

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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## OFF THE DECK

### Mayport Tax Office Open

NS Mayport Voluntary Income Tax Assistance program (VITA) tax center opened Jan. 21 to provide free basic tax preparation services.

The center is located in base housing at 707A Everglades Court.

VITA is the only free tax preparation service on base. Private tax preparers can charge \$50-\$100 or more per return and can result in Sailors paying high rates to get their refunds more quickly.

VITA E-files almost all returns, ensuring fast refunds. VITA is run entirely by volunteers who have been certified by the IRS in basic tax preparation.

Who is eligible for free tax preparation through VITA?

All active-duty service members and their dependents

All retirees and their dependents

Reservists on active duty for more than 30 days

Reservists within 30 days of demobilization and reservists involved in pre-mobilization

What to bring to the tax center:

All 2008 W-2s and 1099s

If you have an education loan and pay interest on it, you should bring in a copy of the 1098 E. If you are a

See VITA, Page 10

# Navy Signs 'Yes' To Carrier

From Navy Office of Information  
Assistant Secretary of the Navy for Installations & Environment, B.J. Penn, signed a Record of Decision for the Mayport Homeporting Environmental Impact Statement (EIS) Jan. 14.

The Navy's decision is to implement the preferred alternative, which is to homeport a single nuclear powered aircraft carrier (CVN) at Naval Station (NAVSTA) Mayport, and to complete associated infrastructure modifications. These include dredging, infrastructure and wharf improvements, and construction of CVN nuclear propulsion plant maintenance facilities.

"We have studied this issue very carefully and considered multiple factors," said Donald C. Winter, Secretary of the Navy. "This allows the Navy to obtain the benefits of fleet dispersal without negatively impacting our carrier capability or operations." Homeporting a carrier in Mayport best supports the Navy's mission and safeguards our nation's security needs."

Homeporting a CVN at NAVSTA Mayport reduces risks to fleet resources in the event of natural disaster, man-made calamity, or attack by foreign nations or terrorists. This includes risk to aircraft carriers, industrial support facilities, and the people that operate and maintain these crucial assets.

Mayport allows for advantages of fleet dispersal and survivability without impacting operational availability. On the West Coast, the fleet accepted some reduced operational availability associated with homeport dispersal.



U.S. Navy Photo

Conventional Aircraft Carrier USS John F. Kennedy (CV 67) departs Naval Station Mayport for the last underway period before its decommissioning in March 2007. Kennedy was the last carrier to be homeported at NS Mayport. The Navy signed a Record of Decision Jan. 14 to upgrade the station's basin to nuclear capable with the intent of homeporting a nuclear powered aircraft carrier at the base as soon as 2014.

Ships lose operational availability during the additional transit time required to reach operational and training areas from the Pacific Northwest.

By establishing a second CVN homeport on the East Coast, the Navy gains the dispersal advantage without the increased transit time. The proximity to training areas and transit time to operating areas is about equal from Norfolk and

Mayport.

West Coast CVN homeports and maintenance facilities are not viable options in planning for Atlantic Fleet CVN assets in the event a catastrophic event occurs in the Hampton Roads area.

The nuclear powered aircraft carriers are too large to transit the Panama Canal, requiring a 12,700 nautical mile voyage around South America to reach

the closest CVN homeport on the West Coast in San Diego.

The EIS examined potential environmental consequences of constructing and operating facilities and infrastructure associated with homeporting additional surface ships at NAVSTA Mayport.

It assessed 13 alternatives, including a "no action" alternative. The EIS evaluated resources in the Mayport area that may

be affected by the proposed action, such as air and water quality, biological resources (such as marine mammals and threatened and endangered species), land use, cultural resources, and socioeconomics. The EIS also accounted for cumulative impacts from other activities in the Mayport area.

For more information on the record of decision, go to [www.mayporthomeportingeis.com](http://www.mayporthomeportingeis.com).



-Photo courtesy of HSL-48

Lt. Carlos Esquivel poses with his welcoming party at Jacksonville International Airport after a 12-month IA tour to Afghanistan. Cmdr. J.J. Snięowski, commanding officer of HSL-48, presented the Bronze Star to Esquivel on Jan. 12.

## Officer Awarded Bronze Star

From HSL-48 Public Affairs

On the afternoon of Jan. 12, Lt. Carlos Esquivel of HSL-48 was recognized for exceptionally meritorious service while deployed in support of Operation Enduring Freedom at Combined Security Transition Command, Afghanistan.

Cmdr. J. J. Snięowski, commanding officer of HSL-48, presented the Bronze Star to Esquivel in front of friends and family at squadron quarters.

The Bronze Star is the fourth-highest combat award of the

U.S. Armed Forces and the 9<sup>th</sup> highest military award (including both combat and non-combat awards) in order of precedence of U.S. military decorations. Esquivel was recognized for his exceptional leadership, professionalism, courage, and meritorious service while exposed to significant risk of hostile action in southern Afghanistan.

During his Individual Augmentee (IA) tour, he served on the Navy Garrison's Embedded Training Team,

Forward Operating Base Lindsey, as the Air Operations and Operations Officer for the Afghanistan National Army (ANA) 205<sup>th</sup> Corps General Staff and the Hero Garrison.

Esquivel expertly served with Coalition Forces engaged in armed conflict against a determined, mobile and well-armed enemy, mentoring three general officers and their staffs through the establishment of an air mission in southern Afghanistan. The air mission moved more than 100,000 kg of supplies,

transported more than 60 VIPs and 1,000 soldiers, and medically evacuated more than 350 personnel. These flights saved soldiers' lives.

As Humanitarian Assistance Officer, Esquivel delivered more than 45 tons of food, clothes, shoes, desks, and school supplies, and secured funding for a local village school, to the benefit of more than 300 children. These missions were accomplished while under the constant and immediate threat of armed

See Bronze Star, Page 9

## New Policy On Short Term Extension

From Navy Personnel Command Public Affairs

The Navy announced a new policy Jan. 9 for short-term extensions which will impact Sailors in overmanned ratings, physical fitness assessment (PFA) failures and some Perform to Serve (PTS) applicants.

According to NAVADMIN 007/09, commanding officers may not authorize short-term extensions for Sailors in overmanned ratings without NPC's approval except to obtain obligated service required to complete initial entry training, execute permanent change of station (PCS) orders or an Individual Augmentee assignment, to obtain maternity care benefits for a member's wife or pregnant servicewoman, or to meet a fleet reserve date.

Under the new policy short-term extensions for the purpose of passing the physical fitness assessment are not authorized for Sailors who cannot pass the Navy's PFA and have failed three times within a four-year period.

Short-term extensions are no longer authorized for undesignated Sailors, also known as Gendets, who have not been selected for a rating or converted in the first six months of the 12-month PTS window.

Commands are required to review all short term extension requests to ensure they are executed for valid program and

career management reasons.

Sailors are not authorized to execute short-term extensions to remain on active duty to complete a college course prior to separation.

Short term extensions are not authorized for Sailors awaiting examination results or for Sailors awaiting additional quotas for automatic advancement under any automatic advancement program, such as command advancement program.

"The main reason a Sailor would need a short-term extension is to complete a deployment, match their EAOS (end of active obligated service) to their PRD (projected rotation date) extend to complete training, or for maternity benefits," said Master Chief Navy Counselor (SW/AW) Tom Albert, assigned to Navy Personnel Command (NPC).

Short-term extensions are conditional extensions that extend a members enlistment contract anywhere from one to 23 months.

Affected overmanned ratings will be updated quarterly or as needed and overmanned rating lists will be posted with status of extension requests, procedures, guidance, and frequently asked questions at the NPC enlisted career progression Web page.

For more guidance read NAVADMIN 007/09.

# Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Katie and Jake hope to start a family but before they do they realize a few things need to be in place. Katie's doctor wants her to lose weight and their finances need improvement. Katie tried to lose weight before but this year things are different. It is different because she has a vision for her future with goals and objectives to achieve it.

Katie has the keys to staying motivated; clear vision/purpose, set goals with built in incentives, and the support of her husband, family, friends as well

as an online support system (www.sparkpeople.com).

Liz realized the path she was on; poor eating, obesity, high blood pressure, was affecting every aspect of her life. Her health stopped her from doing things she enjoyed. Her poor menus were affecting her husband's weight and the weight and activity level of her children. Her personal mission statement helped her clarify what was important to her; to be there for her children, to be her best for her husband, and to be a role model of health and fitness for her children. Being a private

person, Liz elected a different approach but established goals, armed herself with solid nutritional information, and hired a personal trainer to keep her on track.

Rena's personal mission statement led her to focus on equipping her teenagers for adulthood. Together Rena and her husband established goals and objectives to support, equip and prepare their children for future success.

Staying motivated to change our lives requires a vision and purpose for achieving your goals. Keeping that vision

before us serves to help us stay focused on the goal, even through the challenging time.

Experts agree making too many sweeping changes are difficult but slow consistent change affords the greatest success. If you have big goals, break them down into smaller goals with timelines for achievement.

Communicating goals with those who can support you is important. Family, friends even online support groups can help you stay focused and on track to success. www.goalsetting1.com is one of many online goal-setting forums where you can

find others on a similar journey. Many find encouragement, support and insight through these forums.

A life-coach can be valuable in helping you clarify your talents, values and goals. A quick internet search will provide a list of life-coaches in your area, including those specializing in military spouses and families. Life-coaches also provide support and motivation to reach your goals to live the life you want.

Living the life we want requires effort. Taking the time to clarify what is important to

us is an exercise we will never regret. The effort to become the person we want to be is always worth it. May your journey to becoming and living the life you envision be full of surprises and wander.

Join Beth this month on her internet talk show, Navy Homefront Talk (www.blogtalkradio.com/nht), as we explore goal setting, mission statements and living life on purpose.

## Martinez Speaks At National Surface Navy Symposium

From the Office of U.S. Senator Mel Martinez

U.S. Senator Mel Martinez (R-FL) Jan. 14 spoke at the Surface Navy Association's 19th annual National Symposium remarking on the dire need for the Navy to build more ships. The senator also discussed the benefits of making Naval Station Mayport the homeport for a nuclear carrier.

"Shipbuilding should be a priority. We build five to eight ships a year while China is building 25 a year," said Martinez, the ranking member of the Senate Armed Service's Seapower subcommittee. "China's fleet includes ultra-quiet submarines that are hard to detect and both China and Russia are increasing their presence in the Americas. Our ability to monitor potential threats

is increasingly important."

Martinez also talked about the Navy's pending decision making Mayport the homeport and maintenance facility for a nuclear-powered aircraft carrier.

"No matter what lens you use to view potential national security threats on the horizon, the upgrading of Mayport is key to the Navy's commitment to strategic dispersal," said Martinez. "Mayport has been home to our capital ships since 1952 and has at times hosted multiple carriers. The decision to maintain strategic dispersal by upgrading Mayport is in the best interest of our national security."

For the full text of the senator's speech, visit <http://martinez.senate.gov>.

## Navy League Installs Officers



-Photo courtesy of Mayport Navy League  
On Thursday, Jan. 15, the Mayport Council, Navy League of the United States held their annual installation of Officers. The Navy League was founded in 1902 with a clear three-pronged mission: to support the members of the sea services and their families; to educate the American people and their elected leaders about the critical importance of sea power for their economic prosperity and national security; and to help build America's future through successful youth programs like the Naval Sea Cadet Corps. For information call Pat Pumphrey, 280-0941.

## Mayport MOAA Raffle Winner



-Photo courtesy of MOAA

Mayport Chapter MOAA President, retired Capt. Mike McHugh, presents Eleanor Corbett winner of the 50/50 ROTC raffle with \$120 for her half of the Chapters monthly drawing. The Mayport Chapter of MOAA holds a monthly raffle wherein one half of raffle proceeds go to honor the outstanding JROTC Cadets from 13 local High Schools, and present a Naval Sword to the distinguished NROTC graduate from Jacksonville University. This month's lucky winner immediately donated her winnings to the Mayport USO Center for the Chapter initiated "Drinks for Balad." The USO has purchased and mailed 47 boxes of flavored powdered drinks to our fighting troops in Iraq in 2008, and will continue with this practice until they "all come home."

## NAS Jax Celebration Of Caribbean Culture, Faith At All Saints Chapel

From NAS Jacksonville

On Jan. 25, the sounds of steel drums will fill the air, as people make their way into the Historic All Saints Chapel on Naval Air Station Jacksonville. Some will be wearing their favorite Hawaiian or Caribbean Shirts, and some will wear the decorative head-dresses with matching skirts so prevalent in the Islands of the Caribbean.

"This Caribbean flavor of this service touches people in very special ways" shared Chaplain Tom Bingol. "We have such a diverse Navy Family and there are many people here with deep Caribbean roots."

The service begins with a procession of Caribbean flags or a "roll call" of the Caribbean nations. As each flag or country is named, the individuals of that heritage are asked to stand. "In this way, we are honoring diversity as we are called to serve a common mission.

The Caribbean "flavored" Worship event was first brought to Naval Air Station Jacksonville last September. We welcomed guests from the United Caribbean Cultural Association, the Grenadian Association of Palm Coast, Roots and Rhythm Jamaican Folkloric Movement troupe, and guests representing many Island Nations.

The Caribbean hymns, liturgi-

cal dancing, and fellowship time after worship, helped to give people a taste of the Caribbean. "These special services help us understand the cultural influences that impact us and touch us on a spiritual level. To see the gospel shared in dance and movement or to open ourselves to new or different hymns moved some to tears. It was beautiful and powerful" commented a guest who was born and raised in Grenada.

Chaplain Bingol shares, "I would like to help others see the traditions and customs that are sometimes forgotten in our busy world. I was deeply moved a few years ago, when I watched the procession of women with their heads wrapped and matching skirts, for a procession with twirling handkerchiefs. It was from a member's tradition in her home country of Suriname; where the women and children to entered the Church while the song of 'The Palms' was played."

"I would like our members and guests to have that same experience. This is something that touches our hearts and our memories and finds a place there. For this service, I am asking that any women and children, who would like to honor their culture in this procession, contact the NAS Jax Chapel

Center."

For more information please contact Chaplain Tom Bingol at 904/542-3643, NAS Jax Chapel Center at 904/542-3051 or via e-mail at [thomas.bingol@navy.mil](mailto:thomas.bingol@navy.mil).



Chapel Call  
Command Chaplain  
Cmdr. Jerome Dillon

SUNDAY  
Sunday School.....9:15 a.m.  
Morning Worship.....10:30 a.m.  
Protestant Baptism.....As requested  
TUESDAY  
MOPS (Mothers of Preschoolers).....9:30 a.m.  
(First and third Tuesday of the month)  
Nursery is provided.  
WEDNESDAY  
Women's Bible Study.....9:30 a.m.  
Choir Rehearsal.....7 p.m.  
FRIDAY  
Catholic Mass.....11:30 a.m.  
Confessions.....7 p.m.  
SATURDAY  
Men's Prayer Breakfast.....9 a.m.  
Youth Group.....6 p.m.  
(Second and Fourth Saturdays of month)  
Catholic Services:  
Mass.....Monday-Friday, 11:30 a.m.  
Confession.....Before and after mass  
Religious Education.....10:30 a.m.

BAPTISMS  
Please call 270-5212 to arrange a Baptism class.  
SERVICES  
For shipboard and Waterfront Services, call 270-5403. Personnel of other faiths seeking contact with specific religious groups should call the Chaplain's Office at 270-5212.



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## Crenshaw: 'Mayport Decision Reflects Irrefutable Facts'

From the Office of Representative Ander Crenshaw

The Navy signed the Record of Decision (ROD) for the Final Environmental Impact Statement (EIS) for Homeporting Additional Ships at Naval Station Mayport. This signature finalizes November's announcement to homeport a nuclear aircraft carrier (CVN) at Naval Station Mayport.

Rep. Crenshaw said, "I applaud the Navy's decision to accept the extensive research that went into this EIS and its recommendation to home port a nuclear carrier at Mayport. This decision was not about politicians or dollars. It was strictly about protecting our strategic assets and our Sailors. Any other decision would have been tantamount to a dereliction of duty."

According to the Navy, a second east coast nuclear homeport at Mayport is needed for several reasons including the fact that the Navy presently has access to only one east coast nuclear carrier homeport, one nuclear maintenance facility and the country's only nuclear carrier new construction plant - all located in the Norfolk area. If a catastrophic event - natural

or man-initiated - occurred in the Norfolk area, carriers would have to take a one month journey around the tip of South America to reach one of the Navy's 3 nuclear maintenance facilities on the west coast. "The Navy made it crystal clear that this decision was driven by the strategic imperative to disperse our nuclear aircraft carrier fleet and establish a second nuclear aircraft carrier maintenance facility on the east coast," stated Rep. Crenshaw. "The Navy prides itself in its meticulous approach to safety and to not have an additional nuclear maintenance location on the east coast puts the lives of our most valuable assets - our Sailors - at risk. This point alone makes the establishment of a second east coast nuclear facility essential for our national security." As a Member of the House Appropriation Subcommittee on Military Construction Subcommittee, which oversees all U.S. military installations, and as a former member of the House Armed Services Committee, Rep. Crenshaw has long advocated for the strategic dispersal of our naval assets.

The EIS was initiated in 2006 by the Navy at the encourage-

ment of Congressman Crenshaw and his Florida delegation colleagues. Over the 2 1/2 year process, the Navy collected and analyzed tremendous amounts of data. The Draft EIS was published in March 2008, but did not include the Preferred Alternative as is tradition. Instead the Navy held back its preferred option as to give the Chief of Naval Operations additional time to finish his Fleet Strategic Laydown study to ensure all Navy ships are homeported in the necessary locations for our national security strategy. On Nov. 21, 2008, the Final EIS selecting Preferred Alternative 4, CVN Homeporting, was published. After a mandatory 30 day no action period, the Record of Decision was signed by Assistant Secretary Penn today.

"While our nation has much to celebrate in the signing of this decision, we also have much to do before a carrier is homeported at Mayport. I will continue to work tirelessly to ensure that the necessary funding and preparations are on schedule. My sleeves are rolled up and ready for the work ahead," concluded Rep. Crenshaw.



Naval Station Mayport

Capt. Aaron Bowman.....Commanding Officer  
Cmdr. Mike Watson.....Executive Officer  
CMDCM Deborah Davidson.....Command Master Chief

Naval Station Mayport Editorial Staff

Bill Austin.....Public Affairs Officer  
IC2 Paul Fenn.....Deputy Public Affairs Officer  
Paige Gann.....Editor

The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

The Mirror

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-Photo courtesy of USS John L. Hall

USS John L. Hall Commanding Officer, Cmdr. Derek M. Lavan, presents Sailor of the Year, Master-at-Arms 1st Class (SW) Brian Williams, with a plaque during Captain's Call.

## John L. Hall Recognizes Sailors Of The Year

By Lt.j.g. Samara Taylor  
USS John L. Hall PAO

On Jan. 12, USS John L. Hall Commanding Officer, Cmdr. Derek M. Lavan, awarded the coveted "Sailors of the Year" awards to three outstanding Sailors in front of their shipmates.

Recognized awardees included the Bluejacket of the Year, Damage Controlman 3<sup>rd</sup> Class Roy Hayes Jr., Junior Sailors of the Year SH2(SW) Nicholas H. Arant, and Sailor of the Year Master-at-Arms 1<sup>st</sup> Class (SW) Brian J. Williams.

During a Theater Security Cooperation deployment to the Mediterranean and Black Seas, Petty Officer Hayes organized and instructed more than three

hundred foreign sailors in basic damage control principles. He revitalized the ship's damage control indoctrination program, leading to one hundred percent basic damage control qualification within six months for all newly reported shipmates.

The Junior Sailor of the Year, Arant, serves as the Leading Petty Officer for the Sales and Services Division onboard. He was directly responsible for the ship's store and vending operations generating over \$30,000 in MWR profits while still maintaining a 100 percent spot inventory accuracy rate.

The senior Sailor of the Year, Williams, is a nine-year Navy veteran who is the command's Chief Master at Arms, Assistant

Command Fitness Leader and Ship's Defense Reaction Force Leader. He has also taught the Ship's Reaction Force - Basic course for more than 50 crew members.

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

## Mayport Employees Of Year



-Photo by CTR2 Jaymie Brown

Above, Naval Station Mayport Commanding Officer, Capt. Aaron Bowman presents a plaque to Employee of the Year Russell Garrison of Fleet and Family Support Center during a luncheon on Jan. 13 at Ocean Breeze Conference Center.

During the luncheon, Sam Williams of Safety was named Employee of the Quarter for Fourth Quarter. Right, Bowman presents a plaque to Lisa Wolfe of MWR after she is named Supervisor of the Year for the base.



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**Len Hackett**  
Former CAPT US ARMY

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# Mayport's Golden Anchors Of Retention

By NCI(AW) Carl Mett  
*USS Vicksburg*

An unprecedented number of Mayport ships were recently awarded the Golden Anchor Retention Excellence Award for FY-08. The award is viewed by many as merely re-signing a large number of Sailors; however, there is much more involved. To begin, the command must sit down and talk with Sailors about what they want to do with their careers. From there, the command is then able to hold career development boards to determine any deficiencies or areas in which they may be able to assist the Sailor. These boards provide a jumping-off point for continued focus and attention on individual Sailors, creating individualized efforts

specific to that Sailor's needs and ambitions.

The career development program is managed and driven by the Command Career Counselor, but it takes more than one person to produce an effective program; the team effort is spread out over all levels of the command. Low retention numbers are often the result of low morale, a high operational tempo (OPTEMPO) level, or an improperly managed career development team. While the command cannot control the OPTEMPO, it has a direct impact on morale and the effectiveness of the career development program. This is where the team effort comes into play, from the Commanding Officer all the way down to each indi-

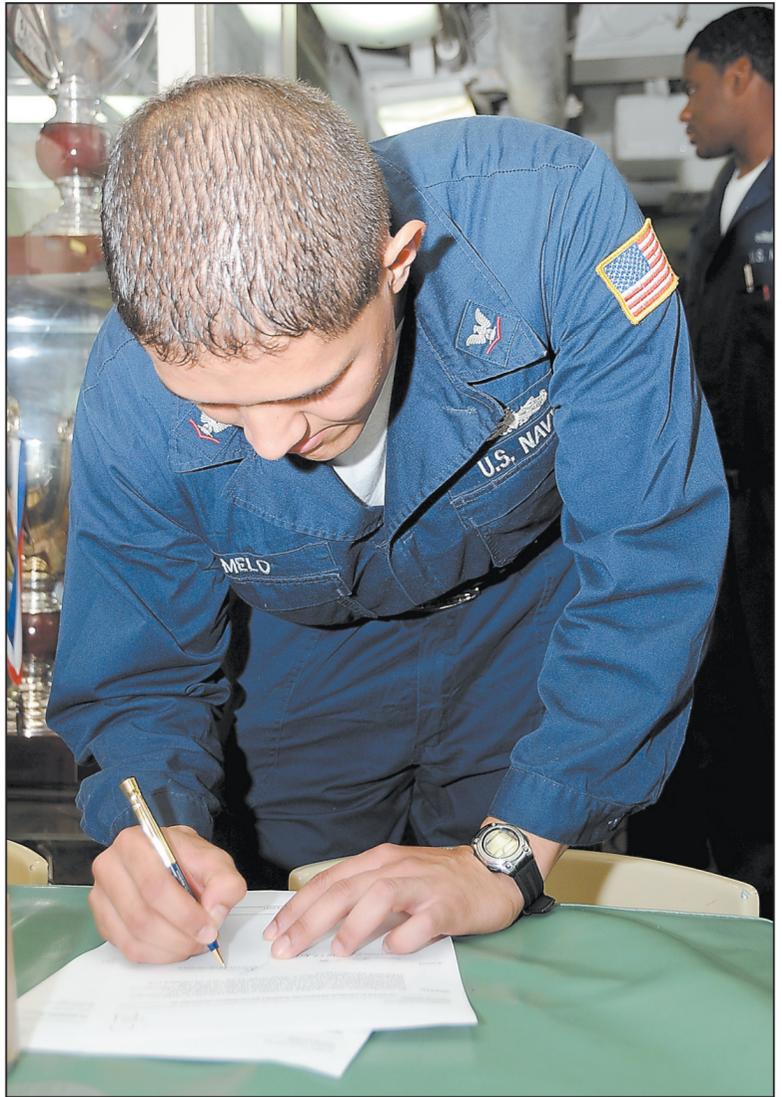
vidual voluntary divisional career counselor.

Sailors have many goals and ambitions. It is the mission of the Command Career Counselor to discover what those goals and ambitions are, and then help the Sailor to pursue them with the support of the command. Keeping an open mind is a must: a Sailor may not qualify for a program today, but certainly could qualify tomorrow. Only four Atlantic Cruisers received the retention excellence award this cycle, and three of them are from Mayport: USS Vicksburg, USS Gettysburg, and USS Hue City. In addition, Mayport ships USS Carney, USS Roosevelt, USS The Sullivans, and USS Doyle also received the retention excellence award.



-Photos by Ensign Marc Schron

Above, USS Vicksburg Commanding Officer, Capt. John Nygaard, reviews the certificate of re-enlistment with Fire Controlman 1<sup>st</sup> Class (SW/AW) John Hare and Ensign Ben Milton. Right, Hull Technician 3<sup>rd</sup> Class (SW) Juan Melo signs his re-enlistment papers.



-Photo by Paige Gnann

The crew of USS Carney (DDG 64) stands proudly in front of their Golden Anchors.



-U.S. Navy Photo

USS Doyle is one of seven NS Mayport-based ships to receive the Golden Anchor Retention Excellence Award for FY-08.



-U.S. Navy Photo

USS The Sullivans joins Vicksburg, USS Gettysburg, and USS Hue City, USS Carney, USS Roosevelt and USS Doyle also received the retention excellence award.

# RGB First U.S. Navy Ship To Visit Bata

By MC1(SW) Gary Keen  
Commander, U.S. Naval Forces Europe-  
Commander, U.S. Naval Forces Africa  
Public Affairs

USS Robert G. Bradley (FFG 49) became the first U.S. Navy ship to anchor in Bata, Equatorial Guinea while conducting Africa Partnership Station (APS) initiative Jan. 15.

APS is an ongoing U.S. Navy-led multinational effort aimed at strengthening emerging partnerships in West and Central Africa to increase regional and maritime safety and security.

"APS is a year-round ongoing effort, and this is a great opportunity to continue the program and the U.S. Navy's

long-term commitment to our partners," said Cmdr. Clinton A. Carroll, commanding officer of Robert G. Bradley. "The crew just completed a great visit to Malabo and is ready to work with other members of the military here in Bata. We're building relationships that are the bedrock of maritime safety and

security in the region."

While Bradley is the first U.S. Navy ship to pull into Bata, there have been other ship visits to Equatorial Guinea; to include the US Coast Guard Cutter Dallas (WHEC 716) and USS Fort McHenry (LSD 43) who visited the capital, Malabo, in the first part of 2008.

During the visit, Bradley crewmembers will conduct workshops on damage control, firefighting and automated identification system with local military members promoting maritime safety and security.

In addition to training, the ship will host a flight deck reception for distinguished

Equatorial Guinean visitors to develop relationships and promote regional cooperation.

Bradley is an Oliver Hazard Perry-class frigate homeported in Mayport, Fla. and is on a regularly scheduled deployment to the 6th Fleet area of responsibility.



Sailors assigned to the guided-missile frigate USS Robert G. Bradley (FFG 49) teach firefighting techniques to Sailors from the Equatorial Guinean Navy.

-Photo by Ensign Rajiv Seth



Sailors assigned to USS Robert G. Bradley demonstrate firefighting techniques to Sailors from the Equatorial Guinean Navy. Robert G. Bradley is in Malabo to conduct familiarization and orientation exercises as part of Africa Partnership Station. APS is an initiative aimed at strengthening global maritime partnerships through training and other collaborative activities in order to improve global maritime safety and security.

## HSL-42 Combs Cyprus Beach During Port Visit



From HSL-42

HSL-42 Detachment One is currently underway with USS Vella Gulf (CG 72) assigned to the Iwo Jima Expeditionary Strike Group.

Detachment One "Legends" completed valuable training and conducted their mission of surface search, surveillance and control in support of the Iwo Jima Expeditionary Strike Group during their transatlantic voyage and throughout their time in the Mediterranean Sea.

The Legends enjoyed a port visit to the scenic and hospitable town of Limassol on the island of Cyprus.

Many members of the Detachment visited the sacred baths of the goddess Aphrodite. The island of Cyprus is plagued with drought and it was rumored that good fortune followed the crew because after visiting the baths the island received a rainstorm that they hadn't seen in

four years.

Other members hiked the picturesque Trodos Mountain Range, whose highest peak is Mount Olympus at 6,400 feet. They also chose to serve in a community relations project.

Their project was to help clean and restore a historical beach in the town of Pafos. This beach is said to be the place where Aphrodite emerged from the sea thousands of years ago.

The house of Dionysus and the Sanctuary of Apollo all overlook this beautiful beach. After all the sweat and dust settled, the crew managed to clean and extract 1,500 pounds of waste. The crew had a great time learning about this historical area and felt privileged to take part in the restoration.

Detachment One is continuing on with the rest of their deployment participating in Operation Allied Provider.



Above left, Sailors attached to HSL-42 Detachment One walk along the beach of Pafos on the island of Cyprus during a community relations project. The detachment, attached to USS Vella Gulf, spent the day cleaning and restoring the historical beach. Above, the Sailors stand with the bags of debris they collected from the beach during a community relations project held while the detachment was on a port visit to the island.

-Photos courtesy of HSL-42

## HSL-42 Detachment Hits Deployment Halfway Mark

By Lt. Domenico Monaco

HSL-42

The HSL-42 Detachment Three "Blue Brawlers" recently celebrated the halfway point of their deployment on board USS Roosevelt (DDG 80).

It was a day set aside to celebrate the superb work done in the first half of cruise. While each member of the detachment celebrated in their own way, everyone was reminded of the first three and a half months spent at sea.

After a week and a half crossing the Atlantic Ocean, Detachment Three flew into the Straits of Gibraltar and entered the Mediterranean Sea providing support to the Iwo Jima Expeditionary Strike Group (ESG). Well into the Med, the detachment and ship stopped for its first liberty port, Dubrovnik, Croatia.

For several on the detachment, this was their first foreign port and something they will not soon forget. After Dubrovnik, we sailed down the coast for a brief three-day visit to Neum, Bosnia where the visible scars of war were in stark contrast to the beautiful hills and countryside. The ship held a reception for the Mayor of Neum and the U.S. Ambassador to Bosnia along with several dignitaries from other



-Photo courtesy of HSL-42

Christmas stockings hang from an SH-60B of HSL-42 Detachment Three "Blue Brawlers." The Blue Brawlers recently celebrated the halfway point of their deployment on board USS Roosevelt (DDG 80).

nations, helping cement relations with the host country. While the food was excellent and the prices reasonable, the port call came to an end and the Blue

Brawlers were ready to get on with the mission at hand.

After a safe transit through the Suez, USS Roosevelt and detachment imme-

diately began counter-piracy/counter-terrorism operations. The ship-air team has made an impact over the past few months and at the half way point had already flown just under 500 hours in theater in support of CSF operations. After 70 days at sea, to include a beer day, the crew finally took a breather with a great port call in Victoria, Seychelles. The much needed rest and relaxation soon charged the batteries for the eventual return on station.

USS Roosevelt rid itself of the slimy pollywogs aboard the ship by holding a "Crossing the Line" ceremony as she crossed the equator on the way back to her area of operations. A brief visit by King Neptune and Davy Jones assured the crew that while operations can be quick-paced and stressful, there is always a chance to have a bit of fun.

The ship held a talent show put on by our Wogs upon their arrival and we all enjoyed an outstanding pig roast and steel beach picnic at the conclusion of all the festivities the following afternoon. The two whole hogs had been slow cooked and smoked for 24 hours on the flight deck by Chief Aviation Electrician's Mate Paul Alexander.

Over the past three and a half months the detachment has been fortunate enough to recognize the out-

standing efforts of several individuals. Four "Blue Brawlers" have advanced: Aviation Structural Mechanic 2<sup>nd</sup> Class Christopher Daniel, Aviation Structural Mechanic 2<sup>nd</sup> Class Thomas Guth, Aviation Electrician's Mate 2<sup>nd</sup> Class Zachary Martinez, and Petty Officer 2<sup>nd</sup> Class James Davis.

The "Brawler of the Month" awardees have been Aviation Electrician's Mate Airman Clinton O'Rourke, Aviation Electrician's Mate 2<sup>nd</sup> Class Christopher Daniel, and Aviation Electrician's Mate 3<sup>rd</sup> Class Nicholas Berns.

Also, Lt.j.g. Ken Warford received a Navy Achievement Medal for his efforts in restoring the detachment's training readiness and flight hour accountability program. With much more to come, the Detachment expects to recognize many more in the months to follow.

The Blue Brawlers look forward to finishing the last half of the deployment strong and coming back home to friends and family in Mayport in the Spring. The push forward continues as the holidays wrap up and the New Year approaches.

# Calendar

## Out in Town

### Friday, Jan. 23

The Ladies Auxiliary of the Fleet Reserve Association, Branch 290, is hosting a Steak & Fish Dinner from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. The dinner will include baked potato and salad. A donation of \$10 is requested for each dinner. Carry-out orders are accepted. Happy hour precedes the dinner from 4-6 p.m.; all drinks are 50¢ off. After dinner, enjoy the music of Doug Bracey until 1 a.m. As always, the public is invited to attend.

### Sunday, Jan. 25

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

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.

### Wednesday, Jan. 28

The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" on 5-8 p.m. at the Branch Home, 390 Mayport Rd. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

### 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.fncflorida.org](http://www.fncflorida.org).

### Friday, Jan. 30

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners on from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$4 to \$7 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the music DOUG BRACEY from 9 p.m. to 1 a.m.

### Sunday, Feb. 1

All are invited to the Four Chaplains Memorial Service sponsored by American Legion, 5th District Ocean/Beaches Post 129 at 2 p.m. in Jacksonville Beach. Guest speaker is retired Capt. J. Daniel McCarthy. For more information on the Four Chaplains, please visit [www.fourchaplains.org](http://www.fourchaplains.org).

Fleet Reserve Association Branch 290 hosts Breakfast on from 8-11 a.m. at the Branch Home, 390 Mayport Rd. 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.

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

### Wednesday, Feb. 4

Atlantic Beach Women's Connection presents A Sweetheart of a Brunch from 9:30-11 a.m. Former bakery owner and antique car enthusiast Gloria Dudt, of Claysville, Pen., very humorously shares how to bounce back from the flops and failures of life and still keep smiling because "Cakes Can't Bounce, but People Can!" Phyllis Geiger of Peterbrooke Chocolatier will show some sweet ideas for Valentine's Day! All area women are invited. Come and bring a friend! Cost is \$12 inclusive. Complimentary child care with reservation.

### Friday, Feb. 6

Spring Rummage Sale at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach. The United Methodist Women will be hosting their annual Spring Rummage Sale from 9 a.m.-3 p.m. Looking for shoes, linens, clothing, purses, luggage, toys etc? Join us and find your special treasure! For more information, please contact the church office at 904-249-5370.

### Saturday, Feb. 7

Thousands of children and their families are expected to visit Jacksonville's Museum of Science and History (MOSH) on, for the 10th annual Water Education Festival. The festival will fill MOSH with dozens of interactive displays and

activities, designed to teach the importance of Florida's water and natural resources in ways to appeal to children. Highlights include making crafts, playing water education games, and interacting with water animals from the Jacksonville Zoo. Fun features include a marine animal touch tank, a scavenger hunt, a "wacky water science" presentation, and musical performances by students from Pine Forest Elementary and LaVilla School of the Arts. Admission is free throughout the event, which runs from 10 a.m.-4 p.m. The Water Education Festival is sponsored annually by the St. Johns River Water Management District and the city of Jacksonville's Environmental Protection Board.

Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are

encouraged to bring bug spray and bottled water. 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.

Spring Rummage Sale at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach. The United Methodist Women will be hosting their annual Spring Rummage Sale from 9 a.m.-3 p.m. Looking for shoes, linens, clothing, purses, luggage, toys etc? Join us and find your special treasure! For more information, please contact the church office at 904-249-5370.

### Sunday, Feb. 15

Join a park ranger at 1 p.m. for an introduction to the basics of hiking. Weather, wildlife tracking, trail safety, and proper gear will all be discussed. 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.

Tuesday, Feb. 17  
Beaches Women's Partnership presents "Pattern Changing For Abused Women," a free 14-week program that focuses on the woman herself and her own power to change the course of her life. Techniques will be learned for developing new patterns of ones own choosing. Call 249-1450 for a screening appointment. Group starts from 6-7:30 p.m. at the Neptune Beach office.

### Saturday, Feb. 21

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



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OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JEFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JEFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JEFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JEFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX	JEFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JEFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JEFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JEFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JEFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC	MAYPORT RD.	JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD (MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL	JAX		
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JEFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JEFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JEFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007		

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# FFSC Class Schedule Set

From FFSC

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

Jan. 22, 9-11 a.m., Sponsor Training, FFSC

Sponsors play a critical role in retaining newcomers and increasing overall productivity and morale by making a newcomer's arrival at the command easier. The Sponsor Program is designed to help facilitate the relocation of Navy service members and their families creating a link between the service member and their new command. The primary goal is to ease difficulty and reduce the apprehensions normally associated with a Permanent Change of Station (PCS) move.

Jan. 22, 9 a.m.-noon, New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. Tottle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 9:00am to 12:00pm at the USO. All children age four and below are invited to attend.

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

Jan. 23, 9-11 a.m., Credit Report, FFSC

Jan. 26, 6-7 p.m., Ombudsman Assembly, USO

Jan. 26, 8 a.m.-noon, FERPCareer & Job Readiness Class, FFSC

Learn how to do an effective job search to find the "perfect

job!" Topics presented are: Career Exploration, Job Search Strategies, Resume Writing, Interviewing Skills, Self-Employment and the Federal Employment System.

Jan. 26, 1-2:30 p.m., FERPCareer - Ten Steps to a Federal Job, FFSC

Jan. 26-29, 8 a.m.-4 p.m., TAP Separatee Workshop, Building 1 Room 104

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

Jan. 27, 9-11 a.m., Parenting Class, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills are discussed as well as the challenges that are faced by all families. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

Jan. 27, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Jan. 28, 9 a.m.-noon, TottleTyme Playgroup, USO

Jan. 28, 6-8 p.m., IA Family Discussion Group, USO

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

Jan. 29, 9 a.m.-noon, New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet

training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. Tottle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 9:00am to 12:00pm at the USO. All children age four and below are invited to attend.

Jan. 30, 9-11 a.m., Considerations for Home Buying, FFSC

Jan. 30, 9 a.m.-noon, What About the Kids?, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Feb. 3, 9-11 a.m., Parenting Class, FFSC

Feb. 10, 9-11 a.m., Parenting Class, FFSC

Feb. 17, 9-11 a.m., Parenting Class, FFSC

Feb. 24, 9-11 a.m., Parenting Class, FFSC

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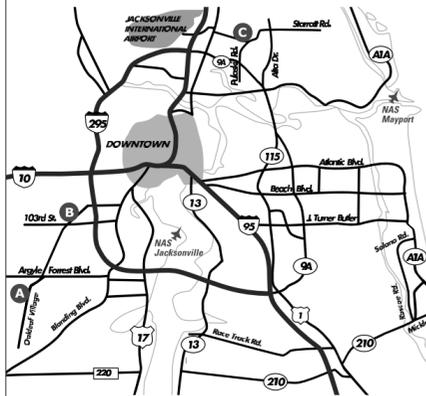
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# MWR Happenings

## Youth Dance Classes

Register NOW at the Youth Activities Center, located in on-base housing.



Classes begin  
January 2009

Instructors:  
Polly Boeneke and  
Dayna Williams  
from  
Polly B Dance Academy

**Mondays:**  
3:45-4:45 p.m. Ballet and Tap (Ages 5-7)  
4:45-5:45 p.m. Ballet and Tap (Ages 3-5)

**Wednesdays:**  
9:30-10:30 a.m. Ballet and Tap (Ages 2 1/2-3)  
10:30-11:30 a.m. Ballet and Tap (Ages 4-5)  
3:45-4:45 p.m. Ballet and Tap (Ages 7+)  
5:00-5:45 p.m. Jazz and Hip Hop (Ages 7+)

**Class Fees:** \$38 per month  
No discounts for holidays or missed classes.  
\$5 discount for additional child and/or class.

**Class Attire:** Black leotard, pink tights, pink ballet shoes and tan tap shoes. Items can be purchased from instructor.

**Additional Details:** Minimum of 5 children per class to start; Maximum of 12 children per class. Class schedule is subject to change depending on enrollment and demand.

For more info, call the  
MWR Youth Activities Center  
at (904) 270-5680 or 5421.

Instructors can be reached  
via e-mail at [PBBB@aol.com](mailto:PBBB@aol.com).

**Jan. 16: Live Band – Raposo.** New York based, Raposo, performs live at Castaway's Lounge 9 p.m.-1 a.m. They are described as alternative/rock/classic rock. Event is free. [www.myspace.com/raposobandny](http://www.myspace.com/raposobandny) 270-7205

**Jan. 17: Saturday Cinema – The Mummy, Tomb of the Dragon Emperor (PG-13).** Free indoor movies on the MEGA 20-foot screen at Beachside Community Center (Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

**Jan. 19: MLK Holiday Bowling Special.** Bowl two games with shoes, spaghetti dinner and small soda for only \$10.

Dinner only is \$7. Reservations are recommended. Mayport Bowling Center's holiday hours are 11 a.m.-5 p.m. 270-5377

**Jan. 21: Intramural Bowling Begins.** Warm-ups start at 11:15 a.m. every Wednesday at Mayport Bowling Center. Open to active duty only; teams of four. Captain's Cup event. 270-5377

**Jan. 20: Post-Holiday Fitness Meltdown (Surfside).** 4:30-6:30 p.m. at Surfside Fitness Center. Melt off the holiday weight gain with an intense workout that continues until no person is left standing. Sample a variety of fitness classes and meet Mayport's Navy Fitness Team. 270-7718

**Jan. 23: Post-Holiday Fitness Meltdown (Gym).** 6-8 a.m. at the Gym. Melt off the holiday weight gain with an intense workout that continues until no person is left standing. Sample a variety of fitness classes and meet Mayport's Navy Fitness Team. 270-7718

**Jan. 23: Deadline for Dive Quest Trip (Jan. 31).** Tour and scuba dive the Living Seas at Epcot in Orlando for only \$150 (\$215 includes transportation, gear and park admission). Pre-registration is required. Sign up at Outdoor Adventures. 270-5541

**Jan. 26: Intramural Volleyball Begins.** Sign up at the Gym. 270-5451

## 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.

**Jan. 23: IMAX Theatre Trip.** Trip cost is \$8 and includes transportation and your choice of three movie selections. Pre-registration required. Trip leaves Planet Mayport at 11 a.m.

**Jan. 24: Tampa Trip.** This free trip (transportation only included) leaves Planet Mayport at 7 a.m. Pre-registration required.

**Jan. 27: Barracks Break-In.** Free movie night with free food at the barracks (every Tuesday

in January) starting at 6 p.m.

**Feb. 1: Super Bowl Party.** Watch the 2009 NFL Super Bowl in hi-def on the MEGA 20-foot screen at Beachside Community Center. Pre-game activities begin at 6 p.m. There will be free food and non-alcoholic beverages (while supplies last), football trivia and prizes. Everyone is welcome. A cash bar will be available for those 21 and older.

**Feb. 6-8: Orlando Weekend Trip.** Trip leaves on Friday and returns Sunday. Spend Saturday at Disney and Saturday night enjoying the nightlife in Orlando. Cost and departure times are TBD. Call Planet Mayport at 270-7788 for additional details.

## Kid Zone

**Jan. 23: Teen Winter Dance.** 7-10 p.m. at Club Teen for middle and high school ages. Cost is \$2 at the door. 270-5680

**Jan. 24: Saturday Cinema – Hancock (PG-13).** Free indoor movies on the MEGA 20-foot screen at Beachside Community Center (Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

**Jan. 30: Freedom Friday – Winter Dance.** 7-11 p.m. at the Youth Center for grades kindergarten through fifth. Cost is \$7 in advance or \$9 the day of (if space is still available). 270-

5680  
**Jan. 31: Elementary Pre-Super Bowl Party.** 2-4 p.m. at the Youth Center for grades K-5th. 270-5680

**Jan. 31: Teen Pre-Super Bowl Party.** 7-10 p.m. at Club Teen for middle and high school ages. 270-5680

**Jan. 31: Saturday Cinema – WALL-E (G).** Free indoor movies on the MEGA 20-foot screen at Beachside Community Center (Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

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University of North Florida Hodges Stadium

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GAME TWO | 3:00 pm | Clemson vs Florida St.

University of Maryland vs United States Air Force Academy vs Clemson University vs Florida State University

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[faceoff.woundedwarriorproject.org](http://faceoff.woundedwarriorproject.org)

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# MWR Sports/Fitness

The Celebration 5K Run & 3K Walk & Stroller Strut has been rescheduled for Jan. 27. This is a free run and there will be t-shirts for the first 150 runners to cross the finish line.

Intramural Volleyball begins Jan. 26. This is a Captain's Cup Event played at 1130 in the gym.

Men's Varsity Basketball game VS Eglin AFB at 3:30 p.m. on Jan. 31.

Women's Volleyball begins February 8th. Open to Active Duty, Dependents over 18, DoD Civilians and Civilians. Games on Sundays.

Intramural Bowling Begins Wednesday, Jan. 21 at 11:30 a.m. This is a Captain's Cup Event. Bowlers pay \$2 for two games Luncheon League. This covers shoes and games. Contact David at 904-270-5377 for more info.

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

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> JANUARY 31, 2009 <

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**REGISTRATION DEADLINE: FRIDAY, JAN. 23 (904) 270-5541**

Option 1 (\$150): Tour and dive of the Living Seas plus Dive Quest t-shirt  
Option 2 (\$215): Tour and dive of the Living Seas, Dive Quest t-shirt, Epcot park admission, round-trip transportation and use of all scuba gear

## WORLD GYM FITNESS CENTER

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## 2009 Youth SPRING SPORTS REGISTRATION

January 15 - February 17

**Baseball (Ages 4-18) - Age determined as of April 30, 2009**

T-Ball (6 & under)	\$45 per player
Rookie (7-8)	\$55 per player
Minor League (9-10)	\$55 per player
Major League (11-12)	\$55 per player
Junior (13-15) and Senior (16-18)	\$65 per player

**Soccer (Ages 9-12) - Age determined as of August 1, 2009**

U-10	\$45 per player
U-12	\$45 per player

Register at the Youth Activities Center Mon-Fri 9am-5pm\* (904) 270-5680

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# Dietician Gives 10 Tips To Help You Lose Weight

By Lt. Col. Karen E. Hawkins  
DeCA dietitian

Another new year is here and many of us want to lose a few pounds or try to get in shape. There are many diets out there that promise to help you lose the weight, yet not all are safe. To lose weight gradually and keep it off, here are 10 tried and true tips that you can live with while losing weight and getting in shape.

**Go slowly.** Set a realistic goal for weight loss and write it down. Losing two to no more than three pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

**Be active.** Calories in, calories out or what you eat is what you get. This means be active. Go walking, swimming, jogging, bicycling or even dancing – an activity you enjoy – to burn those calories. The key is to make physical activity a part of your everyday life.

**Go small.** Use the small plate and small bowl at meals instead of the large ones. It is too easy to eat too much when you use a big dinner plate or a

## Registering Now For Healthy Eating, Weight Loss Classes

By Health Promotion by the Ocean

It is time to make your New Year's resolutions come true. Naval Branch Health Clinic Mayport Health Promotion Department will be offering several eight-week Nutrition and Weight Management classes throughout 2009. The first is scheduled Jan. 27 from 9 to 11 a.m. in Building 2050.

A registered nurse and dietitian will be available to help you achieve your goals. The classes will run for eight consecutive Tuesdays and topics include healthy serving sizes, calorie and fat intake,

dining out sensibly, understanding food labels, and maintaining food diaries. The classes are open to active duty service members, retirees, family members ages 18 years and older, and all DoD civil service employees.

Additional classes are scheduled on April 14, Aug. 11 and Oct. 20 from 9 to 11 a.m. in Building 2050 on Marshal Couch Drive next to the Surfside Fitness Center. For more information or to register call 270-5251.

large bowl, especially for that nighttime ice cream.

**Eat fiber.** Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals. Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving; eat a pear or an apple for a snack; add beans

to your meals, soups, and salads; and add a few nuts as a snack or on a salad.

**Eat protein.** Do not skimp on protein; this includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low-fat cheeses, beans and nuts, all found in your commissary at savings of 30 percent or more. The average

person needs 0.8 grams protein per kilogram body weight, about 60 to 90 grams of protein a day.

**Watch those servings.** Portion control, portion control, portion control! A serving that is bigger than your fist is probably too much to eat – unless it's vegetables, which is the next tip.

**Eat your veggies.** Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you need to. Make sure to fill up half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables help the body lose weight. Fresh, canned or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

**Eat your fruit.** Fresh, canned or frozen: they all make great snacks and a nice desert. Dried fruit is OK, too, as long as you control the portion sizes.

**Get support.** Get support from your family and friends to stay on track with your weight loss. How about creating your own biggest losers contest and invite others to join? Support goes a long way with weight loss.

**Celebrate your success!** Give yourself a pat on the back and more as you continue to lose weight. It's no easy

task. As you reach a weight loss goal, how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport, a special vacation. You decide what it is and write it down with your goal.

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](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection

Nutrition tip: Use fat-free milk instead of whole cream in your coffee to save calories every day and lose up to 10 pounds a year.

## VITA

student in college or other educational organization, bring in a copy of your 1098 T.

Copies of Social Security cards for taxpayers and dependents

Taxpayer(s) military ID cards  
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Any other tax records including copies of 2008 tax returns if available

If you do not bring either a copy of your Social Security card or a previous year's tax

return, they will not be able to prepare your return. You must also have this documentation for all dependants.

Couples wishing to file joint returns should come to the tax center together. If a spouse is unavailable, the spouse preparing the return will need to bring a Power of Attorney that specifically covers tax filing purposes, or an IRS Power of Attorney Form 2848 (available at [www.irs.gov](http://www.irs.gov))

If you do not itemize your

deductions and you have paid property taxes, you can claim income reduction of your taxable income up to \$500 (for single) and up to \$1,000 for joint returns. That is a normal additional refund of around \$100 or \$200 or more.

To get to the tax center take a right onto Moale Avenue. Then take first right onto Everglades. The VITA house is on the right.

If you have a complex return please call ahead and make an appointment. All taxes are done

by appointment or by walk-in, which is on a first-come-first-serve basis.

So, wait a few days for a big savings. We will be taking calls on tax questions. VITA volunteers are certified and trained by members of IRS. Watch for additional tips as the filing season gets into full swing.

From Page 1

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**SUNDAY:**  
**10:00A.M. – 5:00P.M.**

**ADMISSION: \$10.00**  
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**THE Daily Crossword** Edited by Wayne Robert Williams

**ACROSS**

- Lanterns
- Elicit
- Fathers
- Numskull
- Animal toxin
- Sales agt.
- "West Side Story" heroine
- Slur over
- Raw mineral
- Start of a quip
- Triumph
- Fox chaser?
- Ocean speck
- Of poor quality
- Spoiled kids
- Blaze the trail
- Part 2 of quip
- Bobby of the Bruins
- DOA sites
- Coffee server
- Part 3 of quip
- Manitoba tribe
- Gray and Moran
- Lists of candidates
- Donkey calls
- Long, narrow inlets
- Set the pace
- End of quip
- Publishing grp.
- Concerning bees
- City on Baranof Island
- Dine
- Dogie catcher
- Range of the Rockies
- Superlative ending
- Martin of "Apocalypse Now"
- Borneo ape, briefly

**DOWN**

- Peru's capital
- First grandfather
- Actress Sorvino
- Fingered, in a way
- One way up
- Special occasion
- Mark for removal
- Part of UNLV
- Morse message
- Honorable retirement title
- Slink about
- Eagle's nest
- Exhausted
- Tofu source
- Draft org.
- Coagulate
- Queen of Olympus
- Justice Warren
- False
- Decisive defeat
- Vigoda or Burrows
- Disney sci-fi flick
- Mongol's tent
- Shade source
- Persons
- Western lawmen
- Kyoto sash
- Vocal pitch
- Register operator
- Female sib
- Stops in open water
- Above it all
- Picture puzzle
- Alter to fit
- Talk and talk
- Moonfish
- Sage
- Foundation
- Blues singer James
- Sacred image: var.
- Caroled

**THIS WEEKS ANSWERS**

Q	N	V	H	O	N	E	E	H	S	L	S	E			
N	O	L	E	L	O	S	S	V	T	d	n	S			
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By Alan P. Olschwang  
Huntington Beach, CA 1/22/09

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## Navy News

## Veterans Can Request DD-214S Online

From DoD

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214's online: <http://vetrecs.archives.gov/>

This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents.

Other individuals with a need

for documents must still complete the Standard Form 180, which can be downloaded from the online web site. Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized.

The new web-based application was designed to provide better service on these requests by eliminating the records centers mailroom and processing time.

Do not be misled by this announcement. The website allows you to enter information necessary to request DD-214's or other military service infor-

mation. A completed request is produced for printing. It must be signed, dated, and either faxed or mailed. You should not expect to receive your documents via an online download feature.

Military personnel records are primarily administrative records and can contain information such as: enlistment/appointment; duty stations and assignments; training; qualifications; performance; awards and medals; disciplinary actions; insurance; emergency data; administrative remarks; separation/discharge/retirement (including DD Form 214, Report of Separation, or equivalent) and other personnel actions.

Detailed information about

the veteran's participation in military battles and engagements is NOT contained in the record.

Most Official Military Personnel Files contain both personnel and active duty health records, but this practice was discontinued by the service branches beginning in 1992. See Military Medical and Health Records section on the website for more details.

The National Archives's National Personnel Records Center (Military Personnel Records) (NPRC-MPR) stores records of individual military service pertaining to former service members who no longer have a service obligation. Included are records of veterans

who are completely discharged (with no remaining reserve commitment), or who are retired or have died. Records are usually transferred to NPRC (MPR) within six months after these events.

NPRC (MPR) does not have records of members who are still in the active or inactive reserves or in the National Guard. The records of each military service department on file at NPRC (MPR) are listed under Location of Military Service Records on the website.

The Department of Defense and the National Archives and Records Administration (NARA) signed an agreement to make the Official Military Personnel Files a permanent

series of records, transferred to NARA custody 62 years after the service member's separation from the military.

The new Archival Program Division at the National Personnel Records Center now holds nearly 1.2 million official military personnel files of former U.S. Navy and Marine Corps enlisted personnel who served between 1885 and 1939.

Also available are the records of 150 "persons of exceptional prominence," including former Presidents, famous military leaders, celebrities, entertainers and professional athletes who served in the military and have been deceased for at least 10 years.

## Departments Launch Safe-Driving Initiative For Vets

By Army Staff Sgt. Michael J. Carden

American Forces Press Service

A new research and awareness program geared toward preventing motor vehicle fatalities among veterans who return from deployments was formally launched today during a news conference at the Veterans Affairs Department here.

Veterans Affairs Secretary James B. Peake teamed up with the Defense and Transportation departments and NASCAR legend Richard Petty to announce the creation of the "Home Safe, Drive Safe, Stay Safe" initiative, which he told reporters is designed with one objective: to save the lives of veterans on the highways.

"We've all come together to address something that is a recurring problem," Peake said. "Young men and women in our armed forces return home safely from combat operations, yet they face a life-threatening risk at home on our highways."

VA and Transportation

Department research on Vietnam and Gulf War veterans shows the risk of death from a motor-vehicle accident was much higher during the first five years after redeployment, regardless of gender.

For present-day Iraq and Afghanistan war veterans, the risk is 75 percent greater than the general U.S. population, Peake said.

Regardless of the conflict, gender or age, "there's an elevated risk to our returning heroes of dying on our roadways from traffic accidents," he added.

"Today, nearly 2 million men and women have served in combat zones since 2003, and there are more that will serve in the current conflicts," Peake said. "And as important, future generations will undoubtedly be called upon to serve the cause of freedom abroad, and we must do our part now to ensure that they will drive safe and stay safe when they return home."

The first aspect of the initia-

tive is a public health information campaign on safe driving to raise awareness and educate veterans about risks and to remind them of proven safety measures such as using seat belts, not drinking and driving, wearing a helmet on motorcycles and knowing the dangers of speeding, he said.

Individual units throughout the military have programs and reintegration measures for accident prevention among active-duty servicemembers.

As part of this initiative, a national education program through VA medical centers, community clinics, counseling centers and benefits offices seeks to raise awareness for veterans who've left the service, Peake said.

The second aspect of the program is continuing research to provide a strategic safety plan. Participants include scientists and policy officials from the VA, Defense, Transportation and Health and Human Services departments, as well as nongov-

ernmental experts, he said.

Peake said experts in transportation safety, veterans' health and medical care, and public health are identifying gaps in current knowledge and developing a strategic plan for addressing key research questions in fields ranging from epidemiology to psychology to biomechanics.

"Our returning combat veterans have already put themselves in harm's way to protect our lives," Dave Kelly, acting administrator of the National

Highway Transportation Safety Administration, said. "Their increased risks on our roadways are too high of a price for us to be paying. We gladly offer up our expertise and resources to help our veterans make a safe transition home."

Petty also has offered his partnership. According to the Richard Petty Driving Experience Web site, Petty's program was launched in 2007 to promote and teach advanced safe driving skills. It's designed to raise situational awareness

through compromising situations in driving simulators.

The site's staff can tailor it to provide whatever officials think they need to help the effort, Petty said during the news conference.

"[Deployed servicemembers] have been in a different environment, and it's up to us to say, 'OK guys, slow down. This is where you are, and this is what we've got to do to be safe. We didn't lose you overseas; we sure don't want to lose you once you get home,'" he said.

## Task Force Prepares For Horn Of Africa Mission

By Donna Miles

American Forces Press Service

Leaders preparing to deploy to Djibouti next month are getting a sense of the challenges they will face as the next headquarters staff at Combined Joint Task Force Horn of Africa during a realistic training exercise at U.S. Joint Forces Command's Joint Warfighting Center in Suffolk, Va.

Army Brig. Gen. Sanford Holman, vice commander of U.S. Joint Forces Command's Joint Warfighting Center, and Navy Rear Adm. Anthony Kurta, Combined Joint Task Force Horn of Africa's prospective commander, discuss a mission rehearsal exercise Jan. 13, 2009. U.S. Navy photo by Petty Officer 2nd Class Nikki Carter

(Click photo for screen-resolution image); high-resolution image available.

A week-long mission rehearsal exercise kicked off Jan. 10, culminating training that began in May to prepare to Navy Rear Adm. Anthony M. Kurta and his core staff for the mission they will assume next month.

The computer-assisted command post exercise is the fourth for Joint Forces Command since the mission began in 2002 to prevent conflict, promote regional stability and protect coalition interests in East Africa and Yemen, explained Army Col. Michael Rose, chief of the center's operations group. But in other ways, it's a first, with members of U.S. Africa Command - which became fully operational in October - participating in the training, both in Suffolk and at Africom's Stuttgart, Germany, headquarters. The Horn of Africa mission previously had been U.S. Central Command's responsibility.

Directly in synch with Africom's mission statement, Combined Joint Task Force Horn of Africa focuses on operations that blend defense, diplomacy and development. The goal, Rose said, is to build capacity within African nations so they can keep extremism from taking hold.

"What we are doing is trying to prevent conflict and promote regional stability," he said.

To prepare deploying joint task forces for challenges ahead, Joint Forces Command begins a broad training program months before the deployment that continues after they arrive in the theater.

The mission rehearsal exercise, conducted just a month before deployment, brings the pre-deployment training to a crescendo in an exercise Kurta called "very reflective of the environment we will see on the ground in Djibouti."

As the exercise reached its fourth day, Kurta and his staff were dealing with everything from the day-to-day nuts and bolts of making the joint task force work to higher-level planning operations at the strategic and operational level.

Rose's team kept the staff on their toes by hitting them with every notional "what if" in the book - often simultaneously. Tanzania was hit by a cyclone and asked for an assessment team to evaluate the situation. Extremists threatened to attack a water-drilling team operating in Kenya. U.S. citizens and third-country nationals in Eritrea were under threat due to a border dispute, requiring Combined Joint Task Force Horn of Africa to support a non-combatant evacuation.

"What we are doing is presenting a whole bunch of problems for the Horn of Africa staff to have to deal with, to come up with courses of action, brief them to the commander, and then the commander makes a decision about what course of action to pursue," Rose said.

Army Brig. Gen. Sanford E. Holman has seen the mission rehearsal exercise from both sides of the fence. Before becoming vice commander of the Joint Warfighting Center, he went through its training before becoming deputy commander of Combined Joint Task Force Horn of Africa in 2007. Holman offered his firsthand assessment of the value of the training to deploying task forces.

"This gives them the opportunity to go through their standard operating procedures, their tactics, techniques and procedures and get them ready," he said. "And by the time they finish

this exercise, they are ready to deploy."

Kurta called the training Joint Forces Command provides - particularly its use of best practices and lessons learned in training scenarios - a key to the task force's success. "We are certainly ready to take on that mission," he said.

His staff shared his sentiments. Navy Capt. Mark Davis, head planner on the new combined joint task force staff, welcomed the exercise as an opportunity to prepare for his first mission outside the submarine force.

"It's remarkable how real it is here, and how realistic the scenarios are that we are being exposed to," he said. "This gives me the confidence to say that on Day One, I can hit the ground running."

Navy Senior Chief Petty Officer Leo McCray volunteered for his second deployment to Djibouti, but said the exercise is giving him new insights, too. "This gives the staff an opportunity to build relationships that will be important when we arrive in the theater," he said.

With 21 years of service under his belt, including service on four ships, McCray said he's hard-pressed to come up with a more fulfilling mission than what awaits the combined joint task force staff in Djibouti.

"The beauty of it is, this is not combative. This is humanitarian, and we are there to help," he said. "The great thing about this mission is that you get to see the fruits of what you have done. That makes it all really heartfelt."



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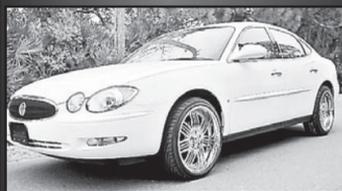
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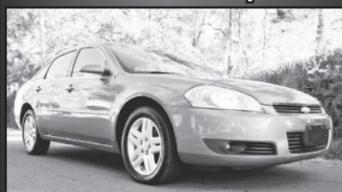
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