. and is located on Jacksonville's north side at 370 Zoo Parkway, one-half mile east from I-95. For more information on the Zoo, log on to www.jacksonvillezoo.org.

Sunday, Dec. 21

The Beaches Veterans Association will hold a BBQ cook out for the Mayport USO's twice-monthly dinners provided to families of deployed service members. The cookout will include BBQ pork, cole slaw, baked beans and rolls for a \$7 donation. The event will be held at the American Legion Post 316 at 1-5 p.m. All proceeds go to the USO No Dough Dinners.

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 hash-browns, 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 a breakfast sandwich, is requested. As always, the public is invited.

The Jacksonville Zoo and Gardens' first Milk and Cookies with Santa event, sponsored by Winn-Dixie, will take place from 10 a.m. to 4 p.m. There will be crafts, cookie decorating, holiday music and of course that jolly ole elf himself, Santa Claus! There will be \$2 off admission for guests who bring one or more non-perishable food items to be donated to the Second Harvest Food Bank. Milk and Cookies with Santa is free with regular admission to the Zoo. The Jacksonville Zoo is a non-profit organization and is an accredited member of the Association of Zoos and Aquariums (AZA). It is open year-round, seven days a week, 9 a.m. - 5 p.m. and is located on Jacksonville's north side at 370 Zoo Parkway, one-half mile east from I-95. For more information on the Zoo, log on to www.jacksonvillezoo.org.

Wednesday, Dec. 24

Christmas Eve Services for Isle of Faith United Methodist Church will be 7 p.m. for the Communion and Candlelight Service. Childcare will be available for infants and toddlers. The 9 pm service will be Communion and Candlelight. There will not be any childcare for this service. Isle of Faith is located at 1821 San Pablo Rd., Jacksonville Fl 32224. For more information and driving directions, go to the website, www.isleoffaith.org and push the "About Us" button.

Chabad @ the Beaches will sponsor a family oriented Chanukah Judaica, gift and fun Fair titled "Chanukah Wonderland", which will culminate in the lighting of a giant eight-foot public Menorah at the Hilton Garden Inn at 3 p.m.

As in years past the event will include family entertainment, fun for children and adults, fabulous Arts and crafts fair, Menorah Making Workshop, and great traditional Chanukah foods. Beautiful gifts will be available for purchase, as well as boutique-jewelry, toys, Judaica and all your last minute Chanukah needs, all types of Chanukah toys and merchandise, Menorahs & Judaica. Children will also have the opportunity to get their face painted, C rated (Chanukah rated) Video, and fantastic balloon related fun filled activities, plus many new additions for this year. The event will conclude with the lighting of largest Menorah at the beaches at the Hilton Garden Inn. The entire community is welcome to join in the festivities. Event is open to the public and there is no admission charge. Chanukah is the eight-day Jewish "Festival of Lights," this year begins at sundown Sunday Dec. 21. Each evening at sunset an additional candle is lit to commemorate the rededication of the Temple in Jerusalem some 2,000 years ago. The holiday also celebrates the miracle of one day's worth of pure ritual oil burning for eight days until a new supply could be obtained. For more information about this or any other Chabad @ the Beaches activity or event, contact Chabad by phone at (904) 285-1588, by E-mail at info@chabadbeaches.com.

Sunday, Dec. 28

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 one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Saturday, Jan. 3

Join a park ranger at 11 a.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. The program will take place at

pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Jan. 11

Join a park ranger at 1 p.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 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, Jan. 17

Join a park ranger at 11 a.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 one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Jan. 25

Join a park ranger at 1 p.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 the Bluffs pavilion on Big Talbot Island. No reservations are necessary and the program is free with \$2 vehicle entrance fee.

Thursday, Jan. 29

The 6th Annual Taste of Chocolate Challenge event is underway to fund programs at The Family Nurturing Center

of North Florida that help keep children and families safe during times of crisis. The event will be held at 6 p.m. at the Haskell Building. The Chocolate Challenge is a critical event to The Family Nurturing Center of Florida's ability to continue to provide protection, support and guidance in North Florida for many families who have been separated. This year's Chocolate Challenge is selling sponsorships and individual tickets to the event, which will include a live and silent auction, a diamond giveaway from Miriam's Jewelers, and a raffle drawing for a Carnival Cruise. The event's theme challenges local celebrity chefs to create wonderful chocolate treats for guests to taste and vote for their favorite. For sponsorships, tickets or more information about how you can support Family Nurturing Center of Florida's 6th Annual Taste of Chocolate Challenge, please call Stella Johnson at 904.389.4244 ext. 204 or visit www.fnccflorida.org.

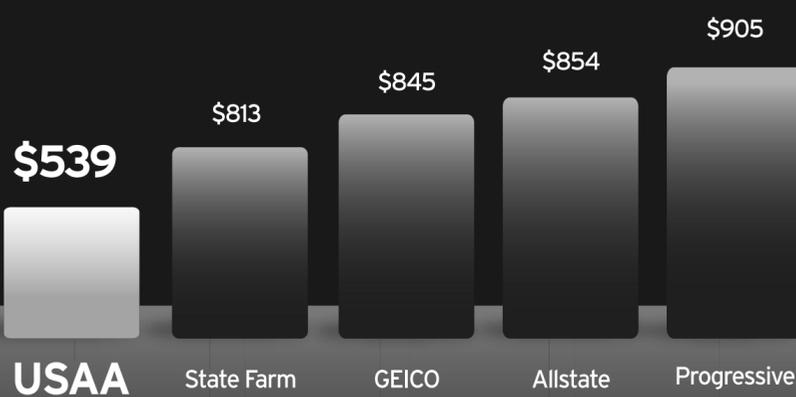
Saturday, Feb. 28

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 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. All proceeds benefit the Jacksonville Humane Society, a non-profit adoption and animal education center.



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Naval Station Mayport Celebrates A . . .



Santa and Mrs. Claus arrived at Beachside Community Center.

-Photos by Stephanie Edwards



Preschoolers from CDC Bldg. 373 and CDC Bldg. 1960 sang holiday favorites at the kickoff of Magical Christmas 2008.

Photos
by
MWR



From MWR

Crowds spilled out the doors at Beachside Community Center for MWR Mayport's annual Magical Christmas event on Dec. 9.

Children and their families celebrated the arrival of Santa Claus, Mrs. Claus and Santa's elves with free games, crafts, cookies, hot cocoa and pictures with Santa. Outside activities included snow and a train ride.

Musical entertainment was provided by children from Mayport's Child Development Centers (CDC) and Youth Activities Center (YAC).

Kindergarteners from the Youth Activities Center wowed the crowd with their striking costumes and charming rendition of the Christmas carol, "Do You Hear What I Hear?"



Children and their parents enjoyed free train rides with Jingle Bells playing in the background.



Snow filled the air over children playing in what once was the sand volleyball courts.

Magical Christmas



Charles Seidel, age 3, listens closely to instructions on the fishing game from MWR staff member Maria Rodriguez.



Even with all the noise and commotion of the crowds playing games and waiting for Santa, 6-month-old Niamyah Harris sneaks in a nap on mom's shoulder.



From left, Antonio Dean, age 3, Keishawn Bradford, age 6, Mariah Bradford, age 2, and Mario Williams, age 11, visit the arts and crafts table as grandmother, Regina Bradford watches.



Kindergarteners from Mayport's Youth Activities Center anxiously waited their turn to perform at Magical Christmas.



Emily Kuhl, age 9, and brother Keegan Kuhl, age 6, carefully design their own artwork using holiday stickers.



Devon Green, age 11, take his turn at the ring toss game.

MWR Happenings

Dec. 18: Thursday Team Trivia. 7-9 p.m. at Bogey's. Free to play; everyone is welcome. 270-5143

Dec. 22: Texas Hold 'Em (All Hands). 7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome. 270-7205

Dec. 25: Christmas Day. The Gym is open 8 a.m.-6 p.m. and Planet Mayport Single Sailor Center is open 10 a.m.-11 p.m. All other MWR

facilities are closed.

Dec. 31: New Year's Eve Cover Band. Jacksonville's premier cover band, Neurotic Butterfly, plays 9 p.m.-1 a.m. at Castaway's Lounge plus free hors d'oeuvres and drink specials. Check them out at www.myspace.com/neuroticbutterflyrocks. 270-7205 or 7198

Dec. 31: Rock n' Bowl New Year's Eve. 10 p.m.-12:30 a.m. at Fast Lanes Bowling Center.

Cost is \$10 for ages 9 and younger or \$15 for ages 10 and older. Price includes two and a half hours of bowling, shoes, snacks and soda plus party hats, noisemakers and a non-alcoholic toast at midnight. Alcoholic beverages will be available for purchase for ages 21 and older. Reservations are required. Make your reservation by Dec. 26 and receive one free game pass. 270-5377

Jan. 1: New Year's Day Bingo Extravaganza.

6:30 p.m. start at Beachside Community Center. Tickets on sale now at Bingo; \$125 per person. Ticket includes buffet dinner, bingo, prize drawings, champagne and party favors. 270-7204

Jan. 8: National Championship (Florida vs. Oklahoma). Pre-game begins at 6 p.m. with kick-off at 8 p.m. at Beachside Community Center. Watch the game on the mega, 20 foot screen. 270-5228

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.

Dec. 18: Jaguars vs. Colts Game Trip. Cost is only \$5. Trip departs at 5:30 p.m.

Dec. 20: Orlando Magic vs. LA Lakers Trip. Cost is only \$15 and includes transportation to and from Orlando and admission. Trip departs at 3 p.m.

Dec. 21: Ice Skating Trip. Cost is only \$5 and includes transportation, skates and skate pass. Trip departs at 6:30 p.m.

Dec. 22: Texas Hold 'Em. 7 p.m. every Monday at Castaway's Lounge. Free to

enter. Everyone welcome.

Dec. 23: Bowling Tournament. Free tournament at Fast Lanes Bowling Center begins at 6 p.m. Transportation will be provided from Planet Mayport.

Dec. 25: Planet Mayport is Open Christmas Day. Holiday hours are 10 a.m.-11 p.m.

Dec. 27: Golf Scramble. Free golf tournament at Windy Harbor Golf Club. Transportation provided from Planet Mayport departing at 1 p.m.

Dec. 28: Indoor Rock Climbing Trip. Cost is \$5 and includes admission and transportation. Trip departs at 12 noon.

Dec. 31: Planet Mayport is Open Late New Year's Eve. Planet Mayport will be open

until 12:30 a.m. with festivities all day including popcorn, a movie marathon and a non-alcoholic toast.

Jan. 1: Planet Mayport is Open New Year's Day. Holiday hours are 10 a.m.-11 p.m.

Jan. 8: National Championship (Florida vs. Oklahoma). Pre-game begins at 6 p.m. with kick-off at 8 p.m. at Beachside Community Center. Watch the game on the mega, 20 foot screen.

Jan. 9: Orlando Magic vs. Atlanta Hawks Trip. This FREE trip includes transportation in a 50-passenger bus, admission and refreshments on the way to the arena. Trip leaves Planet Mayport at 2:30 p.m. Pre-registration required.

Kid Zone

Dec. 20: Teen Holiday Survivor Party. 5-9 p.m. at Club Teen. Open to middle and high school ages. 270-5680

Dec. 22, 23, 29 & 30: Holiday Break Junior Golf Clinic. 9-11 a.m. at Windy Harbor Golf Club for ages 8-16. Cost is \$100 per child. Pre-registration required. 270-5380

Dec. 22: Holiday Scavenger Hunt. 3 p.m. at the Youth Activities Center for grades K-5th. 270-5680

Dec. 22: Teen Movie Night. 5-7 p.m. at Club Teen for middle and high school ages. Soda and popcorn will be served. 270-5680

Dec. 23: Elementary

Christmas Party. 5:30-7 p.m. at the Youth Activities Center for grades K-5th. Cost is \$3. 270-5680

Dec. 23: Teen Christmas Party. 7:30-10 p.m. at Club Teen for middle and high school ages. Cost is \$3. 270-5680

Dec. 29: Holiday Treasure Hunt. 3 p.m. at the Youth Activities Center for grades K-5th. 270-5680

Dec. 29: Teen Movie Night. 5-7 p.m. at Club Teen for middle and high school ages. Soda and popcorn will be served. 270-5680

Dec. 30: Elementary New Year's Party. 5:30-7 p.m. at the Youth Activities Center for

grades K-5th. Cost is \$3. 270-5680

Dec. 30: Teen New Year's Party. 7:30-10 p.m. at Club Teen for middle and high school ages. Cost is \$3. 270-5680

Dec. 31: Rock n' Bowl New Year's Eve. 10 p.m.-12:30 a.m. at Fast Lanes Bowling Center. Cost is \$10 for ages 9 and younger or \$15 for ages 10 and older. Price includes two and a half hours of bowling, shoes, snacks and soda plus party hats, noisemakers and a non-alcoholic toast at midnight. Reservations are required. Make your reservation by Dec. 26 and receive one free game pass. 270-5377



New Year's Eve Xtreme Rock n' Bowl

New Year's Eve ~ Wednesday, Dec. 31st
10 p.m. 'til 12:30 a.m.

Ages 9 & Younger: \$10 Ages 10 & Older: \$15

Cost includes... 2 1/2 hours of bowling, shoes, snacks and sodas.

Also featuring party hats, noisemakers and a non-alcoholic midnight toast. Fun for the entire family!

Reservations Required

RSVP by Friday, Dec. 26th and receive 1 free game pass

Fast Lanes (904) 270-5377



Family Christmas Bingo



—Photo by MC1 Leah Stile
Hundreds of families crowd Beachside Community Center on Dec. 14 for an afternoon of Bingo. Geared toward children, ages 3-16, the event included fantastic prizes, pizza, cookies, and a special visit from Santa Claus.

2009

Extravaganza starting at 6:30 p.m. at Beachside Community Center. Cost is \$125 and includes a dinner buffet, bingo, drawings, champagne and party favors. There will be 10 \$1,000 games, 20 \$200 games and one winner-take-all. Tickets are

on sale now at Beachside Community Center during normal Bingo hours of operation. Only 150 tickets are available for this Extravaganza. For more information on Bingo, including the New Year's Day Extravaganza, call 270-7204.

Holiday Hours

p.m.
Recycling/Vehicle Storage, 7:30 a.m.-4 p.m.
Surfside Fitness, 5 a.m.-6 p.m.
Windy Harbor Golf, 7 a.m.-6 p.m.
Youth Activities Center, 6:10 a.m.-noon
Vet, 7:30 a.m.-noon
Dec. 25
Gymnasium, 8 a.m.-6 p.m.
Planet Mayport, 10 a.m.-11 p.m.
Dec. 26
Bingo, 6 p.m.-11:30 p.m.
Castaways, 5 p.m.-1:30 a.m.
Computer Cove, 11 a.m.-11 p.m.
Pizza Hut, 11 a.m.-11 p.m.
Bogey's, 6 a.m.-6 p.m.
Gymnasium, 8 a.m.-6 p.m.
Fast Lanes Bowling Center, 4 p.m.-11 p.m.
Pelican Roost RV Park, 9 a.m.-5 p.m.
Planet Mayport, 11 a.m.-11 p.m.
Windy Harbor Golf, 7 a.m.-6 p.m.
Dec. 31
Auto Skills, 9 a.m.-7 p.m.
Admin/Business Office, 7:30 a.m.-3 p.m.
Bingo, 5 p.m.-11:30 p.m.
Castaways, 5 p.m.-1:30 a.m.
Computer Cove, 11 a.m.-11 p.m.
Pizza Hut, 10:30 a.m.-12:30 a.m.
Bogey's, 6 a.m.-6 p.m.
On-base CDC, 6:30 a.m.-

noon
Off-base CDC, 7:30 a.m.-4 p.m.
Gymnasium, 5 a.m.-9 p.m.
Fast Lanes Bowling Center, 8:30 a.m.-1 p.m./5 p.m.-1 a.m.
Information Tickets and Travel, 9 a.m.-noon
Outdoor Adventures/SEDA, 7 a.m.-noon
Pelican Roost RV Park, 9 a.m.-5 p.m.
Personnel, 8:30-11:30 a.m.
Planet Mayport, 11 a.m.-11 p.m.
Recycling/Vehicle Storage
Surfside Fitness, 5 a.m.-6 p.m.
Youth Activities Center, 6:10 a.m.-noon
Windy Harbor Golf, 7 a.m.-6 p.m.
Vet, 8 a.m.-noon
Jan. 1
Bingo, 6 p.m.-11 p.m.
Castaways/Computer Cove/
Pizza Hut
Gymnasium, 8 a.m.-6 p.m.
Planet Mayport, 10 a.m.-11 p.m.
Windy Harbor Golf, 7 a.m.-2 p.m.
Jan. 2
Auto Skills
Beachside Community Center
Child Development Centers
Gymnasium, 8 a.m.-6 p.m.
Fast Lanes Bowling Center,
4-11 p.m.
Planet Mayport, 11 a.m.-11 p.m.
Outdoor Adventures/SEDA, 8

a.m.-5 p.m.
Windy Harbor Golf & Bogey's, 7 a.m.-6 p.m.
Youth Activities Center, 6:10 a.m.-6:20 p.m.
Vet, 8 a.m.-4 p.m.
CPO Club
CPO Club Holiday Stand-down Foe'sle CPO Club at Naval Station Mayport will

be closed beginning Dec. 20 through Jan. 4. Normal operating hours, including the daily lunch buffet, will resume on Jan. 5. Please direct any questions to Ocean Breeze at 270-5313.
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Mayport Commissary will be closed Dec. 26.

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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 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



-Photo courtesy of MWR

Naval Station Mayport Hurricanes and Army Recruiting Station Jacksonville proudly stand together after Mayport's 2nd Annual ARMY VS NAVY flag football game.

Navy Triumphs Over Army

By Rita Hammerstad
MWR Sports Coordinator
Naval Station Mayport held their own ARMY VS NAVY football game as the Mayport Hurricanes took on the Army Recruiting Station.
Last week, Mayport hosted the 2nd Annual Army vs. Navy flag football game. The Army was the first to put numbers on the scoreboard as they passed for a touchdown in the opening

drive of the game. The Navy would hold the Army on the extra point and scored 7 points in the end of the first quarter.
In the second quarter the Navy took the lead scoring another touchdown and keeping the Army from scoring. During the 3rd quarter the Army opened up with a touchdown and completed the extra points keeping the score to 14-13 Navy.

The 4th quarter had both teams coming out throwing as the Navy passed for another touchdown and extra point. The Army came back with a touchdown of their own tightening up the score.
Needing a 2-point conversion to tie the game the Army tried running the ball but was stopped by the Navy giving the Mayport Hurricanes the win with a final score of 21-19.

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DoD Sets '09 Military Housing Allowance Rates

By Army Staff Sgt. Michael J. Carden

American Forces Press Service

Housing allowances for military members will go up an average of 6.9 percent in 2009, Defense Department officials announced Dec. 15.

The increase comes to an average of about \$95 per month across the board for the 950,000 servicemembers expected to draw basic allowance for housing, or BAH, in 2009, but some servicemembers will not see any increase at all, and others will see less than that the average increase, Susan A. Brumbaugh director of the Defense Department's BAH

program, said in a Pentagon Channel interview.

"We did see some decreases in some areas for some pay grades," she said, "[but] it's not across the board spectrum. We also saw some significant increases across the board, so it's a balance."

"In some years, you'll have a rental market that is very strong in some areas," she explained, "and in others areas, you'll have local rental markets where there's not a lot of housing available. So it changes. It can fluctuate from year to year. Every year you'll see some [areas] that go down and some that go up, and this was a very

typical year."

Those who do notice their area's BAH is lower than last year's shouldn't worry, Brumbaugh said, because an individual rate protection law is in place to protect those who already are under a rental agreement. So, if BAH rates in their area are lower Jan. 1 than Dec. 31, the previous, higher rate applies. Servicemembers who change duty stations after Jan. 1 will be affected by the new, lower rates for that area, she explained.

"If [the military member's] status didn't change, his rate will not go down," she said. "Individual rate protection is in

place. It's in the law, and it's not going to change."

The local market economy serves as the basis for BAH rate changes. Military housing offices from each installation begin collecting data from the local rental market as early as January each year. The offices research the current rates for two-bedroom houses, townhouses, single-family homes and all the different standards and profiles for homes, Brumbaugh explained.

Typically, rates are higher in larger, more heavily populated metropolitan areas, such as New York City, Chicago and Washington, D.C. Rates in rural

areas usually are more stable, and although they may increase to some degree, the rise doesn't have the same impact as in larger cities, she said.

"The military housing offices are looking at adequate and appropriate dwellings we would want our military families living in," she said. "They don't look at a small, two-bedroom house and say, 'We could put an E-5 with a family in that.' They look at it as something that would be appropriate for that particular profile."

The BAH program is designed to benefit servicemembers, but it's not designed to pay 100 percent of their housing expenses,

Brumbaugh said. Although she's never met a servicemember who is pleased with his or her BAH rates, she said, the program is very well designed, and once servicemembers understand the process for which the rates are set, they're fairly satisfied.

"The entitlement is a wonderful entitlement," she said. "[The Defense Department] absolutely bends over backward to make sure that if there is any change at all, it's for the benefit of the member."

Navy To Survey Sailor's Use Of Technology

From Navy Personnel Research, Studies, and Technology and Navy Personnel Command Public Affairs

Nearly 15,000 Sailors chosen at random have been asked to share their thoughts on telework and technology through the first Navy Telework and Technology Survey, available now through mid-January.

The survey, which is being conducted by the Navy Personnel Research, Studies, and Technology (NPRST) division, asks Sailors to voluntarily provide their opinions regarding teleworking and their use of various technologies that might be used to telework. Telework is an important component of the Navy's life/work balance efforts that are being promoted by Task Force Life/Work.

Key technologies being explored in the survey include handheld devices such as cell phones, iPods, and digital cameras, as well as traditional computer-based technologies such as the Internet and social networking. As part of the survey, respondents may choose to participate in the first

Navywide survey through cell phones, which expands on a recent text message survey conducted with Navy recruiters.

"Surveying Sailors regarding their use of text messaging and other technology is cutting edge, innovative, and exciting research. With text messaging we are able to collect meaningful data in a flash," said Dr. Paul Rosenfeld, head of the Institute for Organizational Assessment at NPRST.

NPRST exists to help the Navy better recruit, select, classify, train, manage, assign, and care for its people by employing a unique blend of innovative scientific and functional expertise. NPRST investigates, develops, and validates new technologies, methods, and business processes to improve the readiness, performance, and quality of life of Sailors and Marines.

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

Nations Gather To Prep For Black Sea Exercise

By MC3 Mark Meredith

USS Enterprise Public Affairs

Commander, Carrier Strike Group 12, hosted representatives of 11 nations Dec. 2-4 for the initial planning conference for the 37th annual Baltic Operations (BALTOPS) exercise at the Sheraton Norfolk Waterside Hotel.

BALTOPS 2009 will take place in the Baltic Sea June 8-19, 2009 and is the largest international exercise organized in the Baltic.

The purpose of BALTOPS is to promote mutual understanding and maritime interoperability between U.S. Navy, NATO and Partnership for Peace (PFP) participants through a series of multilateral training exercises. Carrier Strike Group 12 is assigned as the primary planning, coordination and execution command for the exercise.

For the 2009 BALTOPS exercise, 12 countries are scheduled to participate: Estonia, Denmark, Finland, France, Germany, Latvia, Lithuania, Netherlands, Poland, Sweden, the United Kingdom and the United States.

"The purpose of BALTOPS is to bring all of the nations

together in one exercise," said Cmdr. J.G. Olaf Albrecht, the head of the delegation from the German Navy Fleet Headquarters. "We learn how other navies work and how to live together in the Baltic Sea, especially the nations which are former Soviet nations such as Lithuania and Latvia. It's a very educational experience."

The initial planning conference is only one step in the preparation for a successful BALTOPS.

"We have more planning conferences left; the main planning conference will be hosted in Germany," said Lt. Sam Bethune, Carrier Strike Group 12 exercise lead planner for BALTOPS. "And the final planning conference will be hosted by Poland. Not only are these nations helping to plan the exercise, but they're hosting our conferences so we can learn a little bit about their country and culture as we do the planning."

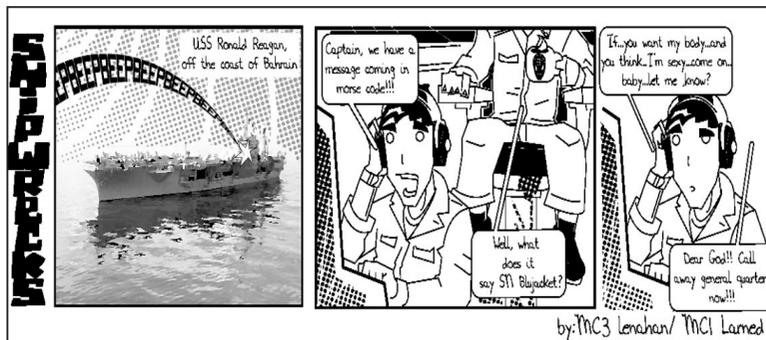
BALTOPS is an important experience because it improves interoperability among the participating nations and creates forces that are able to eas-

ily integrate into multinational, multiwarfare operations.

"It's a great exercise and a great experience for everybody who will take part because it's unique," said Albrecht. "Normally, we don't train with the United States, so this is the only time we have training with Americans inside the Baltic. It's a very important thing."

Through the dedication and the hard work of everyone involved, Bethune hopes this upcoming BALTOPS will be as successful as the previous 36 BALTOPS.

"We had great participation at this conference," said Bethune. "We hope for even better participation at our next conference in Germany. We accomplished all of our goals, so we're moving ahead in pretty good shape. It was a very successful event, and having it here in downtown Norfolk was a treat."



Public Invited To Comment On Spouse Fed Job Rules

By Gerry J. Gilmore

American Forces Press Service

The public is invited to comment on proposed rules to speed up the hiring process for some military spouses seeking federal jobs.

The Office of Personnel Management published the rules Dec. 5 in the Federal Register and will accept comments until Jan. 5.

OPM drafted the regulations to implement an executive order signed by President George W. Bush on Sept. 25 allowing agencies to make noncompetitive appointments of military spouses.

"This is a quick-hire author-

ity that will allow the federal government easy access to a talent pool of deserving military spouses," Pentagon spokesman Army Lt. Col. Les' Melnyk explained.

The draft regulations "do not provide a hiring preference for military spouses, nor do they establish selection priority for these individuals," according to the proposed rules in the Federal Register.

However, "if a spouse is otherwise qualified for the job, he or she may be hired immediately by any federal agency, thus benefiting the agency while simultaneously eliminating the oftentimes lengthy application

process and delays that discourage many spouses from applying for federal jobs in the first place," Melnyk said.

The employment initiative would apply to spouses of active-duty servicemembers who have received permanent-change-of-station orders, spouses of servicemembers who have received 100-percent disability discharges, as well as unremarried widows or widowers of military members who have been killed while on active duty, according to the proposed rules.

Bush proposed the military-spouse employment initiative during his State of the Union speech to the nation in January.



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Mayport Ships Help Hampton Roads Community

By MC3(SW/AW)
Holly Whitfill

USS Dwight D. Eisenhower
Sailors aboard Ticonderoga-class guided-missile cruisers USS Gettysburg (CG 64) and USS Vicksburg (CG 69) gave their time and effort to help the Hampton Road community Dec. 9 and 10. Gettysburg Sailors spent their time helping out the Habitat for Humanity and Vicksburg Sailors gave a hand to the Food Bank of Southeastern Virginia. Both ships and their crew, home ported in Mayport, Fla., are visiting Norfolk for training exercises with Carrier Strike Group EIGHT. More than a dozen Gettysburg Sailors used their carpentry skills to help out the Norfolk Habitat for Humanity. Sailors helped build sturdy work benches for use at construction sites throughout Hampton Roads. They also helped orga-



-Photo by MCSN Christopher Baker
Lt.j.g. Scott Shubert, a chaplain attached to the Ticonderoga-class guided missile cruiser USS Vicksburg (CG-69), leads Sailors who volunteered to help pack boxes of food for the Foodbank of Southeastern Virginia. USS Vicksburg is homeported in Mayport and is in Norfolk for training.

nize the Habitat for Humanity warehouse located on Tidewater Drive. Although the weather was considerably cooler than the Florida Sailors were used to, it didn't dampen their enthusiasm for lending a hand. "Participating in this project made it all worth it," said Sonar Surface Technician 2nd Class Jeremy Fuller, a Gettysburg Sailor. "I got to give back what I have received." "In the holiday season that we are in, it's always a good thing to remind ourselves that we gain more blessings from giving than receiving," explained Gettysburg Command Chaplain, Lt. Cmdr. John Thompson. Twenty Vicksburg Sailors spent their time sorting food, arranging it for pickup and providing an extra set of hands for the Food Bank of Southeastern Virginia. "They filled the areas of jobs

that are harder for us to fill," said Cheryl McNeill, Volunteer Manager for the Food Bank of Southeastern Virginia. "We're really lucky to have volunteers like them." McNeill said the distribution of groceries from the food bank would not happen without the assistance from volunteers like the Vicksburg's crew. Vicksburg Sailors sorted and arranged 477 boxes that day, totaling more than 6,312 pounds of food. Sailors received a sense of satisfaction and achievement helping out the local community. "This is the first community relations project for many of the Sailors here," said Gas Turbine System Technician 2nd Class David Hurley, a Vicksburg Sailor. "It's good for Sailors to get out there and experience these things so they realize how they can make a positive impact on the community."



-Photo by MCSN Christopher Baker
Hull Technician 1st Class Charles Backer and Hull Technician 3rd Class Drew Shott from the Ticonderoga-class guided-missile cruiser USS Vicksburg (CG-69) inspect and pack cans of food into boxes during a community relations project for Foodbank of Southeastern Virginia.



-Photo by MCSA Ridge Leoni
Sonar Surface Technician 3rd Class Michael Connelly cuts wood to build a sturdy work bench. Crew members of the Ticonderoga-class cruiser USS Gettysburg (CG 64), homeported in Mayport, recently volunteered for Norfolk's Habitat For Humanity.

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-Photo courtesy of USS Klakring

Eight Sailors from USS Klakring band together for a destination trip to Daytona Beach that emphasized motorcycle safety.

Klakring Rides For Safety

By Ensign Peter Goodman
USS Klakring Public Affairs

Eight Sailors from USS Klakring (FFG 42) took to the open road conducting a ride along some of Florida's most picturesque shorelines as part of annual safety stand down training.

Leaving early in the morning from 3rd and Atlantic, the riders set Daytona Beach as their destination for the trip, before returning to Jacksonville late Tuesday evening. The riders all brought different bikes to the road, from Yamahas, Suzukis, Hondas to the incomparable Harley-Davidson.

The riders ranged in experience from expert to relative amateurs, but they all shared the same passion for the sport of motorcycling. The idea for the ride itself was hatched by Operational Specialist 1st Class (SW) Michael Bellamy who initially brought the idea for the ride up the chain-of-command in October. With several motorcycle enthusiasts as part of Klakring's crew, the concept quickly gained traction within the command, as it provided an opportunity for the riders to share their interest with each other.

"In addition reinforcing our knowledge of motorcycle safety, the ride helped foster a close

relationship between all those who rode," commented Chief Electrician's Mate (SW) Johnny Hill. "It was great to spend some time together in an environment other than the ship."

The participants were responsible for ensuring they were fitted with proper safety gear, which is SOP for all Sailors who own motorcycles.

With the goal of educating the participants on motorcycle safety, the ride's organizer conducted numerous training points throughout the day regarding the use of hand signals and proper techniques when riding in groups.

Klakring's Main Propulsion Assistant, Chief Warrant Officer Dennis Donato, who attended the ride and is a long time motorcycle enthusiast, noted, "With all the bikers out there today, the lessons we learned here become ever more important, and rides like this give us a chance to pass such knowledge on to newer riders with less experience."

A primary lesson taken from the ride on Tuesday was to always conduct all your pre-start checks (Air Pressure, Fluid Levels, and operation of lights) in advance of a long ride, to include the use of fuel stabilizer if your bike is not going to be used for a period of time,

as a few of the bikers had to spend time grooming their bikes throughout the day.

The riders made several different stops on the way, including Daytona Harley Davidson and Ker's Buffalo Wing house.

Doing their part to decrease motorcycle-related accidents, the participants hope to make a tradition of the ride and encourage even more Klakring crewmembers to attend next time.

In the future "we hope to conduct rides like this once a month when we are in port to increase the knowledge and riding ability of our Sailors," remarked Bellamy.

"The Daytona ride was a great opportunity to give something back to some of our deserving Sailors, while emphasizing safety practices in a new and unique way," noted the ship's Commanding Officer, Cmdr. Ian Pollitt. "Participants now have a better appreciation for the fact that long trips like this take planning, and preparation to pull off successfully. Hopefully these lessons will translate into safer riders on the streets down the road."

Klakring is currently conducting a CMAV maintenance availability in preparation for its upcoming deployment as part of STANDING NATO maritime Group 1 later this winter.

Family Christmas Bingo



-Photo courtesy of USS Stephen W. Groves

USS Stephen W. Groves First Class Petty Officer Association would like to thank the students at Joseph C. Finnegan Elementary for raising more than 1,100 can food items for the USO's Annual Can Food Drive. In particular, we extend a special thank you to the third grade classes for raising the most items and winning a pizza party on Dec. 12.

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Vicksburg Strips Ex-Thomas S. Gates

From USS Vicksburg

Last week a hand-selected team from USS Vicksburg traveled to Philadelphia, Penn., to take part in stripping the ex-Thomas S. Gates (CG 51).

Berthed at Naval Inactive Ship Maintenance Office onboard the Philadelphia Navy Yard, the ex-Gates was made available to all Atlantic-based Fleet units to remove needed parts.

The ability to remove parts off a decommissioned ship is greatly beneficial to Fleet units, not only in immediate parts availability but an even greater impact in monetary value. Of the ships participating in the stripping availability, Vicksburg came away with an estimated \$20 million in parts, many of which were immediately placed into service. Working for two days straight, the ten-man team from Vicksburg led by Ensign Marc Schron removed parts from all available spaces on the ex-Gates, obtaining requested items from all Vicksburg work centers and divisions. Ranging from gas turbine module power supplies and low-pressure air compressor valves to interior voice communication system modules and projectors for the Combat Information Center displays, the overall take filled the entirety of Vicksburg's rented 26-foot box truck.

Currently in Norfolk for Fleet Synthetic Trainer with the Eisenhower Strike Group, Vicksburg is fulfilling her role as the Air Defense Commander for the Eisenhower Carrier Strike Group. Vicksburg continues to utilize every available opportunity to maintain its superb state of readiness in preparations for the 2009 deployment.



USS Vicksburg's stripping team gathers in the truck upon delivery in Norfolk.

-Photo courtesy of USS Vicksburg

NAVSEA Deputy Commander Tours USS De Wert

By Lt.j.g.

Lauren S. Sonnelitter

USS De Wert

Rear Adm. Thomas J. Eccles paid a visit to USS De Wert (FFG 45) on Nov. 19 at NS Mayport before attending the Waterfront Chief Engineer's Conference at the Ocean Breeze auditorium in Mayport.

Eccles is the Deputy Commander for Naval Systems Engineering at the Naval Sea Systems Command at the Washington Navy Yard in Washington, D.C. Eccles was particularly interested in touring USS De Wert for the opportunity it offered in gaining a first hand perspective on the daily undertakings and activities that occur during a typical surface ship Selected Restricted Availability period (SRA).

SRA's are pre-planned maintenance periods set aside for ships to conduct neces-

sary repairs, restorations, and modernization that are scheduled months or even years in advance. USS De Wert began their current SRA period on the 12th of November and expect to be complete by early April.

Eccles surveyed Auxiliary Machinery Room Number Two and Number Three while accompanied by USS De Wert's Executive Officer, Lt. Cmdr. Tremayne Criner, Chief Engineer, Lt. Matthew Lehmann, and Project Manager, Mark Pepper.

These two machinery rooms are noteworthy as USS De Wert is undergoing modernization that includes the removal and re-installation of major pieces of equipment in these spaces.

The modernization will include the removal of four Stewart Stevenson Diesel Generators through delicately constructed openings in the

ships hull. Once removed, the generators will be replaced with new Caterpillar diesel generators.

Two of the four generators are located in the Auxiliary Machinery Room Number Two and another is located in room number three.

Additionally, in the Auxiliary Machinery Room Number Three there are two Distilling plants used to produce the ships fresh drinking water while underway at sea at a rate of 4,000 gallons a day. These systems will also be replaced during the SRA with two new Reverse Osmosis systems that can produce four times the quantity of water in half the time.

Eccles' visit was appreciated and enjoyed by USS De Wert having been able to show him first hand the challenges of surface ship maintenance availabilities.



-Photo courtesy of USS De Wert

Pictured from left, NAVSEA Chief Systems Engineer Howard Freeman, Rear Adm. Thomas Eccles, USS De Wert Chief Engineer Lt. Matt Lehmann, SERMC Mayport Commanding Officer, Capt. Pete Shupp, and USS De Wert Executive Officer, Lt. Cmdr. Trey Criner.

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USS Boone Remembers Pearl Harbor Day

By Ensign Emily S. Castro
USS Boone (FFG 28) PAO

USS Boone (FFG 28) sailed up the Savannah River for a port visit to the historic-rich city of Savannah, Georgia in special remembrance of Pearl Harbor Day.

While transiting the Savannah River, Boone received a cannon salute while passing historic Old Fort Jackson the oldest standing fort in Georgia. Construction of the brick fort began in 1808 and was utilized during the War of 1812. The fort was later enlarged and strengthened. It saw its greatest use as the headquarters for Confederate river defenses during the Civil War.

Boone Sailors were invited to lead the march in Savannah's Christmas Parade covering the entire downtown and riverfront areas. Savannah citizens waved and paid patriotic tribute to the Sailors with kind words and cheers as they marched past. In remembrance of the 67th anniversary of Pearl Harbor Day, Boone's presence served as a symbol of patriotism in the city



Above, the cannon at Ft. Jackson is fired as a salute to USS Boone as it passes the old fort., Right, USS Boone nears the Savannah Bridge during its transit up the river as part of the city's Pearl Harbor Day events.

of Savannah. Cmdr. Steve Petroff, commanding officer of USS Boone (FFG 28), delivered a speech to an audience of more than 150 guests at the Mighty Eighth Air Force Museum located in Savannah.

Petroff recalled the historical and grave day of Dec. 7, 1941,

comparing the events to those of Sept. 11, 2001.

The museum was established to honor the 350,000 men and women who served in the Eighth Air Force at the height of World War II, where more than 26,000 were killed in action and 28,000 became prisoners of war.



Trident Warrior Includes International Partners, Increases Warfighting Capability

From U.S. 2nd Fleet Public Affairs

The commander of U.S. 2nd Fleet addressed attendees at the opening session of the main planning conference for exercise Trident Warrior 09 (TW 09) at Norfolk Naval Station Dec. 9.

Vice Adm. Mel Williams Jr. addressed more than 250 representatives from 70 organizations in attendance.

The Trident Warrior exercise series was developed in 2003 by Naval Network Warfare Command (NNWC) to enhance the Navy's warfighting capability. Scenarios are designed to improve the Navy's capability as a ready force and are planned with staff from Commander 2nd Fleet, NNWC, Space and Naval Warfare Systems Command (SPAWAR), Navy Warfare Development Command

(NWDC) and the Naval Postgraduate School.

"The intent of Trident Warrior is to accelerate new and improved capability to the war fighter, and the leadership will gain FORCEnet value insight on every technology tested in TW 09," said Brad Poeltler, deputy director for TW at NNWC.

"Over the next three days will we go into break-out sessions and break down each focus area and the technology to answer each and every objective question, which now stands at 222 questions," said Poeltler.

The week-long conference supports TW 09, the seventh experiment of the annual FORCEnet Sea Trial series, directed by Commander 2nd Fleet and NNWC.

TW 09 differs from past

Trident Warrior exercises by its maritime experimentation scope expansion. This year's event will take advantage of the networks and assets of Commander 2nd Fleet and the support of Commander, Navy Warfare Development Command to examine maritime operations center (MOC) operational-level processes and procedures. This portion of the experiment is titled Operational Level Command and Control (OLC2) and will include participants from Commander U.S. 4th Fleet, Canada, Finland, France, Portugal and the United Kingdom with observers from Sweden and Turkey.

Williams said the OLC2 experiment is an excellent opportunity to explore experimental concepts and procedures

to benefit Navy, joint and coalition forces.

"The experiment will influence future force development as well as provide a venue to team with our allies and partners, while also exploring methods to improve operational command and control toward improved mission effectiveness."

TW 09 will be conducted in summer 2009 ashore at Norfolk-area commands, sea-based assets operating in the Atlantic Ocean off the Virginia coast and multinational partner MOCs.

Last year's exercise was conducted on the Pacific Coast and was sponsored by NNWC and Commander 3rd Fleet.

TW 09/OLC2 will be the inaugural experiment of the Maritime Operations Center -

Experimental (MOC-X) located at Second Fleet Maritime Headquarters.

"The merging of Navy technical and doctrinal experimentation in partnership with our allies will further operational level of war processes and supporting tools development," said Capt. Steve Swittel, NNWC, experimentation director.

The technical experimentation of TW 09/OLC2 is designed to provide answers to questions involving more than 115 FORCEnet technologies. In order to carry out this effort, technologies are organized into 10 specific focus areas which include: networks, coalition, information operations, com-

mand and control operations, intelligence, surveillance and reconnaissance (ISR), electronic warfare, distance support, information assurance/cross domain solutions, information transport and maritime domain awareness.

At the end of his remarks, Williams reminded the attendees, "Trident Warrior 09 and the operational level command and control experiment is an opportunity for us to grow and learn together."

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From NEXCOM

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"We know our customers have a lot of different shop-

ping options and we appreciate their business," said Mike Conner, Navy Exchange Service Command (NEXCOM) Marketing Director. "NEX Bonus Bucks are our way of thanking our customers for shopping at their NEX during the holidays and to encourage them to come back in January for extra savings."

NEX Bonus Bucks will be redeemable from Jan. 4-31 in any NEX on all merchandise except uniforms, gasoline, NEX gift cards and concession merchandise. One coupon will be redeemable on a transaction of \$50 or more. Multiple coupons can be used when the transaction is for full multiples of \$50. For example, a \$250 transaction will qualify for use of up to five \$10 coupons.

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Photo by by Spc. Tiffany Evans

Army Sgt. Kenneth Cisson talks with World Wrestling Entertainment diva Kelly Kelly following a WWE Superstars show at Camp Victory, Iraq, Dec. 5, 2008. Cisson and Kelly both are from Jacksonville, Fla. Cisson was a recruiter at Kelly's high school and tried to get her to enlist following her senior year.

Deployed Soldier Meets Wrestling Diva He Once Tried To Recruit

By Army Spc. Tiffany Evans

Special to American Forces Press Service

Iraq can seem like a world away to deployed troops -- certainly not the place you would expect to run into someone from back home. But sometimes it is a small world, even in Iraq.

Or so it seemed to Army Sgt. Kenneth Cisson, a task force squad leader, when he met up with World Wrestling Entertainment diva Kelly Kelly on Dec. 5. Kelly had just finished a show with the WWE Superstars here when Cisson saw her for the first time in two years. Cisson and Kelly are both from Jacksonville, Fla., and Cisson tried to recruit her into the Army while working at her high school.

"I remember trying to talk her into joining the Guard or reserves for extra money while she was in college," Cisson

said of working at Kelly's high school during her senior year.

Little did he know after he left Jacksonville that Kelly had become famous through the WWE. His cousin called him and told him the news.

"I never imagined her as a wrestler; she was a cheerleader and worked as a waitress back home," Cisson said. "I found out she was one of the divas coming and hoped I would get the chance to see her."

They did see each other after the event and caught up on their hometown, people they knew and what's been going on in each other's lives since they last saw each other.

"Watching the show and running into Kelly was like a breath from home," Cisson said. "I went to the show with my squad to support these entertainers who love us enough to come visit while we are deployed, and in the process, I got to see

a hometown girl who made it famous."

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Report Finds Mismanagement in America Supports You Program

By Jim Garamone

American Forces Press Service

The Defense Department Inspector General reports that the America Supports You program was being managed in a "questionable and irregular manner," the department's top public affairs official said last week.

Robert T. Hastings, principal deputy assistant secretary of defense for public affairs, spoke with reporters in advance of the release of the inspector general's audit.

Dorrance Smith, then-assistant secretary of defense for public affairs, requested the IG audit in May 2007.

Still, Hastings said, America Supports You is a "tremendous initiative" for U.S. servicemembers and their families. As originally conceived, the program aimed to inform servicemembers and their loved ones of what "thousands of individuals, community groups, corporations, businesses and others are doing to support them," he said.

The department already has put in place actions that will return the program to its roots, he said.

There were four key findings in the IG report. The first is that the program morphed over time to include building and soliciting support of the public, from schoolchildren, corporations, celebrities and so on, Hastings said.

"So it went from a communications program to soliciting support," he said.

The second finding is that \$9.2 million in appropriated funds was transferred to The Stars and Stripes -- a military newspaper -- to cover America Supports You program expenses using nonappropriated-fund

rules.

"Stars and Stripes is a non-appropriated fund activity," Hastings said. "The contracting rules are different."

The third finding is that the office of the assistant secretary of defense for public affairs did not provide adequate oversight for an \$8.8 million contract to a public relations firm -- Susan Davis International.

"The report questions the nature of the contract, the nature of the work that was performed and the competitive process in hiring that agency," Hastings said.

Finally, the report found that a private foundation using the America Supports You name and logo creates confusion and constitutes an implied endorsement.

"That confusion led to perceptions of government endorsements of that private fund," he said.

Well before the release of the report, defense officials began to make changes in the way America Supports You was administered. In May, the department let a contract to replace the one that went through Stars and Stripes, Hastings said.

All America Supports You work is now being done by government workers, and the America Supports You Web site has been changed to eliminate any possible confusion between the government effort and the private foundation.

Hastings said the report made good and valid points, and that officials will use it as a model to return the program to its original goals.

Thank You !



Traveler Appreciation Week

The Jacksonville Aviation Authority, airlines, retail shops, food concessions and other businesses of the Jacksonville International Airport (JAX) appreciate the travelers, meeters and greeters who use JAX. So, we have set aside November 23-29, and December 21-27 as Traveler Appreciation Weeks. During that time, enjoy musical entertainment and activities designed to celebrate our traveling public.

All for One, One for All...



If you visit Jacksonville International Airport (JAX) during the weeks of November 23-29 and December 21-27, please bring canned goods or other non-perishable food items to donate to the USO for the benefit of local military families during this holiday season.

The USO is collecting donations at their office in baggage claim, and at the information booth located at the upper level walkway.

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Health Beat

New Year Brings New Tools to Quit Tobacco

From DoD
It's resolution time. The DoD Quit Tobacco - Make Everyone Proud campaign is launching some exciting new features at its official website, <http://www.ucanquit2.org>, to help military smokers and users of smokeless tobacco resolve to get free from tobacco addiction.

This unique site is designed specifically to support junior enlisted personnel who are giving up tobacco - or thinking about it. If they resolve to quit, we resolve to help.

The news release at www.tricare.mil/pressroom/news.aspx?fid=487 invites service members to take advantage of the array of resources at www.ucanquit2.org. They can access real-time live help from trained tobacco Cessation Coaches, read informative articles, play games, send a New Year's e-card, and calculate their savings by giving up tobacco.

It's vital for you to get involved in spreading the message because the incidence of smoking and chewing tobacco is significantly higher among 18- to 25-year-old enlisted men and women than their civilian counterparts, and than older, higher-ranking military personnel. Using

tobacco is a major health risk and impairs military readiness and effectiveness.

We are encouraging military tobacco users to sign the online resolution to quit tobacco at www.ucanquit2.org/facts/newyears/default.aspx.

In addition to signing the resolution, users who register can create a blog—either public or private—where they may document and share their quit experiences. After Jan. 4, they can also download a new customizable calendar, a practical tool to help them stay on track with their quit plan.

We have created special New Year's resolution Web banners as links to the Web site. Please ask your Webmaster to visit www.ucanquit2.org/aboutus/LinkToUs.aspx and post a link to us on your Web site. There are New Year's resolution banners as well as service-specific senior leader banners for the Air Force, Army, Marine Corps, and Navy.

Thanks you for your support. Have a wonderful 2009!



-Photo by MC1 Heather Ewton
Ciggy Butts, sponsored by NS Mayport Health Promotions by the Ocean, waves at cars during the Great American Smokeout. With the beginning of the new year, many Sailors and family members will make stop smoking a New Year's resolution. DoD and Health Promotion have several tools available to make the resolution something that will last.

Relationships Aren't Easy, They Take Hard Work

By Lt. Elliott Rosenbaum
NHJ Psychology Staff

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down. ~Oprah Winfrey

Studies show that being in a healthy and supportive relationship contributes to a person's sense of well-being and physical health. Like all areas in our lives, this area takes hard work and dedication to succeed, and all relationships can benefit from some fine-tuning. Here are four effective ways to keep your relationship in great shape.

View your relationship as a bank account: A healthy bank account is maintained by having more deposits than withdrawals. In a relationship, a deposit is doing anything for your partner that they appreciate and that makes them feel loved, whether it is a compliment, taking out the trash, or listening to the details of their day. A withdrawal is doing anything that accomplishes the opposite like arguing, speaking in a rude tone, or being unhelpful. Ensure that both you and your partner make more deposits than withdrawals

for a healthy relationship.

Learn the essentials of respectful and assertive communication: Some of us are great at expressing our needs and disappointments, but are not always respectful or appropriate in our approach. The literature refers to this as aggressive communication. It is not the most effective way to communicate, because it sparks bad feelings and arguments. Others of us, in order to avoid a fight, don't express our needs to our partner and are not honest with them in doing so. This is referred to as passive communication. It is also not effective in creating a positive relationship, as one partner usually feels unhappy. Assertive communication gives you the best chance at peacefully getting your point across. It always consists of the following four components:

- Honest – How do you feel?
- Appropriate – Make sure it is the right time and place to discuss this.
- Respectful – Your tone can make all the difference.
- Direct – Be specific. What do you want?

Read a good book about relationships: Books like Men

are From Mars, Women are From Venus are a great way to gain insight into potential pitfalls of relationships such as ruts and what can be done about them.

Consider talking to a trained professional: Talking things through with a trained professional can help. If you are experiencing depression or anxiety associated with your situation, call Value Options/TRICARE at 1-800-700-8646 for more information or Behavioral Health Provider Locator and Appointment Assistance Line (for Active Duty and Active Duty Prime Family Members) 1-877-298-3514

Dr. Elliott Rosenbaum is a member of the psychology staff at Naval Hospital Jacksonville. He can be reached at elliott.rosenbaum@med.navy.mil.

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Tax Center Needs Base Volunteers

From RLSO
Beginning in January, NS Mayport will offer free tax preparation services to active duty, dependents, retirees, and reservists on active duty for more than 30 days.

Through this program, service members not only can save hundreds of dollars on tax preparation fees, but they also get their refund in just a couple of weeks.

The only way to offer such a service free of charge is to enlist the aid of volunteers through the IRS-sponsored Volunteer Income Tax Assistance program. Through the VITA program, volunteers are trained by IRS employees using IRS-approved software. Volunteers will attend an intensive week-long course from Jan. 5-9, 2008 and upon successful completion of the course volunteers will be certified tax preparers.

Full-time volunteers are needed beginning Jan. 1 until the middle of April. Volunteers should be given no-cost TAD orders. Part-time volunteers will be considered on a case-by-case basis due to space limitations in the VITA training course. All potential volunteers should check with their supervisors before volunteering.

Even if you do not wish to volunteer, come have your taxes prepared at the tax center! Location and hours of operation will be promulgated at a later date.

If you want to sign up or have any questions please contact Lt. j.g. Marsh at (904) 270-5445 ext. 3011 or kirtland.marsh@navy.mil.

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COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	1031 BEACH BLVD.	JAX BCH	JIFFY LUBE	1403 N 3rd ST	JAX BCH	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX	JIFFY LUBE	2615 ST. JOHNS BLUFF/ALDEN	JAX	JIFFY LUBE	12020 FT. CAROLINE RD./FULTON	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	2615 ST. JOHNS BLUFF/ALDEN	JAX	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX	JIFFY LUBE	10910 ATLANTIC BLVD.	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX
FCE - SHELL (DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX	KANGAROO	10910 ATLANTIC BLVD.	JAX
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX	LA CRUISE GIFT SHOP	A1A HWY	JAX	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	804 LONE STAR/MILL CRK	JAX	LIL CHAMP	804 LONE STAR/MILL CRK	JAX	LIL CHAMP	804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD (MT PLEASANT RD)	JAX	LIL CHAMP	13967 McCORMICK RD (MT PLEASANT RD)	JAX	LIL CHAMP	13967 McCORMICK RD (MT PLEASANT RD)	JAX
GATE	463779 SR 200/A1A	YUL	JAX		JAX	JAX		JAX	JAX		JAX
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH	LIL CHAMP	1310 S. 3rd ST.	JAX BCH	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL	SPRINT	1202 US-17	YUL	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX	SPRINT	8838 ATLANTIC BLVD	JAX	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH	SPRINT	301 ATLANTIC BLVD.	ATL BCH	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH	SPRINT	2810 SR A1A N	ATL BCH	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH	SPRINT	1601 PENMAN RD.	JAX BCH	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007			Updated: FEBRUARY 1, 2007			Updated: FEBRUARY 1, 2007		

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Oasis Galley

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

Thursday, Dec. 18

Breakfast

- Sausage Links
- Corn Beef Hash
- Pancakes
- French Toast
- Hashbrowns
- Oatmeal
- Lunch**
- Clam Chowder
- Stuffed Fish
- Steamship Round
- Baked Potato Halves
- Rice Pilaf
- Broccoli
- Corn On The Cob
- Natural Pan Gravy

Dinner

- Clam Chowder
- Cajun Roast Beef
- Chicken Pot Pie
- Oven Browned Potatoes
- Brown Rice
- Spinach

Friday, Dec. 19

Breakfast

- Bacon
- Turkey Sausage Links
- Pancakes
- French Toast
- Tater Tots
- Lunch**
- Minestrone Soup
- Chicken Wings
- Assorted Pizza
- Baked Beans
- Ham & Cheese Sandwich
- Asparagus
- Corn

Dinner

- Minestrone Soup
- Beef Fritters
- Creole Fish
- Steamed Rice
- Mashed Potatoes
- Fried Okra
- Cream Corn
- Breaded Chicken Sandwich

Saturday, Dec. 20

Breakfast

- Bacon
- Corn Beef Hash
- Pancakes
- Oatmeal
- French Toast
- Hashbrowns
- Lunch**
- Corn Chowder
- Chicken Cordon Bleu
- Onion Rings
- Pancakes
- Hashbrowns
- Bacon

Dinner

- Corn Chowder
- Pineapple Chicken
- Salisbury Steak
- Franconia Potatoes
- Carrots
- Brown Gravy

Sunday, Dec. 21

Breakfast

- Turkey Sausage Patties
- Ham Slices
- Pancakes
- French Toast
- Tater Tots
- Lunch**
- Cream Of Potato
- Corn Dogs
- Curly Fries
- Mixed Vegetables
- French Toast
- Tater Tots
- Ham Slices

Dinner

- Cream Of Potato
- Mambo Pork
- Bayou Chicken
- Brown Rice
- Chicken Gravy
- Fried Cauliflower

Monday, Dec. 22

Breakfast

- Sausage Patties
- Minced Beef
- Pancakes
- French Toast
- Hashbrowns
- Oatmeal
- Lunch**
- Chicken Gumbo
- Fried Pork Chops
- Prebreaded Fried Chicken
- Hopping Johns
- Sloppy Joes
- Baked Beans
- Onion Rings
- Chicken Gravy

Dinner

- Chicken Gumbo
- Veal Patties
- Herbed Baked Chicken

Steamed Rice

- Mashed Potatoes
- Wax Beans
- Squash
- Chicken Gravy

Tuesday, Dec. 23

Breakfast

- Sausage Links
- Creamed Beef
- Pancakes
- French Toast
- Tater Tots
- Grits
- Lunch**
- Texas Tortilla Soup
- Chicken Fajitas
- Tacos
- Spanish Rice
- Refried Beans
- Black Beans
- Mexican Corn
- Broccoli
- Chili Dogs
- Baked Beans
- Waffle Fries

Dinner

- Texas Tortilla Soup
- Breaded Catfish
- Grilled Pork Chops
- Rice Pilaf
- Boiled Pasta
- Peas & Carrots
- Beets
- Brown Gravy
- Ham Steak

Wednesday, Dec. 24

Breakfast

- Turkey Sausage Links
- Corn Beef Hash
- Pancakes
- French Toast
- Hashbrowns
- Oatmeal
- Lunch**
- Cream Of Broccoli Soup
- Spaghetti With Meatballs
- Chicken Parmesan
- Boiled Pasta
- Italian Roasted Potatoes
- Marinara Sauce
- Mixed Vegetables
- Cauliflower
- Cannon Ball Sandwich
- Curly Fries
- Baked Beans

Dinner

- Cream Of Broccoli Soup
- Assorted Pizza
- Knockwurst
- Mashed Potatoes
- Steamed Rice
- Lima Beans
- Corn Combo
- Brown Gravy

Thursday, Dec. 25

Christmas Dinner

- Seafood Chowder
- Prime Rib
- King Crab Legs
- Roast Turkey
- Turkey Gravy
- Garlic Mashed Potatoes
- Sweet Potatoes
- Savory Bread Dressing
- Corn On Cob
- Hot Dinner Rolls
- Assorted Pies
- Assorted Cheese Cakes

Friday, Dec. 26

Breakfast

- Turkey Sausage Patties
- Ham Slices
- Pancakes
- French Toast
- Tater Tots
- Oatmeal
- Lunch**
- Beef Noodle Soup
- Chicken Chunks
- Assorted Pizza
- Baked Beans
- Grilled Cheeseburgers
- Carrots
- Green Beans

Dinner

- Beef Noodle Soup
- Roast Beef
- Braised Pork Chops
- Long Grain Wild Rice
- Mashed Potatoes
- Brown Gravy

Saturday, Dec. 27

Breakfast

- Bacon
- Turkey Sausage Links
- Pancakes
- French Toast
- Hashbrowns
- Grits
- Lunch**
- Chicken And Rice Soup
- Chicken Fillet Sandwich
- Onion Rings
- Pancakes
- Tater Tots
- Ham Slices

Monday, Dec. 28

Breakfast

- Corn Beef Hash
- Bacon
- Pancakes
- French Toast
- Tater Tots
- Oatmeal
- Lunch**
- Creole Soup
- Chili Dogs
- Onion Rings
- Green Peas

French Toast

- Hashbrowns
- Bacon
- Dinner**
- Creole Soup
- Beef Stew
- Baked Fish
- Steamed Rice
- Boiled Pasta
- Green Bean Combo
- Zucchini

Monday, Dec. 29

Breakfast

- Turkey Sausage Links
- Grilled Ham Slices
- Pancakes
- French Toast
- Tater Tots
- Grits
- Lunch**
- Minestrone
- Yankee Pot Roast
- Fried Pork Chops
- Mashed Potatoes
- Cornbread Dressing
- Green Beans
- Corn
- Kielbasa On Bun
- Baked Beans
- French Fries
- Turkey Gravy

Dinner

- Minestrone
- Chili Mac
- Chicken Tetrazzini
- Oven Browned Potatoes
- Steamed Rice
- Asparagus
- Carrots
- Brown Gravy

Tuesday, Dec. 30

Breakfast

- Turkey Sausage Patties
- Bacon
- Pancakes
- French Toast
- Hashbrowns
- Oatmeal
- Lunch**
- Zesty Bean Soup
- Beef Fajitas
- Chicken Quesadillas
- Spanish Rice
- Refried Beans
- Black Beans
- Mexican Corn
- Broccoli
- Chicken Strips
- Baked Beans
- French Fries

Dinner

- Zesty Beans Soup
- Cordon Bleu
- Swedish Meatballs
- Paprika Potatoes
- Noodles Jefferson
- Green Peas
- Cauliflower

Wednesday, Dec. 31

Breakfast

- Pork Sausage Links
- Corn Beef Hash
- Pancakes
- French Toast
- Tater Tots
- Grits
- Lunch**
- Cream Of Broccoli
- Chicken Alfredo
- Italian Sausage
- Boiled Pasta
- Italian Roasted Potatoes
- Marinara Sauce
- Philly Cheesesteak
- Onion Rings
- Baked Beans

Dinner

- Cream Of Broccoli
- Salisbury Steak
- Pork Chops
- Mashed Potatoes
- Asparagus
- Brown Gravy

Thursday, Jan. 1

Breakfast

- Corned Beef Hash
- Bacon
- Pancakes
- French Toast
- Hashbrowns
- Oatmeal
- Lunch**
- Clam Chowder
- Snow Crab Legs
- Steamship Round
- Garlic Mash Potatoes
- Rice Pilaf
- Corn On Cob
- Natural Pan Gravy

Dinner

- Clam Chowder
- Beef Stroganoff
- Chicken Ala King
- Lyonnais Potatoes
- Boiled Pasta

Friday, Jan. 2

Breakfast

- Bacon
- Turkey Sausage Patties
- Pancakes
- French Toast
- Tater Tots
- Oatmeal
- Lunch**
- Cream Of Mushroom Soup
- Pizza
- Spicy Chicken Wings
- Waffle Fries
- Potato Chips
- Baked Beans
- Tuna Melt
- Green Beans
- Carrots

Dinner

- Cream Of Mushroom Soup
- Herbed Baked Chicken

Ravioli

- Steamed Rice
- Oven Browned Potatoes
- Tangy Spinach
- Corn
- Chicken Gravy

Saturday, Jan. 3

Breakfast

- Bacon
- Turkey Sausage Links
- Pancakes
- French Toast
- Hashbrowns
- Grits
- Lunch**
- Chicken And Rice Soup
- Corn Dogs
- Onion Rings
- Peas & Carrots
- Pancakes
- Hashbrowns
- Bacon
- Dinner**
- Chicken And Rice Soup
- Meatloaf
- Chicken Tetrazzini
- Steamed Rice
- Mashed Potatoes
- Succotash
- Green Peas
- Brown Gravy

Sunday, Jan. 4

Breakfast

- Turkey Sausage Patties
- Ham Slices
- Oven Browned Potatoes
- French Toast
- Tater Tots
- Oatmeal
- Lunch**
- Corn Chowder
- Grilled Chicken Sandwiches
- Waffle Fries
- Carrots
- French Toast
- Tater Tots
- Turkey Sausage Patties

Dinner

- Corn Chowder
- Veal Patties
- Bbq Chicken
- Steamed Rice
- Mashed Potatoes
- Brown Gravy
- Cabbage
- Corn

Monday, Jan. 5

Breakfast

- Sausage Links
- Bacon
- Pancakes
- French Toast
- Tater Tots
- Grits
- Lunch**
- Asian Stir Fry Soup
- Sweet And Sour Pork
- Chicken Adobo
- Fried Rice
- Lyonnais Potatoes
- Vegetable Stir Fry
- Sesame Glazed Green Beans
- Grilled Cheese Burgers
- Baked Beans
- French Fries

Dinner

- Zesty Bean Soup
- Braised Pork Chops
- Meatloaf
- Steamed Rice
- Mashed Potatoes
- Beets
- Asparagus
- Brown Gravy

Tuesday, Jan. 6

Breakfast

- Corn Beef Hash
- Turkey Sausage Links
- Pancakes
- French Toast
- Hashbrowns
- Oatmeal
- Lunch**
- Chicken Noodle Soup

Tacos

- Chicken Fajitas
- Steamed Rice
- Parsley Buttered Potatoes
- Chicken Gravy
- Mixed Vegetables
- Cauliflower
- Bbq Pork Sandwich
- Baked Beans
- French Fried Onion Rings

Dinner

- Chicken Noodle Soup
- Braised Beef Cubes
- Dijon Baked Pork Chops
- Egg Noodles
- Steamed Rice
- Broccoli
- Squash

Wednesday, Jan. 7

Breakfast

- Bacon
- Ham Slices
- Pancakes
- French Toast
- Tater Tots
- Grits
- Lunch**
- Cream Of Broccoli
- Meat Sauce
- Italian Sausage
- Boiled Pasta
- Italian Roasted Potatoes
- Marinara Sauce
- Mixed Vegetables
- Cauliflower
- Cannon Ball Sandwiches
- French Fries
- Onion Rings

Dinner

- Cream Of Broccoli Soup
- Chicken Pot Pie
- Roast Pork
- Steamed Rice
- Lyonnais P Otatoes
- Brussel Sprouts
- Wax Beans
- Brown Gravy

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THE Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- 1 Easy dupes
- 5 Grouches
- 10 Blacken
- 14 Petition
- 15 More abundant
- 16 First name in jeans
- 17 Org.
- 18 Shrek and his family
- 19 "The Sea, the Sea" author Murdoch
- 20 Start of a Mae West witticism
- 22 Terminate
- 23 TA part
- 24 ___ voyage!
- 25 Outpouring
- 28 Wall coatings
- 33 Whimper like a child
- 34 Moe, Larry or Curly
- 36 Fresh
- 37 Part 2 of witticism
- 40 Bk. after Ezra
- 41 Mickey or Andy
- 42 Litigated
- 43 Surveillance
- 45 Steps over a fence
- 46 40 winks
- 47 Stuff to the gills
- 49 Jeans material
- 52 End of the witticism
- 57 Tel ___-Jaffa, Israel
- 58 Myopic cartoon character
- 59 Hercules'
- 60 Painter Magritte
- 61 Ship's lowest deck
- 62 Flip through
- 63 Very French?
- 64 Very skilled
- 65 Good-hearted

DOWN

- 1 Minor disagreement
- 2 Moreover
- 3 Cash in Valparaiso
- 4 City near Oakland
- 5 Gators' cousins
- 6 East on a map
- 7 Bushy hairdo
- 8 Complaint
- 9 Imminent grads
- 10 Patron
- 11 Queen of the gods
- 12 "We try harder" company
- 13 ___ and shine!
- 21 Play for a fool
- 22 Trig. function
- 24 Loose-fitting
- 25 Crosses over
- 26 Sound of Washington
- 27 Honolulu farewell
- 28 Promontory
- 29 Singular
- 30 Boredom
- 31 Nonconformist
- 32 Sorenstam or Garbo, e.g.
- 34 Small porch
- 35 10 c-notes
- 38 Reverie
- 39 Star-shaped figure
- 44 Meat cutters
- 45 Sault ___ Marie
- 47 Be a busybody
- 48 Assume
- 49 Blowgun insertion
- 50 Always
- 51 Lowest pinochle card
- 52 Political division
- 53 Get an eyeful of
- 54 Central points
- 55 ___-Ude, Russia
- 56 Allow to use
- 58 Bygone bird

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Commissary Bites

Commissary Gift Certificates Help Family, Friends Show Support For Service Members

By Ta'Lisha Brown

DeCA corporate communications

One way friends, family and the public can show their support for military families is to give commissary gift certificates as gifts, or donate them directly to military charities that assist families.

During the holidays in particular, gift certificates have been proven to be handy for food basket programs by allowing recipients to purchase the groceries they need and prefer, rather than getting food items they might not be able to use.

NS Mayport has several gift certificates available for purchase at its Commissary, located off of Mayport Road behind Pan Am Plaza.

"And, since commissaries sell food at cost, military families save an average of 30 percent or more by using their commissary benefit," said Philip E. Sakowitz Jr., director and chief executive officer of the Defense Commissary Agency.

Popularity of the gift certificates have increased steadily over the years, from combined in-store and online sales that totaled \$3.4 million in fiscal 2006 to more than \$3.9 million in fiscal 2008.

Anyone – civilian or military

– can purchase or donate the gift certificates, but only authorized shoppers can spend them.

There are four ways to purchase a "Gift of Groceries" gift certificate:

Visit the customer representative at your local commissary to buy \$25 gift certificates.

On the Web, go to <http://www.commissaries.com> to buy gift certificates in denominations of \$5 to \$100 using Certificatecheck's secure online order form.

By telephone, dial toll-free (877) 770-4438 and place your order with a customer service

representative.

Mail or fax your gift certificate request using a special order form available through a link on DeCA's "Gift of Groceries" Web page at <http://www.commissaries.com/certificatechecks/index.cfm>. Print the form, fill it out and mail it to the Certificatecheck address on the form.

You can donate gift certificates to any of the five military nonprofit organizations that participate in the "Gift of Groceries" program – Air Force Aid Society, Fisher House

Foundation Inc., Operation Homefront, Operation Interdependence and the United Service Organizations – through a secure Certificatecheck Web page; click the "Donate Online" link on DeCA's "Gift of Groceries" Web page.

Another way to support military families with commissary gift certificates is to donate to the Scholarships for Military Children program. In doing so, you can help send a military child to college. The Web page is at <http://www.militaryscholar.org>.

Four Foods To Enjoy During The Holiday Season

By Lt. Col. Karen E. Hawkins

DeCA dietitian

'Tis the season to indulge in some of your favorite foods and beverages while enjoying some of the health benefits. Wine, grape juice, dark chocolate and cocoa, often enjoyed during the holidays, all have something in common: resveratrol. Growing evidence shows that resveratrol has many health benefits such as keeping the heart healthy and helping prevent certain cancers. Some of the newest research shows that resveratrol may be helpful in preventing or treating obesity. So as you reach for another glass of red wine, a glass of dark grape juice or a cup of hot cocoa, you can do something good for your health.

It's in the skins
Why is red wine or red grape juice higher in resveratrol than white or rosé? It's in the skins: When red wines or red grape juice are made, the grape skins are left on longer. Resveratrol is in the skins, so the longer they are in the mix, the more there is in the wine and juice.

Fungus is a good thing
Fungal infection on grapes is a good thing when it comes to them producing resveratrol. No fungicide is sprayed on organically grown grapes so their resveratrol levels are usually greater than those sprayed with pesticides. The resveratrol protects against fungal infection in the grapes; leading to the health benefit.
Make your own sparkling

cider
Ingredients:
2 ½ cups chilled red grape juice
4 ½ cups chilled lemon-lime soda

Frozen, seedless grapes
Directions: In a pitcher, combine grape juice and soda. Pour into glasses. Add a few frozen grapes to each glass – makes about seven servings.

Your next party
Impress your guests by matching a red wine or sparkling grape juice with a cheese or two. Brie, Camembert, Gouda or strong cheddar go well with a cabernet sauvignon. "Gentle" cheeses like mild cheddar or provolone complement a merlot well. You can buy the most wonderful local or imported deli

cheeses at significant savings in your commissary, so enjoy.

Go for the cocoa powder and dark chocolate

Gram for gram, cocoa powder has the highest amount of resveratrol followed by baking chocolates, dark chocolates, semi-sweet chips, milk chocolate and then chocolate syrup, according to a study published in the *Journal of Agricultural and Food Chemistry* in September 2008. When making hot chocolate or baking those holiday treats, to get the most resveratrol, choose the plain cocoa (not Dutch) and add your own

sweetener and low-fat milk to be good to your health.

As with all good things, moderation is the key; however, it may be challenging when you have numerous parties with lots of food and drink available at your fingertips. When you do splurge, be good to yourself and enjoy the health benefits of a walk or an hour at the gym the next day. Enjoy the holidays with your family and friends!

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian

Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

Nutrition tip: If you drink red wine, drink in moderation. For the maximum health benefits, you need about two glasses a day. It may be just as good to drink red grape juice for your health.

Gifts From The Kitchen

By Kay Blakley

DeCA home economist

If this year's holiday season finds your pockets a bit bare, give a gift from your heart instead. A homemade gift is often more appreciated and longer remembered than any other. And, if it's something from your kitchen – so much the better. Just a few reasonably priced ingredients from the commissary, artfully blended together will have the receiver thinking delicious thoughts of you for weeks to come.

For someone who loves fruit preserves, think about a gift of pear honey. All it takes is a few ripe pears, a can of crushed pineapple, a bit of sugar and about 30 minutes of your time to produce one of the best fruit spreads you've ever tasted. Have you ever made peanut brittle? It's easy to make and fun to watch some serious foaming action when baking soda is added to the hot candy syrup. Pack it into small coffee cans, recycled as gift con-

tainers. Press your slow cooker into service to produce a batch of sugared pecans or walnuts, or bake an extra loaf of your favorite pumpkin or banana bread and wrap it in a nice new kitchen towel as a thoughtful gift. Recipes for all these suggestions are waiting for you in Kay's Kitchen on the Web at <http://www.commissaries.com>.

Another practical, but delicious, idea is a jar of homemade turkey noodle soup mix. It's the season for having plenty of leftover turkey on hand, so this gift is likely to be put to good use right away.
Turkey Noodle Soup Mix
(Makes about 10 cups prepared)
¼ cup red lentils
2 tablespoons dried onion
1½ tablespoons chicken-flavored bouillon granules
½ teaspoon dried dill weed
1/8 teaspoon celery salt
1/8 teaspoon garlic powder
1 small bay leaf
1 cup uncooked medium egg noodles
Layer ingredients in the order

given in a glass jar.
Cover the lid with a round or square of fabric cut 2½ inches larger in diameter than the top of the lid. Fasten with a rubber band.

Use ribbon both to cover the rubber band and to attach a gift tag with instructions for preparing the soup.

Preparation Instructions:
8 cups water
1 jar Turkey Noodle Soup Mix

1 (10 ounce) package frozen mixed vegetables
2 cups cooked, diced turkey or chicken

Bring water to boil in a large saucepan over high heat; stir in soup mix.

Reduce heat to medium-low; cover and simmer 15 minutes. Discard bay leaf.

Stir in frozen mixed vegetables and diced cooked turkey. Cook 5 minutes longer or until noodles and vegetables are tender.

Bake The Season Bright

By Kay Blakley

DeCA home economist

Quality time spent with family and friends promotes and solidifies the goodwill spirit of the holiday season. And, there's hardly a better way to demonstrate goodwill than with good food. That's one reason Kay's Kitchen on the Web at <http://www.commissaries.com> has been stocked full of marvelous holiday recipes, most of which require a bit of baking, but a few that need steaming or simmering instead.

If an old English traditional

Christmas holds appeal, set a figgy pudding to steaming while an appointed guest leads a few rounds of Christmas carols. Time it so the pudding is steaming and the rum hard sauce is chilling before the guests arrive. That way you can spend an hour singing, too, before it's time to unmold the pudding and serve.

For a morning gathering like a ladies coffee, go for the Cranberry-Orange Scones, and don't skip the Orange Butter to serve them with. It's "icing on the cake," so to speak.

Choose the Quick Crescent

Baklava recipe for a make-ahead addition to a holiday buffet, or make a Merry Berry Cobbler. It's the perfect seasonal finish to any holiday meal. If your idea of baking is buying it already made at the commissary bakery, don't worry, we included something for you, too. The aroma of a simmering pot of Christmas Wassail alone will melt the heart of any humbug in the house. It's a no-fuss, no-bother recipe – just throw it all in a big pot, stir, simmer and accept all the accolades that flow your way.

Five Tips To Help You Watch Your Holiday Weight

By Lt. Col. Karen E. Hawkins

DeCA dietitian

The holidays are here and the eating is on. Enjoying this time of year with family and friends can lead to weight gain without much thought to it.

Here are a few tips to help you prevent gaining the average 5 to 10 pounds this time of year:

Eat small portions. You can eat all those delicious foods that you love and avoid the guilt by eating smaller portions of them. If you have trouble eating smaller portions, try using a smaller plate. Growing evidence shows that using smaller plates leads to eating less which can lead to less weight gain over

the holidays. Planning a party at the office or at home? Then remember to buy the appetizer-size plates – and call it a Tapas party. Make it trendy and fun while controlling the portion sizes.

Eat before you go. Going hungry all day so you can "eat more" at the party is a sure way to overindulge, leading to feeling guilty later. Instead of skipping meals try eating a light meal or a snack at home before going out. This way you can enjoy the food at the party without overdoing it.

Go for the greens. If you feel the urge to splurge, go for the veggies and fruit first, especially the fresh ones. These have

less calories and more fiber than many of the tempting dishes that are there.

Write it down. That is, write down everything you eat and drink for a few days. If you haven't done this before you may be amazed at how much you eat and drink over the holidays. This is a good way to help you remember all those little morsels you mindlessly eat during the festive season.

Eat what you love. If you love the three-layer chocolate cake and bake it every year then take it to the party. When heading out the door after the dinner or party is over, leave the cake behind so you will not be tempted to eat it all.

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AUTOMOBILE MAGAZINE, '08 All Stars



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AUTOWEEK, Buyers Guide - Crain

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